College Football
Top 25 Traditions

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and Dr. Eric Sauvageau
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"The more you are given in life, the more you have to give."

Dr. Ricardo Hanel lives by this philosophy every day, especially at work. He is a neurosurgeon who treats patients suffering from stroke or brain aneurysms, along with other ailments.

Seeing a patient at such a critical moment is both challenging and rewarding. For Dr. Hanel and his colleague, Dr. Eric Sauvageau, they also have the added experience of giving some patients another chance at life.

"Just the fact that it can give people a second opportunity to get back to life and get back to their families," Dr. Hanel said. "Many of them will come back and tell us, 'thanks for saving my life.' I just think that it's a gift."

Drs. Hanel and Sauvageau are the Directors of the Stroke and Cerebrovascular Center at Baptist Medical Center Jacksonville. Dr. Sauvageau has been practicing medicine since 1998 and Dr. Hanel since 1996. Dr. Sauvageau said he was inspired to go into medicine when he was a young boy, after an anesthesiologist he played tennis with brought him to a hospital. Dr. Hanel said he wanted to be a physician due to medical ailments affecting his family.

"I lost my grandpa when I was 11 years old and my mother had cancer when I was 15," Dr. Hanel said. "I was very grateful to the people you took care of them. I think that's what inspired me to be a physician, to follow those who took care of my family."

The doctors have treated many patients throughout their medical careers and some of them left lasting impressions. Dr. Sauvageau recalled a particularly memorable experience operating on a drummer for a music group.

"After the surgery and all that, he sent me a video of him playing drums and being back in his band," Dr. Sauvageau said. "We know that we help people, but just seeing him back in life, seeing him doing what he does, it makes me feel extremely grateful to do what we do and how we have the chance to help people; to sometimes give them a second chance."

The two physicians work in Lyerly Neurosurgery at Baptist Health, and are the doctors who helped to bring endovascular neurosurgery to Jacksonville. The field continues to evolve.

"A lot of time in the past to treat, for example, a brain aneurysm, people would have to have their skull cracked open for us to operate," Dr. Sauvageau said. "We still need to do that in some cir-
cumstances, but everything is becoming minimally invasive. So for
brain aneurysm, for stroke, there's now a ton of things we can do. We
can go all the way through the groin, and navigate small, little wires
all the way to the brain to fix things in the brain. So that has been a
dramatic change."

Both doctors are certified to treat patients with endovascular neuro-
surgery or invasive, cracking-the-skull-open neurosurgery. The doc-
tors also trained to become certified in endovascular neurosurgery.
"We offer two sides of the same coin," Dr. Hanel said. "And that's
what makes us different, is the fact that we can do both: the open part
and the endovascular part."

Although they describe their jobs as rewarding, they admit it can
be challenging because of the time constraints that are put on their
families.

"Eric and I are on call for 50 percent of our life; 50 percent of the
weekends, 50 percent of the birthdays, 50 percent of the nights," Dr.
Hanel said. "I'm married and have three kids and a fourth on the
way, so you can imagine that my wife is really busy. I joked that she's
almost like a single parent with four kids because she understands
my mission that there's no question that I have to be first available to
the hospital when someone comes in with a stroke."

The physicians are both members of the Duval County Medical Soci-
ety. Through the organization they had the opportunity to guest edit
the Autumn 2015 issue of Northeast Florida Medicine on Endovas-
cular Neurosurgery. The issue includes authors from Baptist Health,
UF Health Jacksonville and Mayo Clinic Florida.
College Football: The Nation’s Top 25 Traditions

By Amy Hoover

From coast to coast, college football is America’s most tradition-rich sport.

From coast to coast, college football is America’s most tradition-rich sport.

There are many reasons a sports fan can come to the realization that the college game is a better product than the professional version. Some of that has to do with charming, sleepy college towns and the scenic tailgating. The college game has bigger stadiums filled with more dedicated fans, historic bands and student sections. The offenses are more innovative and the rivalries are drenched in decades of bitterness.

Last but certainly not least, are the college traditions.

Important locations, songs, items and activities give a deeper meaning and create a connection among fans and the teams they love. And to each other as well. The sense of community at a great college game is stronger than in any other major American sport. From Death Valley in Baton Rouge to Tailgating on Lake Washington in Seattle and every college town in between, there is no other sport in the nation like college football.

1. Army-Navy
If there is one sporting event every person—not every fan, but every human—should attend, it would be the annual meeting of the United States Naval Academy and the United States Military Academy. It has been played 113 times since 1890 and Navy leads the all-time series 59-47-7. This game stands above all games in sports and there are no words to describe how much more is on the line than a simply a football game.

2. Dotting the I
The culmination of “Script Ohio” during the pre-game festivities at Ohio State is a sight to behold. Once the word is spelled out by the marching band, the celebration comes to an end when one lucky sousaphone player dots the “I.” The crowd erupts and the lucky “dotter” puts on quite the show en route to their sacred position.

3. 12th Man
Born in January 1922, the phrase and tradition stemmed from one particular game with the nation’s top team at the time, Centre College. Because the team was so battered and injured, head coach Dana Bible had to call for E. King Gill, a basketball player at the time, from the stands to join the team. Texas A&M went on to win 22-14 and although Gill never made it into the game, he was the last and only man standing on the sideline. He answered the call to help his team and no one has ever forgotten about it.

There is no singular way to describe a night home game in Tiger Stadium. The variety and flavor of an LSU tailgate is second to none with a wide-ranging menu from some of the best chefs in college football. And the stadium is arguably the loudest in the nation, especially when the Bayou Bengal fans have had all day to marinate. Who else makes the visiting team run out of the tunnel in the face of a 600-pound man-eater named “Mike”?

5. Song Girls
What isn’t to like about arguably the most famous cheerleading squad in college football? The USC Song Girls’ squad was first formed in 1967 when seven students began the tradition in the L.A. Coliseum. Now the size of the team has grown to 12 but the trademark white sweaters and skirts haven’t changed in more than four decades. Few cheerleading squads in the nation have the talent pool to pull from like Southern California.

