Captain Sully and the Human Factor in Healthcare

A Spotlight on Dr. Todd Sack

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As we celebrate the life of Arnold Palmer, we take a look back at some of his sage advice, humorous cracks and unique insight.

"Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening – and it is without a doubt the greatest game mankind has ever invented."

“When people ask what’s driven me all these years, I always give the same answer. It’s you.”

“The most rewarding things you do in life are often the ones that look like they cannot be done.”

“Success in this game depends less on strength of body than strength of mind and character.”

“What other people may find in poetry or museums, I find in the flight of a good drive.”

“I have a tip that will take five strokes off anyone’s golf game. It’s called an eraser.”

“Putting is a fascinating, aggravating, wonderful, terrible and almost incomprehensible part of the game of golf.”

“Concentration comes out of a combination of confidence and hunger.”

“I’ve always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn’t have a chance to win.”

“Trouble is bad to get into but fun to get out of. If you’re in trouble, eighty percent of the time there’s a way out. If you can see the ball, you can probably hit it; and if you can hit it, you can move it; and if you can move it, you might be able to knock it in the hole. At least it’s fun to try.”

“I’m not much for sitting around and thinking about the past or talking about the past. What does that accomplish? If I can give young people something to think about, like the future, that’s a better use of my time.”

Making a positive change in the life of a child is one of the most significant things you can do.”

“The road to success is always under construction.”

“Always make a total effort, even when the odds are against you.”
What can you expect from Pure Genius, the new medical drama that pushes the boundaries of modern medicine? Far more than high-risk medical cases and innovative technology.

The medical drama centers around a young Silicon Valley tech billionaire who builds the ultimate cutting-edge hospital that treats only the most rare & insurmountable medical mysteries—at no cost. The tech titan enlists a veteran surgeon with a controversial past to oversee this fresh approach to medicine.

Show stars Dermot Mulroney, Augustus Prew, Odette Annable, Reshma Shetty, Aaron Jennings, Ward Horton, and Brenda Song, along with Executive Producers Jason Katims and Michelle Lee discussed the forward-thinking CBS drama on Wednesday at the Television Critics Association press event.

“What makes this show interesting is the way these characters connect,” said star Augustus Prew, who plays a tech titan-turned medical innovator. “It’s about the human story behind them.”

On the show, Dermot Mulroney (My Best Friend's Wedding, Shameless) plays Dr. Walter Wallace, a disgraced but brilliant surgeon who is recruited by a young tech investor, James Bell (Augustus Prew), to help run his state-of-the-art treatment center, Bunker Hill. But when Dr. Wallace discovers Bell is harboring a secret about his past, the doctor begins to question just what the young founder is really trying to achieve.

“The underlying truth of Pure Genius isn’t the blood, guts and terminology,” Mulroney explained. “It’s what we’re feeling and experiencing.”

My wife and my dad got very ill, and I spent a year going back and forth between these two hospitals, said Executive Producer Jason Katims, who was also behind NBC’s mass-appealing emotional series Parenthood. “(The experience) renewed my admiration for doctors and their passion for what they do. However, what frustrated me was the system not working. I yearned for a hospital like Bunker Hill — where the best idea wins, where things don’t fall through the cracks. I imagined what this hospital would look like, merging the worlds of medical and technology and a philosophical approach. Our characters will be dealing with obstacles, to push medicine forward through the use of technology.”

“In every episode, there are dramatic stakes in every story, moral and ethical ambiguities,” Katims said. “Can you do something? Should you do something? There are members coming from different perspectives of what is the right thing to do, and there’s also the outside world.”

Of his intentions for show, Katims pressed the idea that Bunker Hill possesses an aspirational quality of wish fulfillment and hope. “There’s a need for that,” he said, adding, “we want to balance that against the obstacles in every episode.” Katims also stressed that many of the inventions and ideas presented in episodes come from real-life technology, while doctors are on staff reading each script.

“All the technology that’s being used on the show are based on real things that are being developed around the world,” he said. “It’s very exciting when we start doing research about what’s being done in the world. ... and to speculate what’s possible [in the coming years].”
When he’s not at the Borland-Groover Clinic, you’ll often find Dr. Todd Sack in his backyard garden surrounded by hundreds of flowers. His favorite: zinnias. They don’t take a lot of work, but produce spectacular results.

It’s no surprise this busy doctor chooses zinnias. Along with his profession as a gastroenterologist and his passion for gardening, Dr. Sack also is a leader in North Florida’s “Green Movement,” a world traveler and serves within many organizations in Jacksonville and beyond.

One of Sack’s largest projects is www.mygreendoctor.org, a website he created to help doctors adopt environmental stability in their offices. It’s a free website from the Florida Medical Association that provides information on how to maintain a green office. The tips range from turning off lights when leaving the room, to using specific paint or lightbulbs in the office.

According to Sack, My Green Doctor is now used in 253 medical offices, 43 Florida counties, 26 states, and 19 countries. Sack would like to branch out into waiting offices, as well. His goal is to use waiting rooms to teach environmental change by providing informational pamphlets.

“We can give honest information on environmental health and our patients can say, ‘Oh my doctor cares about more than just my blood sugar; he has a bigger view of my health than today’s blood pressure,’ and that can help doctors reconnect with patients,” said Sack.

Sack has practiced in Jacksonville for 28 years. He and his wife, Dr. Barbara Sharp, believe Jacksonville has been terrific for them. And a big part of their happiness stems from the Duval County Medical Society.

Sack looks at the Medical Society and sees a way to enhance the lives of physicians. It allows doctors to become involved in the politics of medicine and to be involved in community projects. Sack was the 2001 president of the Duval County Medical Society and is currently the president of the DCMS Foundation.

Outside the Medical Society, Sack serves on Jacksonville’s...
Environmental Protection Board—which he was nominated for by DCMS. Through this organization, he is able to implement environmental laws in the community and understand the public health issues of the community. Sack was also appointed to the Florida Energy Commission by Senate President Marco Rubio, where he is able to study energy use in the country and in Florida.

By using the different organizations to back up their claims, physicians have more power when they are discussing the issues that need to be changed.

