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Dr. Ali Kasraeian

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7. Gucci ‘SL 73’ Black / Blue Leather Sneakers for Men – $490.00
8. Nike ‘Retro’ Blue Suede Sneakers – $105
9. New Chuck Taylor All-Stars in Deep Bordeaux – $70.00
10. Classic Adidas ‘Stan Smith’ Sneakers in White – $75.00
11. Paul Smith ‘Moogg Galaxy’ Sneakers in Shades of Blue – $295.00
12. Tom Ford ‘Orford Colorblock’ Sneakers in White & Black – $790.00
Dr. Ali Kasraeian remembered for years asking his urologist father, Dr. Ahmad Kasraeian, “Dad, why on Earth would you, of all things, choose urology?” His father’s response: it’s a gentleman’s specialty.

Though he wouldn’t realize it until years later, his father was right. “The people you work with are kind, they’re nice and I always found them to be very funny,” Dr. Kasraeian said. “But also, they’re very smart.”

Despite his father’s love of urology, Dr. Kasraeian did not originally plan to follow in the family footsteps. His interest was pediatric surgery. However, a twist of fate would change Dr. Kasraeian’s path while he was in medical school at the University of Florida. There was a lottery system to choose the sub-specialty each student would focus on during rotations. Somehow, Dr. Kasraeian got urology.

“I remember being like, ‘what on earth; how did this happen?’” he recalled. “And so, I showed up and low and behold, dad was right. We did a lot of urological oncology there, prostatectomies, removed bladders, a lot of kidney operations, and in the midst of that, a lot of small, elegant, endoscopic procedures, so it broke up your day. Very soon after that rotation, I did my surgical oncology rotation where we did these great operations like pancreatic cancer surgeries and things like that, and the people didn’t do as well. Their cancers weren’t as curable. So that left a big mark.”

Born in Jacksonville but raised in Iran, Dr. Kasraeian and his family left the Middle East after the Iranian revolution. While living in Iran as a child, he career and would often tag along to the hospital with his either his father or his mother, also a physician.

“I didn’t understand exactly what my dad did, but I knew he took stones out of people,” Dr. Kasraeian said. “My brother and I used to cut our stuffed animals and throw stones in them and shake

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From Medicine to Media: A Spotlight on Duval County Medical Society Member

Dr. Ali Kasraeian

By Erica Santillo, Duval County Medical Society
them up and go in and make little operations on our stuffed animals and take stones out of them. We'd try and stitch those things up and take them around. We had one room where we operated on them and then took them to the recovery room. My poor grandmother lived with us and had to clean all the stuff off the floor and fix all the animals because they were all, like, bleeding all their innards."

Many years after those first "surgeries," Dr. Kasraeian now works at Kasraeian Urology with his father, saying that he couldn't pass up the spectacular opportunity for a family partnership. But Dr. Kasraeian's professional life is not just spent at the office.

His career took an unexpected route after he operated on a local television chef. At the time of the surgery, Kasraeian had no idea of his patient's profession, but afterward the chef invited him onto the show.

"He said, 'hey, I do a TV show, why don't you come and I want to announce to everyone that I have prostate cancer,'" Dr. Kasraeian recalled. "I went in at, like, four in the morning and we cooked something together on air and we talked about his prostate cancer."

From there Dr. Kasraeian's passion for his profession became a passion for educating the public. Local news stations began calling him for interviews that involved urology topics and that soon expanded to general health topics.

After Dr. Kasraeian had been on TV a few times, a local radio station came up with the opportunity to do a radio show. Dr. Kasraeian became the host of The Conversation on WOKV every Saturday evening. He is also a medical contributor for The Chat, on WTLV-TV NBC12.

"We've been doing it for, surprisingly, three years," Dr. Kasraeian said. "I bring guests on, and we've been very fortunate that we've had some world-renowned leaders in all fields come on as guests to talk about whatever topic we're talking about. And we do a lot of health care politics, policy talks. Sadly we've done a lot of shows about violence and how people heal in regards to things, like the Boston Bombings, and all these various different mass shootings that we've noticed. And we've talked about what the pathology and the cause of someone who would do something like this and how to heal."

Medicine is a huge part of Dr. Kasraeian's life, but he didn't always want to be a physician. When he was younger, the doctor had dreams of rock stardom.

“I'm a musician,” Dr. Kasraeian said. “I was in a band all through college; I played drums there, but I write and sing. Obviously, it was a whopping success since I'm an urologist now. I always have a dream back there, where I'm humming something and I'm like, 'hey, this is the greatest song ever.' I can leave urology for rock stardom. I'm becoming a little more realistic that it might not happen.”
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As our appreciation for your time and feedback we will enter the names of those that complete and return the survey to us in a drawing for the following:

Three $250.00 Gift Cards for Ruth’s Chris Steak House * Two $200.00 Gift Cards for Dillard’s Department Stores
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Editorial Content

What lifestyle information would you like to read about in your spare time?

What professional or career-related information would you like to read about in your spare time?

Do you prefer to read magazine content via print copy or via computer/tablet/phone device?