6. Howard’s Rock and The Hill
Legendary Clemson coach Frank Howard was given a massive rock from Death Valley, Calif., back in the early 1960s. It sat in Howard’s office for years until IPTAY executive director Gene Willimon placed it atop a pedestal in 1966 at the top of the east end zone on the “hill” that the team runs down before entering Memorial Stadium each home game — the legend says Howard actually asked Willimon to throw the rock away. The next year, the team started rubbing the rock for good luck in the season opener and have been doing it ever since. The crowd comes to a rolling boil before each game while the Tigers players gather atop the hill waiting for the word to charge the gridiron. Many have called it the most exciting 25 seconds in sports — and this guy proves it.
7. The Rose Bowl
Not many football teams play 45 minutes from campus, so this venue is just as much college football as it is the UCLA Bruins. But not many teams play in the most historic venue in the nation. The Rose Bowl in Pasadena might be the most prestigious venue in all of college football. The connection Pac-12 and Big Ten fans have tied directly to “The Granddaddy of them all” — the sports’ oldest bowl game — is virtually undefinable.

8. The Grove
It just might be the best place on Earth. This beautiful collection of oak, elm and magnolia trees surrounds a 10-acre plot adjacent to Vaught-Hemingway Stadium in Oxford, Miss. The party in The Grove has been going on since football began at Ole Miss, but became the Holy Grail of Tailgating by the 1950s. The gorgeous, um, scenery is second to none and the setting is historic. Everyone is undefeated in The Grove.

9. Beaver Stadium White Out
Black outs and blue outs and red outs are cool. But nothing makes a crowd standout like a white out. And when white is one of your primary colors and 110,000 people agree to wear the same color, the result is a stunning visual experience unlike any other in sports. Very few spectators rooting for Penn State will fail to comply with the dress code and the sheer size of the crowd is as intimidating as any in the nation. While other colors actually make the crowd look sparser, a good white out will make your crowd look much bigger.

10. War Eagle Flight
Possibly the best pregame, live mascot ritual in all of college football, Auburn’s Golden Eagle “Nova” performs the War Eagle Flight down through the rabid home crowd and onto its perch. Nova is officially the eighth such bird to grace Jordan-Hare Stadium as War Eagle I is said to have started the timeless tradition in 1892.

11. The Blackshirts
Nebraska has had a long-standing tradition of rewarding its defensive players for earning a starting spot. Since the 1960s, the starting 11, and maybe a few lucky other contributors on defense for the Big Red have donned black practice jerseys with pride. Midway through 2007, the defensive players and coaches voted to give up the uniforms due to subpar performance. They earned them back roughly a month later. The Cornhuskers also have a handful of other outstanding traditions, including the release of red balloons after their first score, and the tunnel walk as Nebraska gets ready to enter the field.

12. Sooner Schooner
White ponies named Boomer and Sooner pull the famous replica Conestoga wagon onto the field at every Oklahoma home game. It is managed and steered by the RUF/NEKS, the university’s all-male spirit squad. Every time the Sooners score, the RUF/NEKS drive the Schooner out onto the field in a large arc that tops out near mid-field. The Sooner Schooner debuted in 1964 and officially became the school’s mascot in 1980.

13. Ralphie's Run
One of the best live mascots in college football, Ralphie the Buffalo makes two big horseshoe runs around Colorado’s Folsom Field at the start of each half of each home game. It takes five “Ralphie Handlers” to make the sprint possible as she — yes, Ralphie is a girl — can reach upwards of 25 miles per hour if not restrained. The tradition began in 1934 when students used a bison as their mascot until Ralphie I made her debut in ’66 when she was donated to the university by a student’s father.

14. South Bend, Ind.
There is no other way to describe a football game at Notre Dame Stadium than simply “South Bend.” Touchdown Jesus, The Grotto, historic rivals and the College Football Hall of Fame are just the headliners. There are just a handful of fan bases, college towns, rivalry games and traditions that can match the experience in South Bend. It’s a cathedral of college football — almost literally.

15. The LSJUMB
The tall tales about the Leland Stanford Junior University Marching Band, or LSJUMB, are endless and mostly hysterical. It was founded in 1893 and has been picking on opposing teams, fans, coaches as well as societal injustices, with hilarious political satire and finely tuned musical prowess ever since. This is easily the most entertaining band website in history (trust me, check it out) and the LSJUMB’s latest victim was the Wisconsin Badgers. The “Ode to Cheese” during last year’s Rose Bowl tested the sense of humor of many frigid Madison natives and upset many boring media members.

16. Toomer's Corner
May it rest in peace… for now. The Harvey Updyke saga is one of the most bizarre tales of fandom gone wrong in history. At the corner of Magnolia Avenue and College Street in front of
130-year-old Toomer’s Drug store, Auburn fans have rolled the two massive southern live oaks for roughly six decades. While those trees have been poisoned and subsequently cut down, there is no reason to believe that those in charge on The Plains won’t rebuild some sort of replacement that will allow fans to start a new tradition.

17. Chief Osceola and Renegade
The planting of the spear at Doak Campbell Stadium is one of college football’s finest traditions. Chief Osceola and his Appaloosa horse Renegade are the official symbols of the Florida State Seminoles, and they both ride out to midfield before each home game to slam a burning spear into the 50-yard line logo. With the support of the Seminole Tribe of Florida, Osceola has been making this pre-game journey since 1978.

18. The Fifth Quarter
Win by 50 or lose by 50, home or away, any and all Wisconsin Badger supporter will celebrate the Fifth Quarter. Thousands of fans will remain in their seats working their way closer to the field until well after the game. The marching band will put on an impromptu show unlike any other, complete with the alma mater “Varsity,” the “Beer Barrel Polka” and the “Bud Song.” When you say Wisconsin, you’ve said it all.

19. Midnight Yell
Originally an impromptu post-dinner get-together to “learn heartily the old time pep,” Midnight Yell Practice at Texas A&M didn’t officially start until 1931. Today, the tradition is held on Friday nights before home games at Kyle Field and Thursday before road games at The Arches. It is a fairly self-explanatory tradition as fans and cadets gather to practice cheering for the Aggies — and making out some too.

20. Touching the Banner
The Michigan Wolverines take the field in style at every home game by running out of the oddly placed (midfield) team tunnel. The players pour onto the field and underneath a historic and massive banner that reads “Go Blue: M Club Supports You.” The band plays “The Victors” and each player jumps to slap the banner as he enters the gridiron. The tradition began way back in 1962.

21. Sailgating
Each fall Saturday in Seattle, Husky Harbor on Lake Washington is filled with a University of Washington fan flotilla. Fans show up in every possible type of floating vessel and set up shop in the shadows of Husky Stadium to sailgate for the big U of W contest to come later in the day. This practice has been going on since shortly after the stadium opened in 1920 and is often imitated, but rarely duplicated. With the Cascade Mountains to the east and the Olympic Mountains to the west, the crystal-clear blue water provides one of the most picturesque tailgating settings in the nation. Don’t believe us, check out this New York Times slideshow.