"If Todd Sack was just some guy who knows nothing about environmental health and comes to a Senate hearing to testify, nobody cares," he said. "But if Todd Sack is representing the 250,000 physicians of the American Medical Association, the 20,000 physicians of the Florida Medical Association, is backed by all the lobbying power and sophistication of the FMA, they'd pay attention. And it'd make a difference."

The difference comes from the authority behind the physicians associated with organized medicine. And because of his connections, Sack has been instrumental to the launch of Mission One Million.

The Duval County Medical Society Foundation has existed for 50 years, but according to Sack it hasn't really done much. When Sack took over as president two years ago, that changed. He felt that Jacksonville was ready for a serious foundation that sought to change health care in Jacksonville. Sack wanted to make this community healthier, so he brought together leaders from the DCMS and the medical community to brainstorm how to accomplish this.

There are several projects in motion through the DCMS Foundation, but the biggest is Mission One Million. This is a challenge to the 904 area code to lose one million pounds. In Florida, health care is a billion-dollar industry, and a lot of health care is given away; yet, Duval County is near the back of the pack when it comes to healthy counties in Florida. High obesity rates, diabetes, violence, HIV and a lack of health education all contribute to Duval ranking 48th of 67 Florida counties in the Robert Wood Johnson Foundation County Health Rankings. Sack believes this can change.

"We're not the weight loss police. We just want people to get in the train of thought that we can do it, and we can do it together," he said. "If you tell us you lost three pounds but gained one back, that's okay. Because you're going in the right direction and that's what counts."

Sack is pushing for this program to be successful because losing weight is followed by substantial health care improvements. Weight loss often correlates with fewer hospitalizations, and lower chances of arthritis, heart disease, and more. Under Sacks' guidance, the Foundation is also trying to implement a few other projects in Jacksonville. Sack wants to develop an annual conference that will bring together the whole community to discuss the future of health care. There's also a huge interest in developing a program to address physician mental health.

"There's a real problem with depression and suicide. We lost a doctor this year who committed suicide. So we're trying to develop an anonymous program so physicians can get access to free counseling," he explained.

It's hard to believe Sack has any spare time, but when he's not working on DCMS Foundation projects he also serves on the board for the Museum of Contemporary Art in Jacksonville. Apparently MOCA throws the best parties in town!
While he loves his time in Jacksonville, Sack also has a passion for traveling. Many years ago, he began collecting metal bottle caps from his adventures around the world. Currently, his family has about 20,000 caps from 145 different countries; from beers, sodas and waters! Sack's patients know about his love of bottle caps, so they bring him some back from their trips, as well.

“It’s fun talking to patients about bottle caps, because when they bring them back I can learn a little about the culture through the caps. Each one’s a work of art,” he said.

This year his adventures took him to India where he had the amazing experience of staying in a palace! He admits it was a more modest one, but the experience alone was unforgettable. Sack described an encounter he had with someone he thought was the manager, who turned out to be the son of the current Raj! The Raj might not have power anymore, but is extremely wealthy, and his son is the 22nd generation of his family to live in the palace. Though Sack loves the time he spends traveling, the Jacksonville community holds a special place in his heart and will always be where he feels most at home.

“Jacksonville is a wonderful place to be a doctor. It’s a community where doctors work well together. There’s a strong community spirit,” he said. “I encourage people to stay here and get involved in the medical society so they can see what it can do for them and how it can enrich their lives.”
The philosopher Ludwig Wittgenstein once said that nothing is as difficult for people as not deceiving themselves. But while most self-delusions are relatively costless, those relating to investment can come with a hefty price tag.

We delude ourselves for a number of reasons, but one of the principal causes is a need to protect our own egos. So we look for external evidence that supports the myths we hold about ourselves, and we dismiss those facts that are incompatible. Psychologists call this “confirmation bias”—a tendency to select facts that suit our own internal beliefs. A related ingrained tendency, known as “hindsight bias,” involves seeing everything as obvious and predictable after the fact.

These biases, or ways of protecting our egos from reality, are evident among many investors every day and are often encouraged by the media.

Here are seven common manifestations of how investors fool themselves:

#1 “Everyone could see that market crash coming.” Have you noticed how people become experts after the fact? But if “everyone” could see a correction coming, why wasn’t “everyone” profiting from it? You don’t need forecasts.

#2 “I only invest in ‘blue chip’ companies.” People often gravitate to the familiar and to shares they see as solid. But a company’s profile and whether or not it is a good investment are not necessarily correlated. Better to diversify.

#3 “I’m waiting for more certainty.” The emotions triggered by volatility are understandable, but acting on those emotions can be counterproductive. Uncertainty goes with investing. Historically, long-term discipline has been rewarded.

#4 “I know about this industry, so I’m going to buy the stock.” People often assume that success in investment requires a specialist’s knowledge of a sector. But that information is usually already in the price. Trust the market instead.

#5 “It was still a good call, but no one saw this coming.” Isn’t that the point? You can rationalize a stock-specific bet as much as you like, but events or external influences can conspire against you. Spread your risk instead.

#6 “I’m going to restrict my portfolio to the strongest economies.” If an economy performs strongly, that will no doubt be reflected in stock prices. What moves prices is news. And news relates to the unexpected. So work with the market.

#7 “Ok, it was a bad idea, but I don’t want to sell at a loss.” We can put too much faith in individual stocks, and holding onto a losing bet can mean missing opportunities elsewhere. Portfolio structure affects performance.

This is by no means an exhaustive list. In fact, the capacity for human beings to delude themselves in the world of investment is never-ending.

But overcoming self-deception is not impossible. It just starts with recognizing that, as humans, we are not wired for disciplined investing. We will always find one way or another of rationalizing an emotional reaction to market events.

But that’s why even experienced investors engage advisors who know them, and who understand their circumstances, risk appetites, and long-term goals. The role of that advisor is to listen to and acknowledge our very human fears, while keeping us in the plans we committed to at our most lucid and logical.

We will always try to fool ourselves. But to quote a piece of folk wisdom, the essence of self-discipline is to do the important thing rather than the urgent thing.
What would it take to get you to wear something on your face? Smartglasses -- or any sort of aggressive head-wearable eye tech -- is still the final frontier for tech. Google Glass died as an awkward joke. Most smartglasses look like the sort of oddball things a normal person wouldn't wear for more than a few seconds.