Events and Conferences

Social Events

This coming year we are planning on producing the following social events for physicians in the area:

Please X those which you might have an interest in attending:

_____ Wine and Food Tasting  _____ Party at Marina with Boat Rides  _____ Art & Fashion Event  _____ Casino Night Social

Suggestions for other type of social events that would appeal to doctors?

Educational Conferences / Forums

What professional subjects would you like to see covered in a conference or forum program that are not currently available?

Location preferences for social events or conferences/forums:

_____ Beaches/Ponte Vedra  _____ Baymeadows/Southpoint  _____ Riverside/Downtown/San Marco

_____ St Augustine  _____ Orange Park/Fleming Island  _____ Fernandina / Amelia Island

Professional Resources

Are you now or in the near future considering selling or purchasing a piece of property?

Have you ever considered vacation rental property as an investment?

Are you considering financing a purchase or new home construction or refinancing an existing loan?

If yes to any of the above, are you interested in receiving one-time or on-going feedback about real estate and if so, on what subjects or geographic area(s) do you wish to receive this feedback?

Are there any areas in financial or estate planning that you would like to address?

Would you like to receive a referral to a professional on this subject?

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Are there any areas of insurance or disability coverage or asset/legacy protection that you would like to address?

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Are there any area of compliance or other legal matters that you would like to address?

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Leisure Resources

Are you interested in finding out any further information or would like a referral of someone that can help you with any of these leisure pursuits: _____ Golf  _____ Boating/Fishing  _____ Travel  _____ Art  _____ Other ____________________________

Thank you for your time and feedback. Please return the survey to us through either of these two secure methods

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Your Name ____________________________  Email ____________________________
Not so long ago, the thought of adding the flavors of the forest into a wintertime cocktail seemed unimaginable, with visions of sipping Pine-Sol dancing in the heads of imbibers. Today, the studied drinker has learned that hints of spruce, fir and even cedar can bring both depth and breadth to a cold weather tipple. If you’re among the curious, explore these four woodsy ingredients just waiting to find their way into your winter solstice cocktail hour rotation.

**Rogue Pink Spruce Gin**

*Flavor:* Spruce  
*Origin:* Ashland, Oregon  
*Price:* $40, 750 ml  
*Classic Cocktail to Upgrade:* Gin & Tonic

Regular Rogue Spruce Gin is similar to sipping a Christmas Tree in the best possible way, with spruce’s earthy zip complementing the floral nature of juniper berries. Rogue’s Pink Spruce Gin variation takes those flavors to a deeper, more complex level by aging the gin for 4 to 6 months in Pinot Noir barrels.

**Clear Creek Distillery Douglas Fir Eau de Vie**

*Flavor:* Douglas Fir  
*Origin:* Portland, Oregon  
*Price:* $50, 375 ml

Inspired by an obscure Alsatian distillate and the product of a decade of tinkering, Clear Creek’s Douglas Fir Eau de Vie is made with handpicked springtime Douglas fir buds. With its green color and deep forest essence, the spirit has become the poster child for coniferous cocktail ingredients, and rightfully so. Use it to upgrade a Gimlet.

**Dram Apothecary Pine Syrup**

*Flavor:* Pine  
*Origin:* Silver Plume, Colorado  
*Price:* $11, 8 oz.

Dram’s syrup has notes of spice and citrus to balance out its natural pine flavor, making it ideal for pairing with your favorite bourbon or rye in a Toddy preparation.

**Baron Von Mustache Charred Cedar Bitters**

*Flavor:* Cedar  
*Origin:* Wellington, New Zealand  
*Price:* $25, 100 ml

The creation of these bitters began as an attempt to capture the essence of a cigar, but it evolved into something much more robust. With its spicy notes of cedar, bitterness from dried orange peels and a hint of fruit from cherries, the woodsy elixir pairs well with bourbon and dark rum drinks.
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Luxury Travel Ideas For Families
By Teresa Plowright, Family Vacations Expert

“Luxury travel” means an “above and beyond” difference in quality, destinations where guests expect to find outstanding settings, amenities, and service. With kids along, guests also expect special features and efforts to keep all family members in good spirits and well cared-for during their stay. Luxury travel, by definition, isn’t for all of us, and costs a pretty penny. But for those seeking to go over-the-top of the line, below are some suggestions for families.

Orlando: Concierge Level at Disney World Resorts
Disney World’s top tier of resorts (such as the Grand Floridian, and Animal Kingdom Lodge) are beautiful places, and all offer a kids’ club, spa, and -- less well known-- a Concierge level of service.

GrandTravel, for example, has a summer “Splendors of Italy” trip exploring Venice, Florence, Siena and Rome.* Make Venetian masks; see how wine is made; take a private cooking lesson with a Tuscan chef, and a pony ride in the countryside; enjoy tours of art and architecture with a knowledgeable guide. Services include pre-departure counselling; and GrandTravel is expert in helping the generations have the best possible time together. And how’s this for an introduction to Venice: “Upon arrival at Venice’s airport, board a private motor launch and cross the lagoon to your elegant palazzo hotel.” GrandTravel offers many other destinations, too.