22. The Hokie Slab and “Enter Sandman”
There is little history or tradition with the “Enter Sandman” entrance theme for the Virginia Tech Hokies. In 2000 after playing the BCS title game the year before, Virginia Tech put up a massive new video screen and outsourced the pre-game video production. However, the powers that be in Blacksburg had to pick the song and, clearly, they chose wisely. Besides the signature entrance music, the players also gather in a long tunnel from the lockers to the field and slap a slab of signature Hokie Stone before emerging into a frenzied Lane Stadium.

Tightwad Hill
Officially known as Charter Hill, Tightwad rises to the east of Cal’s Memorial Stadium and was formed from the dirt that was excavated during stadium construction. It offers a unique view of the action on the field should a game sellout or poor college students don’t feel like paying for tickets. Fans have been attending games on this hill since 1924 and most take the opportunity to enjoy many recreational activities high in the trees of Tightwad Hill (sorry, couldn’t resist).

24. War Chant/The Chomp
There are various historical takes on when, where and how the Florida State tradition began, but many point to a big game against Auburn in 1984. The band played the traditional cheer but the student section continued chanting after the band finished and it stuck. By the next season, it was a stadium-wide phenomenon that birthed the now-historic tomahawk chop. The Gator Chomp stemmed from Mississippi State’s band’s version of “Jaws” in 1981, some Florida band members modified the tune slightly and added the famous vertical chomping motion. It eventually spread across the stadium and is now synonymous with Gators football.

25. “Rock, Chalk, Jayhawk “
It may not have a sexy beginning — the science club came up with the rousing cheer in 1886 — but it might be the most famous cheer in all of college sports. The phrase “Rock Chalk” stems from chalk rock, which is a type of limestone prevalent in middle and western parts of Kansas.
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Retirement Plans Can Be SIMPLE

By Chris Thompson

If you’re a small business (or a self-employed individual), there are many retirement plan alternatives available to help you and your eligible employees plan your financial future. One popular option for organizations such as sole proprietorships, partnerships, corporations, and non-profit organizations to consider is the SIMPLE (Savings Incentive Match Plan for Employees) Individual Retirement Account (IRA).

Unlike some retirement plans, there are specific criteria a business must meet to participate in a SIMPLE IRA plan. Here are the answers to some commonly asked questions about this type of retirement plan:

Can any business establish a SIMPLE IRA plan? Self-employed individuals and employers with fewer than 100 employees may adopt a SIMPLE plan. However, the business must not maintain any other employer-sponsored retirement plan where contributions are made or accrued during the calendar year in which the SIMPLE plan is effective.

What is the deadline for establishing such a plan in order for it to qualify for the 2014 tax year? The IRS deadline for establishing SIMPLE IRA plans for the current year is OCTOBER 1st. An exception to October 1 exists if the business is a newly established company and has never sponsored a SIMPLE IRA plan.

Which employees are eligible to participate in this type of plan? An eligible employee is one who has received at least $5,000 in compensation from the employer during any two prior calendar years (does not need to be consecutive years) and who is reasonably expected to receive at least $5,000 compensation during the current year. In the plan’s initial agreement, the employer is able to reduce the amount of compensation and the number of years required. However, there is no required participation for this plan – eligible employees can choose whether or not they want to participate and contribute.

How much can employees contribute to the plan through salary deferral? The maximum salary deferral limit to a SIMPLE IRA plan for 2014 cannot exceed $12,000. If an employee is age 50 or older before December 31, then an additional catch-up contribution of $2,500 is permitted.

What are the maximum employer contribution limits for a SIMPLE IRA? Each year the employer must decide to do either a matching contribution (the lesser of the employee’s salary deferral or 3% of the employee’s compensation) or non-matching contribution of 2% of an employee’s compensation (limited to $260,000 for 2014). All participants in the plan must be notified of the employer’s decision while all fiduciary investment responsibilities fall to the employees to pick any investment they want to use in their SIMPLE IRA (not on the employer).

What are the costs? Aside from the matching requirements, there is no 5500 tax form to file and no upfront fees like a traditional 401k.

Can there be a vesting scheduled with a SIMPLE IRA? There is no vesting scheduled with this type of plan – both employer and employee are immediately 100% vested.

Can the assets in a SIMPLE IRA be rolled over? Participants are able to roll over funds from one SIMPLE plan to another at any time. And after two years of participation, employees may roll assets to a traditional IRA without tax penalties.

Wells Fargo Advisors does not provide legal or tax advice. Be sure to consult with your tax and legal advisors before taking any action that could have tax consequences. Please keep in mind that transferring or rolling over assets to an IRA is just one of multiple options for your retirement plan. Each option has advantages and disadvantages, including investment options and fees and expenses, which should be understood and carefully considered.

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Al Fresco Dining

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Julington Creek Fish Camp
Seafood | Mandarin/St Johns
County Line
Outdoor dining with a view of the Julington Creek

Mitchell's Fish Market
Seafood | Town Center
Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. The doctor spoke to Morris and said, “You’re really doing great, aren’t you?” Morris replied, “Just doing what you said, Doc. ‘Get a hot mamma and be cheerful.’” The doctor said, “I didn’t say that. I said, ‘You’ve got a heart murmur. Be careful.’”

If 4 out of 5 people SUFFER from diarrhea...does that mean the other one enjoys it?

During the New York doctor’s strike of 1975, the death rate fell by more than fifteen percent.

As the lawyer slowly came out of the anesthesia after surgery, he said, “Why are all the blinds drawn, doctor?” “There’s a big fire across the street,” the doctor replied. “We didn’t want you to think the operation was a failure.”

Doctor: I’m concerned about your heart murmur.
Patient: I’ve always had a heart murmur.
Doctor: I know that, but it’s started humming.
Patient, alarmed: What’s it humming?
Doctor: Nearer my God to thee!

This guy goes to the doctor and says, “Doc, I ache all over. Everywhere I touch it hurts.” The doctor says, “OK. Touch your elbow.” The guy touches his elbow and winces in genuine pain. The doctor, surprised, says, “Touch your head.” The guy touches his head and jumps in agony. The doctor asks him to touch his knee and the same thing happens. Everywhere the guy touches he hurts like hell. The doctor is stumped and orders a complete examination with X-rays and tells the guy to come back in two days. Two days later the guy comes back and the doctor says, “We’ve found your problem.” “Oh yeah? What is it?” the patient asks. “You’ve broken your finger!”