Enter Spectacles. Can camera-glasses become a thing at last? Spectacles will arrive this fall, a surprise announcement by Snapchat CEO Evan Spiegel alongside the launch of Snap, Inc. Snapchat is a popular social media app, but Snap, Inc. is positioned as a "camera company," and Spectacles are its first product. They're priced affordably. They have a camera inside. They record video. They look pretty bizarre. Or maybe they look fun. What do you think?

Can they redefine the concept of smart glasses? Here's what we know so far from limited information on Snap's Spectacles page, and a feature published in The Wall Street Journal. (We don't have a pair...yet.)

They're sunglasses with a connected camera inside. Spectacles can record 10-second video clips that upload to Snapchat via an iPhone or Android phone paired through Bluetooth or Wi-Fi. Place them in the included case to recharge, AirPods-style. Wearable camera-glasses aren't new, but Spectacles are aiming to be the best. Companies like Pivothead made them years ago. Google Glass did something slightly similar (it could record video clips and photos, among other things). So understand that having a camera on your face has been a thing for a couple of years now, at least. But Spectacles are trying to look fun, and like something you're wearing in public on purpose. They're bright and weird-creepy versus stealthy-creepy. Spectacles seem to have bright, Elton John-esque designs, and there's a very prominent circular ring of LEDs that light up when video is being shot. That's a different approach than Pivothead, which made black sunglasses that looked nearly normal, hiding the camera in the bridge of the glasses.

They're priced like a novelty. Evan Spiegel calls them a "toy," and at $130 they're in that spontaneous-purchase novelty zone where Amazon Echo and Fitbit lurk (and the more expensive Apple Watch most certainly does not). Many pairs of sunglasses already cost that much. Maybe you buy one for a weekend at Coachella or Burning Man. Maybe you just do it because you want to try something new.

They shoot circular video that can be viewed in landscape and portrait. The 115-degree wide-angle camera captures video in a circle...so, if you view this video in the Snapchat app, you can look at it in horizontally, or vertically...or, by continuing to spin your phone around in any orientation. The video seems to be reframed as needed, meaning you might want to keep repositioning your phone for certain videos. They light

Courtesy of CNET
up when recording, just so everyone else knows what you're doing.

It only records 10 seconds of video at a time. Like quick-snaps for video, and much like what Snapchat already does. This isn't a record-your-kid's-whole-birthday-party set of camera glasses, unless you keep snapping 10 seconds at a time. To snap, you tap (the frames).

These won't make everyone look like hamburger-cat-people (maybe). Snapchat's insane set of filters that map onto photos or videos with uncanny precision are amazing...but these Spectacle glasses don't do anything like augmented reality. They don't have video displays. These are just camera glasses. However, there's a possibility that videos recorded via Spectacles could have filters applied afterward in the Snapchat app. No details have emerged regarding this.

It looks like they're designed to sync into one app: Snapchat. Welcome to the world of connected wearable app-cessories. Spectacles look like a one-purpose type of gadget that syncs into one app (as far as we currently know). But that's not necessarily a bad thing. Snap nailed a great app first (Snapchat) and then is releasing a product second. And anyway, most great connected products tend to work this way.

They're selfie-challenged. These are outward-facing camera-glasses, not inward. They're glasses for snapping others, and capturing action shots. In a selfie world, maybe that seems weird. But when it comes to mounted action cameras like Go-Pro, it's pretty standard.

They seem to be going after GoPro more than augmented-reality smartglasses. Again, they're glasses with an embedded camera, not any sort of deeper set of "smartglasses." And that's probably a great idea, because they're going to be a lot less complicated. And now that everything in the world is being instantaneously livestreamed, Spectacles could be a simple type of hands-free way of snapping stuff on the go. Or, yes, while doing crazy things.

They're either a dumb promotional stunt, a bold stab at the future of cameras, or both. And we may or may not be in the world where wearing video-capturing glasses is finally acceptable. But we are definitely in a place where everyone already shares everything from their phones. I still think Spectacles seem more like party favors than permanent lifestyle decisions, but if people end up wearing them and not being mocked, Snap might have a victory for wearable face-tech.
According to Google maps, it only takes forty-three minutes to drive from Montalcino to Montepulciano, but the wines of the two great DOCG of Tuscany are much farther apart. Two quarters ago, I selected the 2009 Poggialino Brunello di Montalcino, a wine that demonstrates the classic power of that region. The 2004 Carpineto Vino Nobile di Montepulciano “Saint Ercolano”, shows that the wines of this area, on the border of Umbria, are no less important, or age-worthy, as their more famous neighbors. Like all of Tuscany, the winemaking history of the region began with the emergence of the Etruscans in 800 BC. Although the wines of Montepulciano are not specifically recognized, there are metal pieces recovered in Etruscan tombs of the area that depict grape vines. This part of Tuscany also lies in the middle of what was their kingdom, which covered most of modern day Tuscany, Umbria, and the Marches. The first document to specifically mention vineyards of the area came in 789 AD when a parcel of land was deeded to the local parish. By the 12th century the wines were highly acclaimed, often served in the royal courts of what is now Italy and England. It is during this time that the name, Vino Nobile di Montepulciano appears, as they are considered the wine of kings. The wines remained popular until the early 1800's when they faded into obscurity. It was not until 1937 that a local cooperative began bottling their wines under Chianti, the standard of the area, with a few reserve bottles of Vino Nobile di Montalcino. By 1980, the wines had again regained their stature, so much so that they became the first DOCG in Italy, even before Brunello and Barolo. In another difference between Montalcino and Vino Nobile, here the wines do not need to be 100% Sangiovese. In fact, both areas grow different clones of Sangiovese; the Brunello clone in Montalcino and Prugnolo Gentile in Montepulciano. Prugnolo Gentile is a lighter shade of red than Brunello (which means brown) and the name actually describes the “prune-like” nature of this variety, as it wrinkles around the stems right before complete ripeness. By law, a Vino Nobile must be at least 70% Prugnolo Gentile, blended with up to 30% of local varieties Canaiolo and Mammolo, or international varieties. For example, this wine is 85% Prugnolo Gentile, and 7.5% each of Cabernet Sauvignon and Merlot. For many years I have considered Carpineto to be a reliable, if rarely exciting, producer of Chianti Classico. After tasting this impressive wine I did a little more research and discovered that the founders, Giovanni Saccet and Antonio Zaccheo, have another tier of wines that they call Vini Appodiati. With the success of their Carpineto brand, which produces over three million bottles of wine per year, they have been able to invest in small parcels of particularly interesting vineyards. The Saint Ercolano site, which is only 2.5 acres, was planted in 1995 on a steep slope that reaches up to 350 meters above sea level. The soils are a mix of sand and clay, with a high concentration of limestone. With the combination of steep slope and limestone soils, the wines from this parcel have incredible concentration as well as a fine sense of minerality. To make this wine the grapes were picked on a single day, September 21st, then destemmed and fermented in concrete tanks. Once dry, the wine was moved to a combination of new French and American oak barriques, where it was aged for one year. It was then bottled and placed in the coldest part of their cellar for ten years, until it was released in April. When you open this wine, make sure to decant it for half an hour to allow the bouquet to develop. It has been in the bottle a long time and needs to unfold slowly. The color is a very concentrated maroon/ruby, and the nose is a heady combination of ripe, cooked cherry, pome-
granate, dried sage, milk chocolate, black licorice, and bit of juniper. In the mouth it has impressive depth, with a long, smooth mouthfeel that finishes with hints of black olive and tobacco. Drink this wine over the next five to ten years with braised short ribs with porcini mushroom risotto or stuffed veal chop with prosciutto, lemon and rosemary.