London - the Athenaeum.
This classy and family-friendly hotel has a prime spot on Piccadilly across from Green Park, a beautifully presented afternoon tea with scones and clotted cream, a whisky lounge with 250 single malts, and a signature Athenaeum teddy bear. It also has a superb concierge who gives the royal treatment to all guests. Note: families can stay in complete apartments with private entrances on a small side street.

Hawaii
Hawaii has many luxurious and beautiful resorts, and many of them have kids’ programs. See Hawaii Resorts for many suggestions, on different islands.

Pure Kauai, however, is something a bit different. Families stay in villas with full kitchens and multiple bathrooms; many have pools and Jacuzzis. Cribs, high chairs, board games, etc. can be supplied. Meals are prepared by personal chefs, either cooked on-site, or delivered. Activities include: Family Hula Class, private session; Tide Pool Exploring with a guide; Mountain Tubing; Boogie-boarding; more. Trained guides and instructors supervise all activities. Childcare can be provided too. (Adults could have time for in-room massage or private yoga class.)

Family Adventures
“Family Adventures” are escorted small-group tours to beautiful places, with all details handled, and fine lodgings and meals. That’s the typical format, and it offers excellent experiences (at a price of about $2000/person for 6 days) but some tour companies take the experience above and beyond.

Caribbean Resorts
Mustique: Villa Rental
Forgive the pun, but Mustique has mystique: this 1,400 acre island is known as a retreat of the rich and famous, who have private and fabulous villas there. What’s less known is that others can also enjoy Mustique’s delights as most of its eighty-five private residences are available for rent. Click to find the right one for your family: you can search for Amenities such as “Butler/Creative Cook” or “Designer Swimming Pool”; or choose Balinese Architecture; or simply go to “Perfect for Families.”

Round Hill, Montego Bay, Jamaica
This legendary playground of the rich and famous welcomes families and even has a Pineapple Kids’ Club. Villas may be half price in summer: say, $3500-$6000/week, including breakfasts cooked for you.

Caneel Bay Resort, St. John USVI
Caneel Bay was built by Laurance J. Rockefeller, who also donated 5000 acres to a national park on St. John. The resort has 170 beachfront acres; the emphasis is on peace and quiet, not glitz; there are no tv’s or radios in the rooms. The Self Center is a wellness center, rather than a mere spa, and nurtures guests through “mind/body approaches.” Turtle Town kids club takes ages 3 to 12. Caneel Bay has several beaches and great snorkeling: even sea turtles and rays.

Sandy Lane, Barbados
Long a playground for celebrities and known for its golf course, Sandy Lane is also a family-friendly place for luxury travel, and has a kids’ club. Hint: this is the sort of place where guests are met in a BMW; or where someone comes along the beach to clean guests’ sunglasses.

Beaches: Butler Service
“Beaches” is the family-resort brand of Sandals all-inclusives, and Beaches resorts offer many types of rooms, include deluxe suites. Beaches has dreamed up a new luxury travel option for its guests in certain suites: your stay includes "the intuitive services of a personal butler who will attend to your every whim." Your butler is a graduate of the Guild of Professional English Butlers, which trains butlers for Britain’s Royal Palaces. Beaches also has a “Suite Concierge Service” that includes VIP check-in, luggage handling, and other ways to eradicate hassle.

Villas in Jamaica
Villas by Linda Smith offers hand-picked villas with private staff, including a cook, laundress, housekeeper and butler. This is luxury travel that welcomes children: “Our vacation specialists help plan every aspect of a vacation from nannies for youngsters to caterers for lavish parties.”
Attend These Upcoming Events

DCMS/AMA President-Elect Dinner
March 7 at 6:00pm
Epping Forest Yacht Club

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AMA-President Elect to Jacksonville!

Buy now and attend
our February CME dinner
at University Club at no cost!

For tickets, contact Courtney Hassan at
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DCMS February Membership Meeting & CME Dinner
Wednesday
Feb. 24, 2016 at 6:00pm

University Club

Enjoy a delicious dinner while hearing an update on the DCMS and a CME presentation on behalf of Mayo Clinic! Details on the CME are below.

Cost (without attending AMA-President Elect dinner):
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Dr. Peter’s Diary: “I am a doctor, but I’m also a patient.”
A groundbreaking act by a doctor over twenty years ago

Over twenty years ago, a handsome young physician looked into a camera and spoke words he was not sure all Canadians were ready to hear.

“We’re going to be approaching this from a different point of view — a more human point of view,” Dr. Peter Jepson-Young said of HIV/AIDS.

“I’m going to be introducing you to someone with AIDS to help provide a name, a face, and an identity to this disease,” the Vancouver-based doctor famously explained.

“The person I’m going to introduce you to...is myself.”
Despite the initial fears and disapproval of his loved ones, Dr. Peter told audiences that he was struggling with HIV/AIDS at a time when many thought everyday interactions – like shaking hands – could lead to infection.