A mechanic was removing a cylinder head from the motor of a Harley, when he spotted a world-famous heart surgeon in his shop. The heart surgeon was waiting for the service manager to come take a look at his bike. The mechanic shouted across the garage, “Hey, Doc, can I ask you a question?” The famous surgeon, a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, “So Doc, look at this engine. I also can open hearts, take valves out, fix em, put in new parts and when I finish this will work just like a new one. So how come I get a pittance and you get the really big money, when you and I are doing basically the same work?” The surgeon paused, smiled and leaned over, and whispered to the mechanic: “Try doing it with the engine running!”

Hospital Administrator: Do you mind telling me why you ran away from the operating room?
Patient: Because the nurse said, “Don’t be afraid! An appendectomy is quite simple.”
Hospital Administrator: So?....
Patient: So?! She was talking to the doctor.

A married couple was in a terrible accident where the man’s face was severely burned. The doctor told the husband that they couldn’t graft any skin from his body because he was too skinny. So the wife offered to donate some of her own skin. However, the only skin on her body that the doctor felt was suitable would have to come from her buttocks. The husband and wife agreed that they would tell no one about where the skin came from, and they requested that the doctor also honor their secret. After all, this was a very delicate matter. After the surgery was completed, everyone was astounded at the man’s new face. He looked more handsome than he ever had before! All his friends and relatives just went on and on about his baby face! One day, he was alone with his wife, and he was overcome with emotion at her sacrifice. He said, “Dear, I just want to thank you for everything you did for me. How can I possibly repay you?” My darling,” she replied, “I get all the thanks I need every time I see your mother kiss you on the cheek.”
Philip Bain, MD: Impatience Fuels Visions of Future Tools

By Ann Gordon

Philip Bain knows what he really wants from health IT: “I want an individualized, life-long, evidence-based care plan for each patient that’s visible to all members of the care team including the patient, that’s available any time, especially whenever the patient interacts with the care system.”

Calling it “the Holy Grail of primary care,” Bain says “we aren’t there yet.” He has a lot more ideas about what health IT could and should do. His frustrations about its current limitations reflect both his impatience to further improve care and outcomes, and the relatively primitive state of health IT currently compared to other industries. For example, says Bain, “Walmart has used bar coding for inventory control for decades, but this is still unheard of in medicine.”

Bain is an internist in Madison, Wisconsin, practicing with Dean Clinic, a 700-physician practice. He serves as the site chief of the system’s East Clinic Internal Medicine Department, which achieved NCQA Level III accreditation for being a Patient Centered Medical Home in 2012.

Do The Right Thing, And Don’t Do The Wrong Thing

The Clinic has been using a well-established electronic medical record system for nearly 10 years, says Bain, and he appreciates what it offers. “We have very good integration of information with the hospital, laboratory and medical imaging departments as well as subspecialty care,” he says.

“For example, last night a patient of mine was seen in the emergency room. I came in this morning and all the information was available to me: what tests were done, what the results were, what the discharge diagnoses were and what discharge instructions were given. I typically forward this information to my nurse and ask her to contact the patient for an update on their condition and to schedule a follow-up visit with me if necessary.”

“The EMR collates the data,” he says, “and compartmentalizes information so you can find things quickly and compare them over time easily. With all of the data from past medical records, labs, x-rays, and hospitalizations readily available, you can get a pretty accurate view of what’s up with the patient in a short period of time.” He can even look at actual x-rays using the PACS system, he says.

Better Patient Engagement

In addition to housing large amounts of data, the EMR can also provide point-of-care decision support to help the clinician make better decisions. “The goal for an EMR is to make doing the right thing really easy, and make doing the wrong thing really difficult,” says Bain. For example, pop-ups that remind him when screenings are due or warn about drug interactions help Bain practice more evidenced-based medicine.

He also notes that the EMR can significantly improve patient engagement. For example, the patient portal, which gives patients access to lab and x-ray results, medication lists and recommended screening tests, gets patients more actively involved in their care. The portal also allows patients to communicate with their care team in a secure way to ask for medication refills, get results and ask medical questions. Bain says he finds it particularly gratifying when patients are clearly engaged in their care. “I love it when a patient emails us and asks, ‘Aren’t I due for a colonoscopy? If so, can we set it up?’” he says.

Bain says the majority of his patients use and like the portal, though for some who have trouble being succinct he sometimes wishes the email function had a word limit. “You don’t want Tolstoy as a patient on the portal,” he says, smiling.

IT Could Do More

As much as he likes what the EMR allows him to do, Bain is even more focused on what he hopes it will do some day.

“We still don’t have a good enough way of collating data,” says Bain. “Let’s say a 50-year-old man comes in as a new patient, and wants a physical. I should be able to take his history, perform his physical, and enter the data in such a way that in the future, based on his age, gender, medical conditions, average life expectancy, medications, family history and past medical history, the system will tell me what the evidence-based guidelines call for going forward. What lab tests does he need, and when? What surveillance x-rays? What screening tests are worthwhile? Which ones are not? Where should we focus our efforts to have the most significant impact on his health?”

“We’ve got all these pieces of data, but they are in different places,” says Bain. “I’d like to click on a care plan and have it tell me that this guy needs a colonoscopy every ten years, and a tetanus shot, and a lipid profile every year because he’s on Simvastatin, and here is our goal for his LDL.”

Bain also wants the EMR to use more internal logic. “If I dictate that the patient smokes three packs a day, why can’t the EMR populate the problem list with ‘Current Smoker’? Why do I have to add that myself?”

He also misses the narrative nature of notes that, in the past, painted pictures of patients’ lives, and hopes EMRs will evolve in this direction. “One of the downsides of having an EMR is that too often office notes are primarily lists and templates, not the narratives of old. The EMR, in its current state, often takes the romance out of the language of medicine.”

Spreading Good Ideas

Bain has some more ideas on his IT wish list. “I wish patients could get a thumb drive from their health system that they could keep on their key ring, that would contain important encrypted health information that could be downloaded wherever they get care, particularly if they need emergency care when they are out of town,” he says.
"And wouldn’t it be great if we could leverage smartphone technology better for monitoring chronic conditions," he says. "For example, I think what we’re going to ultimately have is a ‘smart’ strip that patients with high blood pressure can wear on their arm for days at a time that sends readings to their smartphones. The phones can collate the data and send any readings that are out of range to the doctor’s or nurse’s computer. We could leverage this sort of technology to monitor heart rate, blood sugar, weight, mood and even stress levels."