I have wanted to feature for a couple of years, but there is never enough wine. There are only 300 cases of 2010 Edi Simcic Duet made and it is a real sommelier favorite. Keep in mind that Aleks Simcic, the winemaker, is also a superstar in Europe so only a fraction of that amount is sent to the US. Typically, when I sit down with this supplier for their pre-arrival tasting, meaning wines that arrive four to five months after I order, the Simcic wines are highly allocated. We were lucky, when I tasted this wine on March 4th, it was one of the earliest days of the offering, and I got my order in early to ensure 18 six packs for this club selection. What is the big deal? Wait until you pull the cork. You may have noticed that this wine is from Slovenia, which is probably causing even greater confusion. This small country was part of the former Yugoslavia, and lies next to Italy at its northeastern corner. Edi Simcic, Aleks’s father, and his family considered themselves Italian, until the day in 1948 when Soviet tanks rolled in and established the border. To their surprise they were 500 yards inside of the border, on the wrong side of the fence. Edi even tells the story that he lost his girlfriend, whose family lived on the Italian side. At that time Edi was the third generation winemaker, then forced to grow grapes and sell wine to the state. For over four decades their wines were blended away, or even distilled, to pacify the masses oppressed by communism. Coincidentally, in the early 1990’s the wines of the neighboring Italian region, Friuli, began to develop a following. At the time most Italian white wines were made from grapes picked very early, so they were low alcohol and very light. By contrast the winemakers in Friuli, such as the category leader Silvio Jer- man, picked later to produce richer wines. Understand that before WWI this area, like Slovenia, was part of the Austro-Hungarian empire, and the style of their wines is closer to those of nearby Austria. It is also a region that does not use traditional Italian varieties. White wines are based on Friulano and Ribolla Gialla, while the red grapes of choice are Bordeaux varieties; Merlot, Cabernet Sauvignon, and Cabernet Franc. When the wall came down in 1990 there were very few producers in Slovenia who were ready to produce export quality wines. What they did have was old vines. In traditional, post WWII European viticulture, most vines are replaced when they reach 20 years old as their yield drops (Remember that only in the last 20 years has quality been the dominant factor for wine estates, it has traditionally been quantity). On the communist side of the border there was no money to replant, so many estates, like Simcic had vines that range from fifty to over seventy years old! As a result, those who could afford to invest in their winemaking facility are now able to produce some exciting wines based on these old vines. Luckily Edi Simcic became the European head of multinational corporation and has the money to invest in his son Aleks, and their winery. Although our feature is their tight-wire Duet red, you really should try a Simcic white wine if you can find them. They are white wines for red wine drinkers, with Aleks Simcic employing long fermentations on the skins and extended lees contact to build body and texture. He does this while retaining great structure due to the high limestone content of his soils and low yielding, old vines. For the 2010 Duet, the wine is a blend of 80% Merlot and 10% each of Cabernet Sauvignon and Cabernet Franc. Their old vines only give them about a half a bottle worth of grapes per plant. The wine is then aged in 25% new French oak for three years, then held an additional two years before release. You will want to decant this wine for up to an hour before serving. Once you do it gives you a complex bouquet of cedar, dried white sage, salt cured capers, cooked cherries, new baseball mitt, coffee grounds, and dried red plums. On the palate it is very plump at first, but reveals a ton of minerality and incredible acidity that stretch this wine into a minute-long finish. Drink over the next ten years with a crown roast of pork or rack of lamb.
Dr. Timothy Lepore is the island of Nantucket's general surgeon, the head of medicine at the local hospital, and the medical examiner for the island, which is 30 miles out to sea and isolated from the mainland. The small size of the island means that every problem – from a sick horse to a human limb that's washed up on the shore – is brought to Lepore. Here are four of the more unusual stories that Lepore tells from the years of serving as the island's go-to medical worker, as related to Pam Belluck in her book "Island Practice."

A surfaced leg

Police were notified that the bones from a leg had washed ashore on a Nantucket beach, still wearing a boot and a sock. “Tim is the guy that I’m going to bring the bones to,” detective Steve Tornovish said. “He’s the absolute master of the universe down here.” Lepore examined the leg and discovered that it was a fibula and tibia without any injuries, and authorities from the state decided later that the leg was that of a Nantucket local, Jonathan Hemingway, who appeared to have fallen off his boat while en route from Hyannis, Mass. to Nantucket.