He also told them he was gay at a time when gay men were widely feared and demonized.

Far before the dawn of youtube confessionals, he showed Canadians that it was possible to talk about a poorly-understood disease openly and honestly.

“I am a doctor, but I’m also a patient.”
Filming the young doctor was David Paperny a university professor. He still remembers the project as one of the most important of his career.

In class, David told us that some viewers told Peter to “rot in hell” and cried out for the CBC to take him off the air. But, at the same time, something more powerful happened. Many Canadians were educated and inspired by the young man’s courage.

Although he was only supposed to tape a handful of shows, the Dr. Peter Diaries ended up chronicling about two years of the man’s life in 111 episodes. People grew familiar with him, and bore witness to his worsening condition. Many felt as though they knew him, or even loved him.

Before his death in 1992, the doctor set up the Dr. Peter AIDS Foundation, a non-profit organization that continues to care for people living with HIV/AIDS. His diary series was nominated for an Academy Award in 1994.

More than twenty years later, the mayor of Vancouver has declared Sept. 3 – 10 Dr. Peter week, and the diarist is being remembered as a national hero. David is currently working on a new series of diaries that will allow a new generation to talk about how the disease affects their lives today.

But as we remember Dr. Peter, let’s not forget how much further we have to go.

The “Tall Tale” About a Hero
In My Family That Turns Out To Be True

By Fabiola Carletti

If your father told you that your one-eyed uncle landed a passenger aircraft after its two engines burned out in the middle of a merciless storm — without anyone getting killed — you’d totally think he was lying, right?

C’mon, tell me you would, because I feel like a pretty terrible daughter right now.
My dad (Italo Carletti Dardano) first told me about my “uncle
Carlos Dardano when I was about 12 years old.

My dad saw a kid who was finally old enough to process an incredible story.

I saw a dad who thought I was still young enough to believe a tall tale.

(To be fair, my dad is kind of like the father in Big Fish: full of grandiloquent stories that push the boundaries of believability.)

This episode of Mayday was uploaded on YouTube.

The thing is, my dad was not lying. He wasn’t even exaggerating.

- Carlos Dardano lost his left eye after being shot in the head by guerrillas during the civil war in El Salvador — but despite his impaired vision, he went on to become a certified commercial pilot.
- On May 24, 1988, Carlos was flying a Boeing 737 for TACA airlines (TACA 110), which was on its way to New Orleans. The plane was carrying 38 passengers and several crew members.
- During that flight, a violent thunderstorm killed power to both engines. Shortly after the pilots switched on the emergency backup generator, the engines overheated and there was a dual engine flameout.
- To avoid a catastrophic fire, Carlos shut the engines off again and put the plane back into free fall, while realizing he wasn’t going to make it to the New Orleans airport. He ruled out the possibility of landing on a highway as the air traffic control tower had suggested (and likely killing people in cars and on board).
- His co-pilot spotted a levee parallel to a canal, and Carlos began a risky maneuver meant for small planes called a sideslip. There was no way to slow the plane, but somehow Carlos avoided a high cement wall and a steep embankment — and made a bumpy but safe landing. No one on board was killed, or even badly injured.
- “For the first time in history, a 737 without any engines has landed safely outside of an airport.”

After watching the show, I promptly called my dad and apologized for being such a skeptical 12 year old, and also for forgetting about this incredible tale for so long. I also looked up my cousin Charlie on Facebook (Carlos’ son who is around my age) and found out two more things: Charlie has some pretty awesome pictures of his dad and their flight school in El Salvador and, luckily, he doesn’t have very strong privacy settings.

I immediately wanted to message him, but I wasn’t quite sure where to start. Perhaps with: Our grandfathers were brothers. My dad went to school with your dad in El Salvador. Your father’s tale of heroism was so awesome that I refused to believe it for years. (Or, hey, I borrowed some of your pictures for a blog post – is that cool?) I think I’ll just send him this post and see what happens. I’m actually pretty nervous! Until then, I urge you all to revisit the flights of fancy from your youth. They may be better grounded than you think.
5 Tax Deductions Property Sellers Won’t Want To Miss

By Laura Agadoni

If you’re like me, you assume the IRS wants as much information about your financial life as possible. And that’s typically true — except when you sell your real estate and make a profit of less than $250,000 (or less than $500,000 when you file a joint return with your spouse). If you meet those qualifications, and if you have lived in that home for two of the five years before you sell, the IRS doesn't want to hear about your home sale, because the profit you make is excluded from being taxed under U.S. Code Section 121. Tell your mom about the sale instead, because, thankfully, the IRS isn't listening.

As if that weren't enough, there's more good news you should know: The IRS grants some tax deductions for home sellers. Getting the deductions requires that you itemize your taxes, admittedly a tedious job, but one that is probably worth your while. Here are five tax deductions you should take this year.

1. Selling costs
If you don’t qualify for the 121 exclusion, you will owe taxes on any profit, so make sure you deduct all your selling costs from your gain.