Bain applauds the creation of CMS's Center for Innovation, but says he also wishes there were a Center for Spread and Sustainability. "I think there are so many great ideas out there, but we’re just not able to spread them to the average practice. If something is working great in Anchorage, Alaska, why can’t I hear about this and incorporate it into my practice in Madison? What really energizes me is if we spend a little bit of time on good ideas, and a lot of time spreading them, we can make a huge impact on the future of healthcare in America."
Tech 101: Things You Need to Know Before Buying Headphones

by Ali Pardiwala

Buying headphones can be daunting. Here are some of the commonly used terms you should know.

Whether it's the cheap plastic pair that comes bundled with your smartphone or the big expensive cans with a giant ‘b’ on the side, we’ve all used headphones at some point of time. Getting the sound right can make all the difference between a boring bus ride and an emotional journey. But there's more to headphones than what you see.

There’s a lot of science and engineering that goes into making a pair of headphones sound a particular way. The sound can be tuned in an infinite number of ways, and enjoying the audio experience is more about matching a pair of headphones to the music you're used to listening to, rather than simply picking by brand or looks.

Our guide will help you get a better understanding of what to look for in headphones, and how to make an informed choice when you're actually shopping for a pair. In case you're confused by any of the terms used, jump down to check out our jargon buster. And in the following weeks, we will even help you pick a pair depending upon how much you are looking to spend.

Types of headphones

**In-Ears**

Also known as IEMs (In-Ear Monitors), in-ear headphones are the smallest and most portable of all the different kinds. Each earbud fits into your ear canal and is powered by small drivers (see below), usually 8-10mm in size. It can be quickly and easily wrapped and stored, which makes it ideal for use when commuting and traveling.

**Pros:** Thanks to the small size and light weight, these in-ears are usually comfortable to wear for hours on end.

**Cons:** Many users do not like the invasive nature of the fit and prefer to use larger on-ear or over-ear headphones.

**On-Ears**

Also known as supra-aural headphones, on-ears literally sit on your ears, and are therefore much bigger than in-ears. This style of headphones uses larger driver casings, along with a headband that keeps the ear cups in place securely on your ears. Typically, on-ears headsets use 30-40mm drivers.

**Pros:** Typically more comfortable than in-ears for short periods use, can usually be folded up to pack away when not in use.

**Cons:** Not as portable as in-ears. Since the ear cups sit atop your ears, may not be too comfortable over long hours of use.

**Over-Ears**

Also known as around-ears and circum-aural headphones, over-ears are the largest and often the most comfortable kind of headphones. Like on-ears, over-ears have large driver casings and a headband, but the ear cups wrap completely around your ears, rather than resting on them. Because of the large size of the casing, the drivers can be much larger at 45mm and above, which allows for a louder and more detailed sound signature.

**Pros:** Usually louder and having a more detailed sound signature. It's also the most comfortable kind of headphones, and even offers passive sound-isolation by completely enveloping your ears.
Cons: Usually the least portable, over-ears are more suited for home or office use.

Specialised Headphones
Noise Cancelling
These headphones work on active noise cancelling technology, where certain sounds are drowned out to offer peace and quiet to the listener. Active noise cancelling headphones use small microphones that pick up on outside noise, and produce noise in the opposite frequency, to cancel out the outside sound. The technology does not work with sounds that vary too much, as the microphone cannot quickly pick up and adjust to different frequencies. Instead, noise cancelling headphones are useful in drowning out regular droning sounds, such as airplane engines, factory machinery, air-conditioner hum and other such uniform frequency sounds.
Pros: Good for some peace and quiet in factories, airplanes and noisy environments.
Cons: Noise cancelling requires additional power, so charging/batteries will be needed. Additionally, noise-cancelling technology only works with certain kinds of sounds and cannot block out all sound entirely.

Pros: Gaming headphones provide for an excellent surround sound effect, and are tuned for picking up direction and detail in the sound.
Cons: Usually not good enough to listen to music, gaming headphones are too specific with regards to their usability.

Wireless
These headphones are free of cords and cables, and can be used comfortably without worrying about cable length and tangling. Wireless headphones usually work on one of three major transmission technologies: radio frequency, infrared and Bluetooth. The first two require a dedicated base unit which connects to the source device and transmits the frequency to the headphones, while the third uses the popular Bluetooth technology and can be paired wirelessly with a wide range of smartphones, tablets and computers. RF headphones usually work over larger distances, while infrared headphones rely on line-of-sight, and Bluetooth has a 30m range limit in most cases.

Pros: Better portability and more suitable for outdoor use. Also useful for home use when the source device is placed at a large distance, such as when watching TV or listening to music in the living room.
Cons: Sound quality is usually not as good as wired headphones. Range issues and battery life can also create problems in the sound and listening experience.

These are the main types of headphones you’ll be looking at in the market, but if you’re confused by some of the jargon you come across in the shops, don’t worry. There are a few basic terms you should know about, and you can probably ignore the rest. You’ll find most of these mentioned on e-commerce websites, or on the box of the set you’re buying.
Recommended Reading for Medical Professionals

The Emperor of all Maladies: A Biography of Cancer, by Siddhartha Mukherjee, MD, DPhil
This book was awarded the 2011 Pulitzer Prize for general nonfiction, and it has received acclaim from critics and clinicians alike. Dr. Bruce Cheson, a hematologist and professor at Georgetown University in Washington, DC, recently gave a copy of the book to each his fellows. “It talks not only about how we arrived at our current surgical techniques and chemotherapy, but also about the people and how important their personalities and their drive were; what they did; and how they sometimes missed things,” he explains. “I gave this book to my fellows because my feeling is, if you don’t know where you have been, you are not going to know where you are going.” Dr. Cheson describes the book as well written and easy to read. “It’s a valuable lesson in how to deal with patients, how to deal with the system, and the importance of the history of oncology and hematology.” Dr. Siddhartha Mukherjee, author of The Emperor of all Maladies, is an assistant professor of medicine at Columbia University and a staff cancer physician at Columbia University Medical Center in New York City.

Cutting for Stone, by Abraham Verghese, MD
Set in Ethiopia, this epic novel tells the story of twin brothers who grow up at a mission hospital and eventually become doctors themselves. It has appeared on several prestigious bestseller lists, including The New York Times, and was soundly endorsed by Medscape readers. In the book, one of the brothers recalls this advice from his surgeon father: “The key to your happiness is to own your slippers, own who you are, own how you look, own your family, own the talents you have, and own the ones you don’t. If you keep saying your slippers aren’t yours, then you’ll die searching, you’ll die bitter, always feeling you were promised more. Not only our actions, but also our omissions, become our destiny.”