Using a glass scalpel

One of Lepore’s interests is flint knapping, or creating tools out of stone as was done during the Paleolithic era. At one point, he created a scalpel out of obsidian, which is glass from a volcano. He used it on some patients with their permission, but was forced to discontinue the use when it was discovered that the method of sterilization that was being used for the scalpel, a gas called ethylene oxide, could be harmful to people.

Unusual payment

Lepore’s billing method for his practice can be unorthodox. Once, when a patient from South Africa didn’t have cash or insurance to offer him after Lepore performed an appendectomy, Lepore told the patient, “You work at a good cookie place. Every week, bring me a couple of cookies.” Another patient who had an interest in running was informed that if she participated in a marathon, Lepore would chop her bill in half. She did and the bill was decreased.
Interesting hobbies

Lepore himself has many unusual interests, including his gun collection, some of which are protected, in his home, by rigged tear gas. The family’s house cleaner, Mariellen Scannell, recalled a time she went into the closet to get the vacuum cleaner, found that it was stuck. She looked in to see what the problem was and then immediately called Lepore. “What’s the problem, Mariellen?” Lepore asked her. “Well, the vacuum cleaner seems to be wedged between a shotgun and a chain saw, and I’m a little concerned about having my head blown off,” she told him.
Empire City Gastropub is a new upscale bar and grill specializing in cuisine with American and International influences. They also offer a full bar, draft craft beers in a casual but classy atmosphere. This new venture is targeting the professional and upscale market who wish for a great neighborhood place to call their own but do not want the "shorts, t-shirts and flip flops" atmosphere. The new venture is located in a space in the same plaza as Steinmart at the corner of Atlantic Boulevard and San Pablo Road. We asked owner Korey Konopasek a few questions about what is behind his newest restaurant venture.

You are known in this area as the founder and owner of Epik Burger. Empire City Gastropub is a totally different concept. Why did you decide to do this now and how would you describe this new restaurant?

Epik Burger has been doing very well and it has always been our desire to open a Gastropub. Epik Burger concentrates on fun and unique burgers, we are able to expand that at Empire City to everything from burgers to appetizers, entrees and desserts. We named it Empire City because of my desire to open a restaurant that serves food beyond regionally influenced cuisine. New York City, or Empire City is a city that has culinary influences from around the world. Our restaurant's menu reflects that. The dining room itself offers a private dining room, main dining room and a full bar.

How is Empire City different from other restaurants in the area?

Many of the newer restaurants in Jacksonville concentrate on southern food or seafood. Our menu is focused on food that is unique, with influences from any region or country that has great food that we want to share with people. Because of our beautiful space and our unique menu offerings, I feel that Empire City will be a destination location and pull people from all over the area looking for a different experience. And just like we have done with Epik Burger, when you visit us here you will be able to have that “non-national chain” experience.

You have a private room available. Is that open for small events or other uses?

Yes, of course. It can comfortably seat about 40 people. We are also able to open it for private events during hours that the restaurant is normally closed.

What advantages do you think that a chef-owned restaurant has in a local market like Jacksonville has that the big chain restaurants do not?

We are able to connect with our customers on a personal level. I try and visit every table when I am here and listen to feedback to constantly improve. If customers want something we are able to adjust or react quickly to their requests.

One great offering you have is the Saturday and Sunday Brunch. Tell us about that and other special promotions or activities you are offering for Empire City?

We are offering a Saturday and Sunday brunch from 10am to 3pm. We have a brunch menu as well as burgers and appetizers for those looking for more typical lunch food as well. We also offer craft Bloody Mary’s, Bottomless Mimosas and 5 for $20 craft beer buckets during football games! It’s also our desire to create a fun atmosphere in the bar with Trivia and Live Music.
What would people be surprised about when they see your menu?

Probably a few of the Korean dishes, we offer items that you won't find in very many non-Korean restaurants such as Bi Bim Bap. Another surprise is the Wagyu Beef Pastrami Sandwich. It's one of our most expensive items on the menu at $30 however it is loaded with super high quality Wagyu Beef Pastrami and lots of it. My favorite home style dish is our Czech Style Chicken and Dumplings. The dumplings are stuffed with plums and served with half a roasted chicken and a mustard gravy.

What are your long-term plans for Empire City?

I hope to constantly perfect the menu and continue to add interesting and delicious dishes over time. I would like the restaurant to become a well-known destination restaurant in Jacksonville. We also hope to create a bar/pub area that becomes a popular spot to enjoy entertainment or come out to watch the game.

What do you like to do when you are not running your two restaurants?

Right not I think that takes up 7 days a week! I like to spend time with my wife, Lovice (who runs Epik Burger) and my daughter Livia. As a family our favorite thing to do is travel. This is where a lot of menu ideas come from as well!
Many Doctors Take Their Hobbies Seriously, And Other People Often Reap the Benefits

Physicians’ strong powers of concentration also are reflected in their hobbies.

By Peggy Burch

Dr. Jim Andrews, a pulmonary-critical care physician, performs during a recent concert.

Their education and careers require intense concentration and many physicians maintain this ability when they turn to leisure pastimes.

Autry Parker, MD, has a theory about the hobbies of physicians, at least those who, like him, are also musicians. Parker, part of the pain treatment team at Semmes Murphey Neurologic & Spine Institute, is a bass player for the current incarnation of the Memphis Doctors band, believes many doctors love their hobbies but face time constraints.

“As kids we all probably took music lessons, and because we’re doctors, we’re driven and we actually practiced,” Parker said. “Most doctors who play are pretty fair musicians. We’d like to be great, we aspire to be great, but we can’t because we don’t have the time.”

Parker taught himself to play bass at the old Wooddale Junior High. “One day the homeroom teacher, who was also the music teacher, took the bass out of the closet – (Parker marveled that “every school had a bass” at the time) – and handed it to me, and said, ‘We need you to play the bass.’” He admired that teacher and met the challenge.

Parker, now 54, turned his attention to medical science after his father confronted him in high school with the question: “Son, are you going to be a musician or are you going to get a real job?” But he’s grateful for his music and the camaraderie it creates.