You can deduct the following, according to Nolo:
- Your real estate agent’s commission
- Legal fees
- Title insurance
- Inspection fees
- Advertising costs
- Escrow fees
- Legal fees

And there's another consideration. Vanessa Borges, an enrolled agent and tax preparation supervisor with the Tax Defense Network, notes, “You might qualify for a partial exclusion if you sell your home due to circumstances involving divorce, change in employment, change in health, or other unforeseen circumstances.”

2. Moving deduction
If you have to sell your house because you’re relocating for work, you might be able to deduct some of your moving ex-
penses, says Chantay Bridges, a licensed senior real estate agent in Los Angeles, CA. Deductions could include transportation costs, travel to the new place, storage costs, and lodging costs.

3. Property tax deduction
“You can deduct your property taxes for the portion of the year that you owned the home,” says Dr. Kimberly R. Goodwin, associate professor of finance and the Parham Bridges Chair of Real Estate at the University of Southern Mississippi. Deduct the taxes “up to, but not including the date of the sale,” according to the IRS. The buyer pays beginning from the sale date.

4. Home improvements
It’s a sad fact that you sometimes need to improve your home — not for your own benefit and enjoyment, but for the home’s future owners. If you make home improvements that help sell your home (like replacing a leaking roof or defunct HVAC system), and if they are made within 90 days of the closing, they are considered selling costs, which are deductible, according to Goodwin.

5. Points
If you paid mortgage points to lower your interest rate when you refinanced your home, you might qualify for an additional deduction, says Bridges. Because you can deduct a proportional share of the points until the loan is paid, when you pay off the loan through a sale, you can “deduct the remaining value of those points,” says Goodwin.

What can’t you deduct?
Tax deductions are fickle. They “can vary from state to state and from year to year,” says Bridges, who suggests that home sellers check with a tax expert to confirm the deductions are still available at the time of the sale.

Taxes can be confusing (Who knew?)
There is also some confusion regarding deductions. Sean P. Storck, a certified financial planner and enrolled agent with Rawdin-Baron Financial in California, explains that many sellers think they can deduct, but can’t. Storck says the biggest misconception concerns repairs, and that ”generally speaking, anything done in the course of maintaining property for normal use is nondeductible.”

The same goes for what Storck calls “phantom labor,” in which ”you do the work of constructing your home on your own.” Although you may have worked your tail off, you still cannot deduct your sweat equity come selling time.
You’ve probably heard the saying, “The clothes make the man.” At business events, this saying is true. Especially for functions like cocktail parties, weddings or funerals, dressing to impress is imperative. To set the tone and make a strong first impression, a man needs to pick the right clothes for the right event.

But choosing the right clothes for an event can be difficult, because of the variety of styles available. A great custom suit or well-combined custom sports coat and pant combination is definitely the way to go.

Here is a breakdown of what to wear to different types of events.

**Casual business events**

A casual event gives you a lot of leeway to choose the type of outfit you want, because there are far fewer clothing restrictions than for formal events. Generally, though, the bare minimum should be a sport coat or blazer, dress shirt and slacks (no tie).

For the purposes of this article, there is no occasion where it is acceptable to wear shorts, or a T-shirt. Even if the event you’re going to is on a boat or poolside, do not, under any circumstances, wear shorts or a T-shirt. Only if you plan to go swimming at a child’s birthday party can you dress down that far. Anything else demands at least a pair of slacks, nice-looking shirt, and a seasonally appropriate sport coat of some kind.

Whatever you do, you mustn’t dress down to the lowest level possible. Instead, seek to be one of the better-dressed people in the room. It will make you seem more interesting and successful to new acquaintances.

In certain situations, you can opt for a suit at a casual event. Pairing a suit with more patterned (casual looking) shirts, particularly dark colored shirts, can also work well for a casual evening affair. If you choose to wear a suit to a casual event, however, do not wear a tie.

When choosing colors, remember that earth tones, such as tan, brown, olive, taupe and others, are generally more casual. Blue, grey and black suits and jackets are a bit more serious and formal. Think about the current season as well. In the spring and summer you can break out more color; pink, orange, yellow, lavender and even mint green look appropriate. In the winter or fall, a darker color palette is more appropriate, such as white and light blue shirts, or shirts with a pattern in more traditional dark colors like navy and grey.

**Formal events**

When you’re invited to a formal event, it’s time to start looking through your suits instead of your business casual clothes.

First, make sure your suit is built for the current season. Ensuring...
that you have the proper colors and fabrics for the time of year will not only make you look more appropriately attired, but also help you to feel more comfortable as well.

When choosing colors, go for classics like navy blue, charcoal and black. These are dark enough to wear to a formal event and are considered standard colors for men’s suits. A lighter blue-grey (or medium blue) color has become very fashionable and appropriate in almost any setting lately, and pairs very well with brown shoes and belts.

You can personalize what you wear to a formal event, but you have to be much more subtle about it than you would at a casual event. Limit your personalization to small elements like your shoes, belt, tie, pocket square, and cufflinks. A nice watch is always a great way to personalize your look. Keep it classic and traditional for a formal event, and make sure your tie matches well with the suit you’re wearing.