My Own Country: A Doctor’s Story, by Abraham Verghese.
This book describes the first days of the AIDS epidemic in rural Tennessee. “As the epidemic begins to loom over cities such as New York and San Francisco, many patients (typically gay men, once ejected from their homes) return to Tennessee to live out the last days of their lives,” Dr. Mukherjee, author of The Emperor of all Maladies, says. “Verghese’s portrait of these patients is intimate, compassionate and unforgettable.”

What does Dr. Abraham Verghese recommend reading?
Love in the Time of Cholera, by Nobel laureate Gabriel Garcia Marquez.
“Marquez is one of the most lyrical writers I know,” he says, “and the sentences all (even in translation) seem so beautifully crafted; just when you think you have read something utterly amazing, along comes another line that tops it.” The book’s plot involves a love triangle between a woman who falls in love with a lowly clerk and the wealthy doctor she marries. “Magical realism does not begin to capture his ability to get the reader to suspend disbelief and enter a world more real than our own,” Dr. Verghese says.
Complications: A Surgeon’s Notes on an Imperfect Science, and Better, by Atul Gawande, MD, MPH

This book has won numerous awards, including the National Academy of Sciences’ 2011 Best Book Award. One Medscape reader described it as “un-put-downable.” Hematologist Dr. Bruce Cheson gave a copy of this book to each of his fellows: “This is a story of the HeLa cell -- the first human cancer cell to be grown and cultured,” he explains. “Not only did it grow and culture, but it kept growing and taught us lessons about how to turn genes on and off. It led to the development of the polio vaccine and other vaccines as well as all sorts of tissue culture techniques.” This true story began at a time when “informed consent” had not yet been widely adopted, so the family of Henrietta Lacks -- source of the HeLa cells -- only learned the truth many years later. The book raises significant ethical issues, Dr. Cheson says. “I don’t know of a book that I have read in the last few years that I can recommend as highly as this one.”

Arrowsmith, by Sinclair Lewis

Published in 1925, this book won the Pulitzer Prize the next year (though the author refused to accept it). It follows the life and evolution of Dr. Martin Arrowsmith, while providing social commentary on the state of medicine in the United States. The book has received much critical acclaim, and it is still popular among current physicians. “This book inspired me to pursue a career in medicine and research,” wrote one anonymous physician in our Medscape survey; that sentiment was echoed by others.

The Immortal Life of Henrietta Lacks, by Rebecca Skloot

This book has won numerous awards, including the National Academy of Sciences’ 2011 Best Book Award. One Medscape reader described it as “un-put-downable.” Hematologist Dr. Bruce Cheson gave a copy of this book to each of his fellows: “This is a story of the HeLa cell -- the first human cancer cell to...” (Continued on next page)

The House of God, by Samuel Shem

Originally published in 1978 amid considerable controversy, this book has become a cult favorite among physicians. It offers a fictional account of a medical intern at Harvard Medical School’s Beth Israel Hospital and it satirizes the dehumanizing demands of residency. “I read House of God over and over as an intern and resident,” says Dr. John Tydings, an orthopedic surgeon in New Jersey. “I read it again after residency and thought it was one of the saddest books I ever read,” he continues. “Much is outdated but much is still painfully true.” The latest book by Samuel Shem, The Spirit of the Place, has been given a much warmer reception, winning numerous awards and accolades from clinicians and book reviewers.

Some readers may be surprised to learn that “Samuel Shem” is a pen name for psychiatrist Dr. Stephen Bergman, who was a professor at Harvard Medical School for 35 years. What does he recommend reading? Another book by Garcia Marquez, Of Love and Other Demons, which he describes as one of the few “perfect novels.” It is set in a South American Caribbean seaport in colonial times, and it tells the story of a 14-year-old girl bitten by what might be a rabid dog. The attending physician advises the girl’s father: “Play music for her, fill the house with flowers, have the birds sing, take her to the ocean to see the sunsets, give her everything that can make her happy. No medicine cures what happiness cannot.” Dr. Bergman views the character and his advice as timeless: “He does what we docs all try to do at our best: be fully alive with others.

More Books Recommended by Medscape Readers and Experts

• Cybermedicine: How Computing Empowers Doctors and Patients for Better Health Care, by Warner V. Slack
• Outliers: The Story of Success, by Malcolm Gladwell
• My Stroke of Insight: A Brain Scientist’s Personal Journey, by Jill Bolte Taylor, PhD
• The Social Transformation of American Medicine, by Paul Starr, PhD
• Not as a Stranger, by Morton Thompson
• The Diving Bell and the Butterfly, by Jean-Dominique Bauby

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Don’t Miss This Powerful Health Care Conference
How to Hire the Right Employee Successfully
A One-Day Session Is Being Held In Your Area To Help You Hire Health Care Staff The Right Way

Profiling the needs of the position
Developing the traits you need for the culture of your business or practice
Understanding what you must screen for in filling the position
Creating the profile for the position that will be your hiring blueprint
Why you should not just hire someone because you like them
Understanding that the hiring process is one of elimination
Creative methods to target and find the right candidates
Why you must screen by telephone before you invest your time for an interview
How to eliminate based on response to your postings

The screening checklist
Questions you need to ask to match your business culture
Questions you need to ask to match the candidate to the position
How to use a candidate’s previous behavior to know how they will perform for you

The keys to a successful interview
Setting up “live” scenarios to check the candidate’s judgement
Listening and watching the candidate as your most important functions
Why the match of expectations will be the key determining factor in your success
Presenting the position and the tasks o the position with clarity
How to avoid hiring a person only to find that their “evil twin” show up to work
Using social media and other methods to check out a candidate
The final steps to completing the successful hire

This conference is limited to a small group of participants so that the speakers can address specific questions from attendees about their individual situation throughout the day and for the attendees to also benefit from shared experiences with each other. Our conferences are designed to be experienced in a small intimate setting so that the attendees receive the maximum benefit for their participation.

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Four season Sunroom with beautiful water views to enjoy. Master Bath has a Steam Shower never used by the owner and can be connected by new owner. To enclose the back yard the Iron fencing can be added back to the existing side fencing.

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**Tips on Caring for Custom Dress Shirts & Suits**

*By Alan Vinson*

**Suits, Sport Coats, and Blazers**
- Hang your bespoke suit on a curved wooden hanger. This permits designer suits for men to breathe and encourages the coat’s “memory” to return the coat to its original shape.