“Music is so different from what we do, it gives us an outlet,” he said. “Bass players can’t play by themselves, so I’m always trying to find bands to play with.”

Parker said the most recent Memphis Doctors collaboration includes the neurosurgeon Jeff Sorenson, MD, who also practices at Semmes-Murphey; Neal Beckford, MD, an otolaryngologist who plays saxophone; Lee Schwartzberg, MD, an oncologist who plays keyboards; and Marty Weiss, MD, an internist who plays drums. They perform mostly Memphis soul tunes like “Soul Man,” and “Sweet Soul Music.”

Robert Klingbeil, director of institutional sales at Amro Music, easily named many doctor-musicians, among them the ophthalmologist Bill Hurd, MD, who plays saxophone in his jazz quartet and has recorded with Kirk Whalum and Isaac Hayes; as well as pianists Aileen Gayoso, MD, an internist; Sam (Jay) Cox, MD, an obstetrician and gynecologist; Owen Tabor, MD, a retired orthopedic surgeon; Jim Andrews, MD, a pulmonary/critical care physician with Mid-South Pulmonary Specialists who has performed a number of concerts to support St. Jude; and Lloyd Finks, MD, a hospitalist at Methodist University Hospital.

Finks, 58, switched from business to medicine in his 30s after making a small
After arriving in Memphis, Finks met his wife Shannon Beale Street. "I've been playing music pretty much all my life. I took organ lessons, and then when I was 14 or 15 I joined a rock band. I was in a pop jazz ensemble in college."

He said the only reason he interviewed for a residency in Memphis was to spend a weekend in a city that made so much music.

"There's a central theme of music that ties us all together. At the hospital I see somebody every single day that I've heard play on an album, seen in an interview, seen them play on Beale Street."

After arriving in Memphis, Finks met his wife Shannon when she was beginning her residency as a doctor of pharmacology.

"At the time I was living downtown and had a small studio set up in my place. I asked if she sang, and she said yes, but never with an instrument. I played her (Van Morrison's) 'Moondance,'" he recalled. "She had this magnificent voice and that was the first time she had sung to a piano. It was magic."

The couple performs at parties, receptions and fundraisers as Zula's Child -- the name comes from Shannon Fink's grandmother -- with the musicians on bass, guitar and percussion. They performed at GPAC this spring at the annual fundraiser for St. Jude Children's Research Hospital organized by Klingbeil and sponsored by Steinway and Amro.

St. Jude also is the only beneficiary of the Mighty Electric Band, a group formed from St. Jude employees including researchers, web and video producers, computer and IT support workers. Shawn Kelly, director of St. Jude's video team who plays keyboards for the band, said the group plays mostly Memphis music and has made $133,000 for the hospital during its 10 years' existence. "We don't keep any money for ourselves," Kelly said. "We just get to pretend to be rock and rollers on the weekends."

Of course, plenty of Memphis doctors play sports instead of music in their spare time.

The current president of the Memphis Medical Society, O. Lee Berkenstock, MD, a family practitioner at Primary Care Specialists, played saxophone and won a partial music scholarship to college, but he's currently immersed in tennis.

"It started as a couples togetherness program," he said. "My wife thought it would be a great idea. We quickly learned that was the worst thing we could do," joking that the divorce rate among tennis couples is 80 percent.

They saved their marriage by dropping that plan. Berkenstock now plays doubles with friends and serves as a tournament physician at the Racquet Club. "My true tennis stories are all related to the pros, but they're related to medicine, not my abilities on the court," he said.

When onetime world No. 1 player Andy Roddick was in the finals at the Memphis tournament in 2011, Berkenstock treated him for sinus troubles. "I had to make locker room calls to nurse him back to health," Berkenstock said. "These (athletes) are fine-tuned sports cars. It's like running over a pebble when you're a fine-tuned sports car, for those folks it plays in their head."

Mardy Fish gave Berkenstock a butt slap in the locker room after the doctor helped the player recover from too much celebrating with Tylenol and Pepto-Bismol. But Berkenstock's most dramatic role unfolded when he treated a player whose finger was swollen during the 2012 women's doubles final at the tournament. Her ring couldn't be cut off to stop the swelling.

"They were gonna default the match. And a lot of people had come to see it," Berkenstock said of stepping up for what he calls his "MacGyver moment." He used a racquet string as a tourniquet and was able to slip the ring off. The match went on.

Berkenstock says his tennis game is all about relationships. His tennis coach Dan Singer has become a close family friend. In fact, one of Berkenstock's daughters was a flower girl in Singer's wedding, and the doctor delivered Singer's first child.

1. Earle Weeks, MD, an oncologist, ran track in high school and now he's a state-hopping marathon runner in his free time. Four years ago, he completed his goal of running in a marathon in all 50 states and Washington, D.C., and he's more than halfway through completing a second round, with 29 states behind him and 21 plus the nation's capital to go. "It gives me a goal, something to shoot at," Weeks said of the state countdown. "You don't have to be very good at it; you just have to be persistent. This is something that you can get old doing."

Weeks, 58, ran his 85th marathon on July 4 in Portland, Oregon. He's on call every fourth week in his four-person practice, so he has to plan his marathon schedule well in advance. Victor Carrozza, communications director at the Memphis Medical Society, knew of at least three accomplished photographers among the society's members: Thomas Gettelfinger, MD, an ophthalmologist; David Sloas, MD, a gastroenterologist; and Robert Laster, MD, a radiologist.
Sloas also is a partner in a Napa Valley and Oregon winery run by Michael Dragutsky, MD, gastroenterologist, who is president of Gastro One.

Dragutsky said his highly regarded Cornerstone Cellars recently received an order from 1600 Pennsylvania Avenue for two cases of its Oregon pinot noir.

"We knew they had tasted our wine before," Dragutsky said of the residents of the White House.

He says he was a novice wine drinker in 1991 when Sloas called and asked: "Do you want to buy five tons of grapes?" The offer had come from the Dunn Vineyards -- "Its grapes were spectacular," Dragutsky said -- and from its first release of 300 cases Cornerstone has grown to 20,000 cases this year.