A suit custom-made for the event can be a great idea. A suit built around your body and ideal colors is a great investment – especially if you attend events often. Custom-made suits also tell others that you are serious about your appearance and that you care about how well-made your clothes are.

If you’re not sure exactly what kind of outfit you should be wearing to a formal event, a good rule of thumb is that a classic black-tie outfit will work in almost every case. This look consists of a tailored black suit or tuxedo, a high-quality tie and a medium spread collar shirt. Custom shirts can be made so that they have the option to be buttoned at the cuffs or worn with cufflinks, and this allows you to dress things up or down a notch as you see fit. With this as a go-to outfit, you’ll be prepared for any occasion.

Alan Vinson is a custom clothier and men’s clothing designer with 20 years of experience advising CEOs, attorneys, CPAs, doctors, coaches, athletes and business owners on what to wear. Mr. Vinson also advises nearly 100 other professional clothiers in the U.S. and the U.K. as a management consultant. jtvinson.com

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Senior Life Network
Northeast Florida Office – 904-491-2166
seniorlifenetwork.org
CNET spent a full week in Las Vegas living and breathing the CES 2016 show. Here’s everything we discovered about the future of technology. Here are a few highlights:

**LG Rollable OLED**
If I had to pick one piece of tech at the show that really makes me think “we are living in the future!” it’s LG’s Rollable OLED, which does exactly what it says. It’s a screen that you can roll up. Why am I so impressed? Because once this becomes a reality, it will transform the design and function of everything that has a screen – and these days, everything has a screen. While it’s not quite ready for prime time, it’s not 5 years away, either.

**Onagofly Nano Drone**
Last year’s Zano nano drone never made it off the ground, so here’s hoping Onagofly’s 5-inch/125mm-square follow-me drone has better luck with liftoff. It’s already had an Indiegogo campaign funded seven times over, and boasts really useful features like obstacle avoidance and live streaming, for $300

**Livestream Movi**
You know how broadcast setups cut between different cameras to vary the viewpoint, even if it’s just two different sides of a talking head? Livestream’s Movi, a 4K video camera and app, will allow you to create the same effect by selecting different crop areas to generate a 720p final video. And the camera fits in your bag. This quick-and-dirty studio will run $400 when it arrives in April.

**Immersit**
Now you can feel every pothole in the New York City streets while watching (or leading) a car chase in the comfort of your living room. Immersit vibrates, lifts and rocks your chair or couch in synchronization with games and movies that support it. You can pair it with VR goggles for an even more realistic experience. The price isn’t set yet, but you’ll have to budget extra for Dramamine.

**Sensorwake**
The smell of coffee. Your nose twitches. Minutes later, the need for caffeine drives you out of bed. That’s the concept behind Sensorwake, a $110 alarm clock that diffuses the enticing scent of your choice – such as coffee, money or mint -- at the appointed hour. The odor of smelly litter box is more likely to roust me from my slumber, but I can understand why that might not be a popular choice.
Smart Ski Airbag Vest
As a professional klutz, I’m all for padding as much of myself as possible short of bubble wrap age. The Smart Ski Airbag Vest incorporates gyroscope sensors, an accelerometer and a GPS in service of keeping you safe, inflating to protect your hips, back and insides when it detects a potential fall. It’s targeted at skiers -- well-funded ones, at $1,200 a pop -- but this would make a great product for elders with balance issues as well. You won't be able to buy it until the weather warms this summer.

Sevenhugs’ Smart Remote
It’s hard enough corralling your out-of-control home theater: When you start tossing in everything electronic in your home, the number of controllers and interfaces multiplies awkwardly. The whimsically named Sevenhugs is working on an easily programmed but generically named Smart Remote to bring order to your smart-home chaos. It’ll cost less than $200 and is expected to enter preorder by March, but unfortunately won't work (and probably never will) on children, parents, whiny cats or yappy dogs.

Origin PC Omni
The intersection between gaming PCs and all-in-ones is pretty small; pretty much the null set. But this system sounds like it’s got the horsepower, the essential discrete graphics card -- an Nvidia Titan X, no less -- and a display (a curved 34-incher) that just might win over gamers. And unlike most all-in-ones, it’s upgradable. It’s slated to arrive by the end of March, and the price is up in the air -- we estimate it’ll start at around $2,000 in the US.

Prizm
No more fighting over classical versus hip-hop. The Prizm connects to your speakers, scours devices in its proximity with playlists from major music-streaming services, and then finds (and remembers) what you like. By comparing the playlists it then identifies your taste and tries to come up with a happy medium. Tapping on the cross or the heart on the sides of the small pyramid does, well, exactly what you expect. It comes from a Kickstarter that achieved funding of more than 200 percent in October, and the first batch is scheduled to go to backers in early 2016.

Samsung’s Family Hub Refrigerator
It’s a refrigerator with a huge touchscreen embedded in the front with some useful apps and cameras to send you pictures of its contents. On one hand, that could come in really handy. On the other, gross hands. Still, someone who knows these things (Ry Crist) calls it “the most compelling appliance built for the smart home that we’ve seen to date.” Compelling and expensive: it’s expected to start selling this spring for $5,000.