- When in the car, take off the coat, which will keep it from wrinkling. This also prevents pulling on the seams and lining. Keep a hanger in your car.

- When a hanger is not available and you wish to remove your coat, turn the coat inside out with the shoulders touching. Lay the coat on a flat surface or drape over a chair or car seat. By turning the coat inside out, the outer shell is protected from lint and other soil.

- Do not wear a suit more than once a week. By doing this, it allows the wrinkles to drop out and permits the fabric to breathe. It also helps the coat to return to its natural shape.

- Leave suits out overnight before returning them to the closet. This permits the garment to air-dry without introducing moisture to your closet environment.

- Dry clean only when absolutely necessary, not more often than once every three months. If badly soiled, blot with a damp cloth. If you get caught in a rain shower or have a very long humid day, just having the suit pressed properly will restore its neat appearance.

- If your coat or pants are wrinkled, have them pressed only. This not only will save the cost of dry cleaning, but will maintain the natural oils and bounce that are inherent with fine fabrics.

- To keep your suit looking new for many seasons, brush it with a good cloth brush frequently to remove the buildup of dust, lint and pollutants. This also will fluff up the nap of the wool and help prevent shining.

**Trousers**
- Generally, follow guidelines listed for suits.

- Hang trousers on a clip hanger by the cuffs. This will allow the wrinkles to hang out, prevent hanger bar creases and rolls, and help the trouser to breathe more easily. Use the pant bar to hang coordinating ties for the suit or sport coat.

- To avoid associated stress on pocket and trouser side seams, do not walk with your hands in your pockets.

- In the winter, static electricity may cause your trouser leg to cling to your socks when you stand up or walk. If this happens, dampen your hands with water and lightly rub them over your socks. This will allow your pant crease to drop straight.

**Shirts**
- The advantage of a blend instead of all cotton is that a blend is wrinkle resistant. Cotton custom men’s shirts wrinkle. Don’t look for other advantages in wearing blends; there are none. Cottons are far superior in all other categories with durability and comfort at the head of the list.

- Have custom men’s shirts professionally laundered. They will last longer, and look more crisp. Only use a laundry facility that does the work on the premises. Light or no starch is a personal preference.
• Tuxedo shirts should be laundered with no starch. The reason for this is that starch gives shirts a yellow tone over a period of months. If you prefer starch, wash the shirt at home after the event, and then before the next formal event, have it professionally laundered with starch.

**Neckties**

• The most economical way to get a new look is to change your tie.

• Do you have sixty or a hundred and wear only six or seven favorites? Do yourself a favor and pick out four favorite ties for each outfit and hang them with the jacket or pants. Then as hard as it may be, give the others to charity, your son, or throw them away. It only makes it harder to choose when there are so many.

• Untie your tie the same way you tied it. This reduces wear and tear, particularly to the lining at the small end of the tie. It also prevents wrinkling. Never jerk the small end of the tie without loosening the knot.

• Having a tie dry cleaned ruins it. Try to wash by hand with Woolite if possible. Otherwise, sorry, but it is time to let go.

• Keep an extra tie in the office in case you dip one in your chili.

**Shoes**

• When not in use, always use quality toe and heel cedar shoe trees.

• Baking soda, lightly sprinkled inside the shoe, will absorb moisture and act as an odor guard.

• Do not wear the same shoes on consecutive days. Allow them to dry thoroughly and rest between uses.

• Air out shoes overnight before returning them to your closet.

• Spend the proper time having your shoes shined. They are an investment just like the other items in your wardrobe. Extend their life with a shoe shine about every third time that you wear the shoe (probably more often in winter).

**Belts and Leather Goods**

• Like shoes, all leather collects moisture. It is the natural enemy of leather goods. Permit them to air-dry thoroughly prior to returning them to the drawer or closet.

• Remember to always coordinate the color of leather shoes to belts or suspenders.

• Do not wear the same belt on consecutive days. It will crack the lining and may ruin its appearance.

**Socks and Underwear**

• Quality over-the-calf socks are recommended. They are the best way to improve the look of the trouser, and they remain in place best.

• Boxers versus briefs? I won’t even touch that one. You should know by now what you like!

Allen Vinson is the owner of J.T. Vinson Clothiers, a purveyor of fine clothing specializing in custom suits, and shirts, and offering the utmost in convenience to their clients. 50 N Laura St. Suite 2500, Jacksonville, Florida 32202. (904) 332-8300.

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It's everything I'm looking for in a wine—it's cool, it's refreshing. But it's complex, it has a lot of flavor, a lot of depth of acidity."

Today's Roses are not white zinfandel! White Zinfandel the sweet, blended wine is what got most of us into drinking wine in the first place. Pink used to mean unsophisticated and sweet, but it has been the gateway wine for so many Americans.

People say they don't want sweet wines, but usually most of the wines that people like have a little bit of residual sugar. As they start to drink more, they become O.K. with acid [and] brighter, drier, really crisp wines. Dry rosé has become one of the hottest trends in wine. Rosé wine sales are growing at least 10 times faster than the growth of overall table wine sales.

"Make Way for Brosé: Why More Men Are Drinking Pink"--While females have accounted for 75% of Whispering Angel's sales men are drinking it too, because it's easy to enjoy.

About three years ago rosé started to take off in the Hamptons, where it's come to represent a lifestyle. It's sometimes known as "Hamptons Gatorade." The splashiness of rosé in the Hamptons and other areas has really lifted the category. Sauvignon Blanc drinkers are now expanding to rosé. Pink wine is in!

With its light, refreshing taste, rosé is a favorite summer wine. Rosé has even inspired a social media hashtag called #summerwater. However, drinking rosé isn't just limited to the lazy days of summer. Wine drinkers in the U.S. sip rosé year-round. In terms of global consumption, the U.S. is second after France (where rosé outsells white wine.

Since rosé wine is not being aged, the sulfites are greatly reduced. They are fruitier than whites but not as heavy as reds. Most vineyards make rosé wines as a "saignée" of the red wine making process. Some producers grow the grapes and harvest specifically for rosé, as opposed to the juice coming as a by-product of the red wine making process. In other parts of the world, blending, the simple mixing of red wine to a white to impart color, is uncommon, but this method is discouraged in most wine growing regions, especially in France, where it is forbidden by law, except for Champagne.

The color of rosé wine is important and indicative of the flavors. Lighter usually means a lighter, crisp, and bright wine with less fruit. Darker colored means more full bodied and fruitier. Since rosé is almost always in a clear bottle, it is a unique presentation both in the bottle and in the glass.