"When the economy started going south in 2009, a lot of grape and vineyard opportunities were available because of cash issues," Dragutsky said. "We increased quantities, but also varieties and we recruited partners in Memphis. We have a small village of partners in Cornerstone including several Memphis doctors."

Mark Mills, MD, a radiologist, also is enamored of plants, but his require a greenhouse. He began growing orchids about 1975, when he was 15 and read a book about them. "I thought, 'Oh my gosh, this is the coolest thing,' and I saved my money from cutting grass and ordered plants through the mail."

He now has more than 1,000 orchids, predominantly from Southeast Asia, in the greenhouse at his home. "I collect rare and unusual plants from around the world. Most of my orchids, people are like, 'This is an orchid?'"

He calls it his "science nerd hobby" and has won national awards with his plants, but says competition doesn't drive his interest.

"There's always something new, always something you've never seen before. It's endlessly fascinating to appreciate the diversity in nature, how different all these plants are, how they live, how they reproduce, how they are pollinated in nature."

But there's a "constant challenge to recreate their environment." He had a lesson in that challenge early, when he was away at college. "I had a small greenhouse and the heater failed, I lost all of my plants. If that happened today it would be a big disaster. Now I have all sorts of back-up alarms and heat."

Mills also keeps hundreds of orchid books in his library, as well as orchid paintings and wood carvings. "There would be no doubt about my fascination with orchids when you walk in my house."
I recently watched the movie Sully. It was the first time I’d ever watched a movie on its actual release date. Knowing what a legendary actor Tom Hanks is, and what a fascinating and near-tragic story unfolded on January 15, 2009, I felt confident that my choice to venture out to the cinema on a beautiful Boston September evening, would be a good one. The movie sure didn’t disappoint. Brilliantly directed and acted, the viewer learns about the series of events that unfolded after US Airways flight 1549 encountered a flock of Canada geese 3 minutes into the flight, causing catastrophic bilateral engine failure. Captain Chesley Sullenberger, who had a lifetime of aviation experience (and a keen interest in airline safety) heroically guided the stricken plane into the Hudson. Miraculously, everyone survived — and the rest is history. The movie guides us in detail through the subsequent events, when the National Transportation Safety Board (NTSB) investigates what happened and whether Captain Sullenberger could have made it back to the airport safely instead of landing in the freezing Hudson River. I have read conflicting reports about whether the NTSB was as harsh in their initial assessment as the movie makes out, but as the story unfolded, the viewer was left with the feeling that it was the hero Captain Sully versus an uncompromising and mean-spirited safety review panel.

The aviation industry is rightly seen as a role model of extremely lofty safety standards, and many leaders in other industries have attempted to emulate their success. I have written previously about how lots of prominent health care leaders have also sought to do this, and how despite some good intentions, the comparison is a flimsy one.

One theme that comes up a lot in Sully, and is passionately defended by Captain Sullenberger, is the “human factor.” Hindsight is always 20-20, and everyone is always the wiser afterwards. This does not mean that we shouldn’t investigate and analyze, but the problem with the so-called experts’ initial analysis of Flight 1549, was that an engine failure so soon after take-off was completely unprecedented, and nobody could confidently say how a human being would respond. It turns out that the computer simulations that were used by the NTSB were incorrectly stating that a pilot could have made it back safely to a runway. In actuality, however, only after a large number of attempts, did any simulator pilot make it back safely (and that was using the assumption that they knew immediately what had happened and what to do). Captain Sullenberger’s defense of his own actions turned out to be right, and it was in fact only the human factor i.e. Captain Sully’s actions, that saved the lives of all 155 people on board. It turns out no computer would have done that.

As the term “human factor” kept coming up in the movie, it got me thinking again about the health care comparison, and how it’s really only that which puts the “care” into health care. In my capacity as a doctor, and all the other work I do in the entrepreneurial, writing and consulting realms, I meet so many people who are involved at the peripheries of health care. Technologists, start-up folk, “big data” people and yes, regulators and administrators — and there’s one common theme that unites all of them. When you talk to most of them (and again, I hate to generalize, but for most of them it’s true), they appear to have little understanding of the frontlines of medicine and the heroic work that goes on day in and day out. To them, medicine is all about numbers, outcomes, and population health. The whole agenda appears to do everything possible to completely take out the “uncontrollable human factor.” The problem with this perspective is that health care is different from any other industry, and this “helicopter view” doesn’t quite make the cut. Caring for people is not like running a factory assembly line or operating a large automated machine. Whether we are talking about individual doctor-patient (or even nurse-patient) everyday interactions, or life and death situations such as a patient coding in the hospital, you cannot separate out the science from the human factor in an arena that is so full of very real human emotions. That’s why anybody who takes an armchair general or Monday morning quarterback approach is doing the wrong thing. By all means investigate, be thorough, seek to improve, and hold to account any deviation from normal protocol, but never forget the very human side of medicine. The general standards of health care in the United States are already exceptionally high when compared to almost any other country, and the reality is that everyone is so highly trained that really serious mistakes are thankfully rare.

What everyone does in health care is heroic. Doctors, nurses, or any other professional who shows compassion and cares for the sick when they need help, are doing a noble thing. Using your skills to get people better may seem like “just a job” after a bit, but you are having your own Captain Sully moment every time you selflessly dedicate yourself to your patients’ wellbeing.

Sitting talking to an elderly patient reminiscing about his Second World War experiences, spending an extra 5 minutes with a family who has had their whole world turned upside down, holding the hand of a dying grandmother who is expressing her biggest regret in life, or calmly facing the parents of a child who has been diagnosed with terminal illness. In health care, the human factor is everything.

Suneel Dhand is an internal medicine physician and author of three books, including Thomas Jefferson: Lessons from a Secret Buddha. He is the founder and director, HealthITimprove, and blogs at his self-titled site, Suneel Dhand.
Romantic Escapes to Mountain Luxury
Getaways for Couples in the Mountains of the Southeast U.S.

The mountains of the southeastern United States offer picturesque vistas, an array of invigorating outdoor activities and several exquisite romantic destinations. Indulge yourself and your relationship at one of these top rated mountain retreats, from luxurious resorts to intimate inns, each offering a unique set of amenities for a memory-making romantic getaway.