Sony PSH-X500 Turntable
If you’re mourning the loss of vinyl, Sony’s offering a way to preserve your records without losing the tonal characteristics you love. Direct-to-digital turntables aren’t new, but this one records to DSD, Sony’s high-quality digital audio format.
**Withings Go**
I don’t know quite why this e-ink-based fitness tracker stood out for me; possibly because it looks like what I think a fitness Swatch should look like (rather than what they do look like). The Withings products look simple with a clean, somewhat whimsical design. They just make me smile. Still won’t make me join the tracker craze, though. The Go will be available in the first quarter of this year and will cost $70 in the US.

**Nikon D5**
It’s not for everyone, but this new pro camera offers the highest light sensitivity to date — ISO 3,280,000. So if you have $6,500 and like to photograph things moving really fast in really dim light, this is the camera to crave.

**Moff Fitness Band**
Whenever I see those “interfaces of the future” that require grand arm gestures, I laugh; that’s just not efficient, and a lot more work than most people want to put in to perform ordinary tasks. The $55 Moff band gets that point. It lets you play Pac-Man by gesticulating wildly, and recognizes that it’s a workout. A fun, silly workout.
Leveraging Asset Location Strategies for Your Retirement

Whether your retirement is right around the corner or several years away, it’s important to recognize how the assets in your portfolio are allocated to maximize tax efficiency. Tax efficiency is one of the more controllable aspects of investing, however it should not be the sole consideration when making decisions regarding your investments. A balanced portfolio will allow you to forecast your post-practice income with a greater degree of certainty.

There are 3 types of accounts that you can invest your money in from a retirement standpoint which are classified by how and when they are taxed. Understanding the different rules that apply for these types of accounts will allow you to develop a retirement plan that is commensurate with the desired level of risk that you are comfortable with undertaking.

**Taxable:** Examples of this would be bank/brokerage accounts, trust accounts and holdings in stocks and bonds. Funds would be taxable based on interest, short-term gains, long-term gains and dividends. These type of accounts are preferable for short-term investments because of the liquidity that they offer.

**Tax-Deferred:** IRAs, 401(k)s and other pension plans are a few examples of tax-deferred accounts. Money in these accounts will grow tax-free but is taxed as ordinary income when withdrawn for retirement. Your tax bracket upon reaching retirement will largely be decided by the current tax rates set by the federal government if you hold the majority of your savings in a tax-deferred account.

**Tax-Advantaged:** Some examples of tax-advantaged accounts would be Roth IRAs, Roth 401(k)s and investment life insurance policies. Money in these accounts will grow tax free and can be withdrawn tax free during retirement as long as the guidelines for these accounts are followed.

Generally, we advocate that our physician clients keep no more than 50% of their retirement savings in tax-deferred accounts. There’s a few different ways you can shift money from a tax-deferred account to a tax-advantaged account. One example is a Roth conversion, also known as backdoor Roth IRA, which allows you to fund a Roth IRA using money that is held in a traditional Roth account. However, in the case of a Roth 401(k), opening one of these accounts will disqualify you from having a traditional 401(k).

Research has shown that tax-efficient distribution of assets can add up to 0.75% to annual net returns. The primary objective of Larson advisors is to boost the after-tax returns of their physician clients by strategically investing specific asset classes in these different account types. Generally, we recommend holding broad-market equity investments in taxable accounts while holding taxable bonds within tax-advantaged accounts. Doing this generates higher and more certain returns by spreading the yield between taxable and municipal bonds.

Striking the right balance between assets in taxable, tax-deferred and tax-advantaged buckets should allow you to determine what tax bracket you want to fall in when you retire from practicing medicine. Several factors such as inflation, longer life spans and the rising cost of care lead to uncertainty when developing a plan for retirement. However, maximizing the tax efficiency of your investments will allow you remove a major variable from the equation so that you can calculate your post-practice income with more certainty. Minimizing the total taxes paid will ultimately increase the longevity of a portfolio and allow you to keep a greater share of the wealth.
Wine Talk
By Emery and Jean Clance