In Provence, where 88% of production is dry rosé, exports of rosé have risen by double-digits for 11 consecutive years. The appellation's upscale image has paid dividends, thanks to estates like Château Miraval—owned by actors Angelina Jolie and Brad Pitt—and Château d’Esclans, which produces Whispering Angel.

Whether you prefer drinking rosé during the warm summer months or throughout the year, rosé wines are here to stay. Stop in and take a look at our selection.

WINE REVIEW

2011 Zuccardi Brazos The word "brazos" means "arms" in the local vernacular and is a reference to how the soils of this area were formed. Located 3000-4300 feet above sea level at the base of the Andes Mountains, the Valle de Uco is quickly becoming the area where Mendoza wineries are focusing to produce world class wines. What makes this area so important is the combination of clear skies, intense sunlight at high elevation, an almost complete absence of rain and, most importantly, alluvial soils. It is the poor, sandy, rocky soils, created by the movement of water, that challenge the vines growth, naturally restricting the vines' tendency to produce grapes. These soils were formed by the erosion of the Andes Mountains, which being relatively young, are easily weathered by the elements. As snow melts in the summer, the water erodes the rock, causing it to roll down the mountains, where it deposits in the valleys below. These deposits, called alluvial fans, are a combination of clay, rock and sand. The term Brazos refers to the "arms" look like rivers of rock under the top soil.

When I visited this vineyard in 2013, winemaker Sebastian Zuccardi demonstrated this by showing us two ten foot deep pits, one dug almost next to the other. The first showed a deep bed of almost round
rocks while the second was only sand. I have written often that rocky soils naturally encourage the vine to produce less grape clusters. Conversely, in the Valle de Uco, the intense sunlight of the high elevation encourages the increased growth of shoots and leaves in the vines. This creates an energy producing dynamo as chlorophyl is converted to carbohydrates that are then stored in the grapes. The high elevation of the area also means that the vineyards are cold at night, which cause the vine to completely shut down carbohydrate production. As a result, the vines ripen slowly, taking a month longer to fully ripen their fruit than the vines grown in the lower elevations near the city of Mendoza. The production of Brazos is the result of Sebastian’s attempt to produce Mendoza’s top wine in his Valle de Uco vineyards. His vineyards in this area are planted to a number of red grape varieties, primarily Malbec, Cabernet Sauvignon, Bonarda, Syrah and Tempranillo. From these, he produces a series of wines, the Alluvional series, which sell for $100 a bottle and recognize the value of the alluvial soils. He then produces wines in honor of his Grandfather, Tito, and Grandmother, Emma, using the best Malbec and Bonarda respectively. Then he produces the Q series wines, the Tempranillo and the Cabernet Sauvignon being NWR selections over the years. Finally, there are parcels in the vineyard that are grown on the deep beds of tumbled rock that produce incredibly concentrated wines; they are used for Brazos. The blend of the 2011 is 45% Malbec, 28% Cabernet Sauvignon, 17% Syrah and 10% Bonarda. Sebastian is firm believer in fermenting in concrete tanks with extended skin contact, which he feels produce the softest, most integrated tannins. The components are then assembled and aged for ten months in French oak barrels, with twenty to thirty percent being new. You will want to decant this wine for a half-hour before serving to let the aroma develop. Once you do, it reveals an amazing combination of fresh blueberries and blackberries, milk chocolate, dried black fig, and grains of paradise. In the mouth, this wine is showing an almost liqueur like concentration of fruit, framed by the faintly dusty edge of oak tannins. This wine will continue to develop for another year, but I think it is hard to beat now. Serve with grilled flank steak with chimichurri.
2012 Roth Heritage. The 2011 was pretty good for the vintage, but the 2012 is even better. The origin of this wine is from Lancaster vineyards, in Alexander Valley, originally founded by Ted Simpkins. He sold this amazing facility to Bill Foley in 2012, who added it to his impressive collection of wineries including nearby Chalk Hill vineyards. Under Simpkins, the Roth label was created to use components that did not make the cut for the high end Lancaster wines. Foley took it a step farther, using the brand as a way to also use excess wine at Chalk Hill as well, especially for the difficult 2011 vintage. With the release of the 2012s Foley has now built the Roth winery across the street from Chalk Hill, with winemaker Jesse Katz at the helm and overseen by consultant Dave Ramey. The new focus is to spotlight specific Sonoma AVAs for their specialty, such as Sonoma Coast Pinot Noir, Dry Creek Zin and Alexander Valley Cabernet Sauvignon. This wine carries the Alexander Valley AVA but is a kitchen sink blend that pays homage to the Italian settlers of Sonoma who for over a decade made wines that were field blends featuring Zinfandel as the base. What makes this wine so unique is that it is designated from the Alexander Valley but is a blend of many different grape varieties, including Zinfandel, which is not as common in this AVA. Most of Alexander Valley, which lies north and east of Healdsburg in Sonoma, was formed when a now dry tributary of the Russian River flowed through millions of years ago. This dry river bed was then thrust upward as the Mayacamus Mountains were formed, with this being the northern extension that creates the boundary between Napa and Sonoma counties. It is because of this diverse soil and elevation that they can grow Bordeaux varieties like Cab and Merlot in some sites, Rhone grapes like Syrah in other places, and there are even some conditions right for Zinfandel. This gives winemaker Katz quite a pallet of flavors to work with when crafting this blend. The winemaking for the Heritage was straightforward. All of the grapes were hand harvested and double sorted to ensure that nothing but perfect berries went into the fermentor. Fermentations were done in open top tanks, with twice daily punchdowns until the wine was almost dry. At that point it, was racked to French oak barrels, of which fifty percent were new. The components of this wine were then aged for twenty-four months in barrel before blending and bottling.

The blend for the 2012 is an exotic combination of 36% Zinfandel, 25% Malbec, 16% Merlot, 15% Petite Sirah, 5% Cabernet Sauvignon and 3% Syrah. As always, I strongly encourage you to decant this wine for a half hour before serving. Once you do this, prepare yourself when you pour the first glass because this one is explosive. The nose begins with a heady mix of vanilla, caramel, juniper berry, blackberry jam, fresh black currants and a wisp of graham crackers. On the palate it is quite big but the tannins are obvious almost from the start. They provide a good frame for the ample fruit of this wine, with the cigar box and baking spice notes lingering into the long finish. I tried this with a pork tenderloin with a dried cherry/rosemary stuffing and it was superb. It would also work well with a pot roast with prunes and orange peel or duck confit with port.

Tim Varan and Brock Magrudr 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 Clancie.

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