Blackberry Farm - Walland, Tennessee

Description:
This elegant 62-room Relais & Chateaux and Relais Gourmand property is a mountain resort located in the foothills of the Great Smoky Mountains. Accommodations include estate rooms, cottages, cottage suites and houses. Many of the luxurious accommodations feature antiques, fireplaces and verandas.

Activities:
Among the many activities offered, a few highlights include hiking, canoeing, croquet, tennis, mountain biking, seasonal outdoor swimming and bonfires. For an additional charge, activities such as fly fishing, food and wine events, carriage and wagon rides, horseback riding, sporting clay, and spa pampering are offered.

Dining and Culinary Events:
Blackberry Farm is one of the top epicurean travel destinations in the world. In addition to serving award-winning Foothills Cuisine, inspired by seasonal ingredients grown on-site, Blackberry Farm features an exceptional line-up of noteworthy chefs and vintners throughout each year for an array of culinary experiences.

The Greenbrier - White Sulphur Springs, West Virginia

Description:
Located in the lush Allegheny Mountains, this National Historic Landmark resort is famous for its classic architecture, landscaped grounds and outstanding service. More than 50 recreational activities include golf on three championship courses, indoor and outdoor pools, biking and hiking, fishing, horseback riding and carriage rides, treatments at the luxury spa and more. Day and evening programs for younger children and teens combine artistic and outdoor enrichment activities.

The Inn on Biltmore Estate

On the Expansive Grounds of Vanderbilt’s Opulent Asheville Estate

The Inn on Biltmore Estate opened in March 2001, and although it is not a replica of Biltmore House, it was designed to recall the elegance and hospitality of the Vanderbilt’s home. Perched on a hill within the grounds of the spectacular 8,000-acre estate, the hotel overlooks Antler Hill Village and Biltmore Winery, with sweeping views of the mountains and Biltmore House.

Each of the 210 spacious guest rooms and suites features luxurious appointments and amenities.

Hotel amenities include a lovely outdoor swimming
pool and hot tub, fitness center, fine dining restaurant, lobby bar, library and a spa. Estate activities include seasonal celebrations and events, nature walks and hiking, kayaking and float trips, fishing, carriage rides, off-road Land Rover adventures, shopping and more. Hotel guests may enjoy convenient shuttle service to and from the Inn and to other popular stops on the estate.

Westglow Resort and Spa

Blowing Rock, North Carolina - Located on the outskirts of Blowing Rock in the picturesque Blue Ridge Mountains, Westglow Resort and Spa is housed in a Victorian mansion with additional accommodations in cozy cottages or the Lindal Cedar Lodge. Elegantly restored suites feature vintage period furnishings and a tranquil and relaxing atmosphere.

The Homestead

Description:
A premier luxury resort located in the picturesque Allegheny Mountains of southwestern Virginia, The Homestead offers year round activities in a tranquil setting. A National Historic Landmark, The Homestead was founded in 1766, ten years before the American Revolution.

Most rooms at the resort have mountain views. Choices in room layouts range from the 409 guestrooms with mini-bars to 78 suites. Many of the suites include cozy fireplaces or sunny porches.

Dining at the Homestead:
The dining options at the resort include numerous choices from formal dining and dancing to casual sports, coffee and snack bars.

The Homestead Spa:
The historic spa, built in 1892, is fed by hot mineral-rich springs. Among the many spa treatments available, guests are able to indulge in massages, mineral baths, facials and other skin therapies, manicures, pedicures and more. For the kids, there are special KidSpa services.

Golf Courses:
The Homestead offers three championship courses, as well as a golf academy:

High Hampton Inn and Country Club
A Special Place to Unplug in the North Carolina Mountains

Set on 1400 idyllic acres surrounded by the Blue Ridge Mountains in western North Carolina, High Hampton Inn and Country Club is truly a special place to unplug, relax and enjoy the splendor of nature. Rustic accommodations include guest rooms and suites in the historic main lodge, as well as a selection of charming cottages dotted around the property, most with lake or mountain views.

Listed on the National Register of Historic Places, High Hampton is steeped in time-honored traditions that entice generations of guests to return year after year. Near the main lodge, an heirloom tree garden was planted over 100 years ago with an award-winning Frasier Fir (one of the largest in the nation), a Ginkgo tree, Bottlebrush Buckeye, Bald Cyprus and a gorgeous Copper Beech. Also on the property, visitors are able to enjoy a lovely Dahlia Garden, also first planted more than 100 years ago. Ample on-site recreational opportunities include golf, tennis, a spa and health club, hiking, lake swimming, fly fishing and many seasonal special activities and events. Breakfast and lunch, served in the dining room are casual; however, as tradition reigns, there is a dress code for dinner.

In keeping with the historic and nature focused setting, High Hampton guest rooms and cottages do not have televisions or telephones, although wireless internet service, televisions and telephones are available in the lobby, many rooms and common areas.

Also, you will find neither elevators nor air conditioning here, which the resort management acknowledges may not appeal to everyone. If, however, you enjoy falling asleep to gentle night sounds of the forest and fresh mountain air from an open window, and waking to the melodies of birdsong, High Hampton may be the ideal choice for a memorable family vacation or romantic mountain escape.
You are cordially invited to attend the 2016 DCMS Presidential Inaugural Ball and 164th Annual Meeting.

The ball begins at 6:00pm on Friday, December 2nd at the Museum: 4160 Boulevard Center Drive.

There will be a live band, dancing, dinner and the official inauguration of Tra'Chella Johnson Foy, MD.

Please contact Courtney Hassan at 355-6561 or courtney@dcmsonline.org for any questions or to purchase tickets.

Tickets: $100 per person for members and guests
Tickets: $140 per person for non-members and guests

Do not miss this unforgettable event with your peers. Dress is black tie optional.

Mention MD Life Magazine to save $10 off each ticket.
Duval County Medical Society will be hosting a tailgate party located in lot X at Everbank Field for the Jaguars vs. Raiders Game. The Tailgate will begin at 10:00 am and will include food and drink, as well as a raffle for signed merchandise!

SUNDAY, OCTOBER 23 | 1:00 P.M.

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