2012 Murrieta’s
Well The Spur

and is a favorite of mine because of my long history with this winery. In 1992, I was one of a handful of people who attended the Orlando release of the resurgent Murrieta’s Well with then owner/winemaker Sergio Traverso at Bucket’s Restaurant. I was still fairly new to the business and I remember listening with great pleasure as Sergio regaled the audience with the long history of this property, embracing the details of era with the enthusiasm usually only seen by European winemakers. Now, with Sergio long past (the victim of a car crash in South America) the winery has begun another era, and as an observer of almost twenty vintages of wines, this may be their golden age. The estate takes its name from Joaquin Murrieta, who in the 1850’s discovered a natural spring in the Livermore Valley, across San Pablo Bay east of San Francisco. In the 1880’s, Frenchman Louis Mel visited the valley and immediately recognized it as a potential site for great wine with soils and climate similar to Bordeaux. He purchased 92 acres, imported grape cuttings from Chateaus d’Yquem and Margaux and eventually built a winery. He produced award winning wines until Prohibition when he sold the estate to his neighbor Ernest Wente. Wente used the estate to produce sacramental wine but after Prohibition ended he closed the winery to concentrate on Wente Vineyards. In 1990, Ernest’s grandson, Philip, formed a partnership with Wente winemaker Sergio Traverso and they resurrected the Murrieta’s Well label. Their goal was to stay true to the history of the estate and produce a red blend to rival Bordeaux. This was during the Meritage craze, so their first effort was a similar blend, based on Bordeaux varieties. Since then, the winery has shifted focus several times, producing an array of wines that often include Portuguese varieties, a passion for Philip. With the current releases, the winery is now focusing on just two wines, this red and a complimentary white blend called The Whip. The blend for The Spur is 33% Petite Sirah, 31% Cabernet Sauvignon, 29% Petite Verdot, 4% Malbec and 3% Merlot. Each variety is separately hand-harvested and fermented in stainless steel tank. Once dry, each variety is moved to barrel with Philip using a combination of French, American and Eastern European barrels, new and used. After 21 months in barrel, the blend is assembled and bottled. It’s pretty hard not to like this wine as soon as you pour a glass. Even without decanting, which you should, it displays an inviting nose of clove, anise, allspice, dark chocolate, cherry and plum compote. In the mouth, it has a big punch of fruit that is tamed and focused by polished, sweet oak tannins that carry into the very long finish. Good now, this wine will cellar for six to ten years.

2014 Zuccardi
Cabernet Sauvignon “Serie A”

Tim’s Wine Market customers get to be the first kids on the block to taste this exciting new addition to the Zuccardi family’s Serie A wines, a Cabernet Sauvignon. Their son and winemaker, Sebastian, hinted to me this project was in the works when I visited them in 2013. We walked several vineyards they own in the Valle de Uco and I noticed there was a lot of Cabernet planted, but at that time they only produced a small amount under their reserve line Q. Since they just built a new winery in the Valle de Uco it now makes sense since the potential production level is higher than is needed for just their reserve wines.

The original Zuccardi winery, along with their larger production brand, Santa Julia, is located close to the city of Mendoza in Santa Rosa. The wines produced in their vineyards close to the winery are primarily used for Santa Julia, although the fifty-year-old vines of Bonarda are dedicated to making Emma. That wine is named for Sebastian’s grandmother, the matriarch of the family.

Last year the family gave Serie A a new label and now each varietal sports a specific point of origin where the grapes were grown. This one is from a collection of their vineyards located in the central and southern part of the Valle de Uco, roughly a three hour drive from the city of Mendoza. The elevation in this area begins at 3000 feet above sea level and reaches up to almost 4000 feet. What surprised me is that unlike most wine regions, Napa for instance, where the vineyards run up a steep slope, this is flat valley floor located near the base of the Andes Mountains. At this high elevation the temperatures are lower during the day and evening, which means the
grapes retain more acidity. This also increases the UV light rays on the grapes which causes thicker skins, which in turn increases the color and tannin in the finished wine. I came back from visiting this region, and tasting an extensive collection of wines from Sebastian, and predicted the Valle de Uco will be one of the world’s great wine regions, especially for Cabernet, within my lifetime.

To make this wine the family wishes for the character of the Valle de Uco to shine through. The grapes are fermented in tank for seven days, then aged on the skins for an additional twenty days, in order to extract every little nuance. A portion of the wine is then aged in French oak barrels for a few months to help polish the edges.

When you open this wine, make sure to decant it for a half hour before serving. When you do it quickly reveals a rich bouquet of cooked black currants, blackberry jam, milk chocolate, espresso roast coffee beans and a wisp of cedar. On the palate it is very dense and broad, with a vein of minerality providing a little lift to the fruit before a fine dusting of tannins winds up the finish. Drink over the next two to five years with grilled beef or tuna steaks or pot roast.

Tim Varan and Brock Magruder opened Tim’s Wine Market in October, 1995 at the original location in Orlando, Florida. Based on twenty years of buying experience, each year Tim samples over 4000 wines to select only a few hundred each year for the Tim’s Wine Market stores. Tim’s Wine Market has a local store in Ponte Vedra Beach, owned and operated by Emery and Jean Clance. www.Timswine.com
In a recent enforcement action, Office for Civil Rights (OCR) emphasized the importance of proactive security measures to protect electronic protected health information (ePHI) in accordance with the HIPAA Privacy and Security Rules.

OCR announced a settlement with Cancer Care Group, PC (CCG), for failure to conduct an enterprise-wide risk analysis and adopt written policies on the removal of electronic media containing ePHI. CCG, a radiation oncology private physician practice with 13 oncologists that serve hospitals and clinics throughout Indiana, agreed to pay $750,000 and implement a comprehensive corrective action plan.

OCR initiated an investigation after CCG submitted a breach report regarding the theft of a laptop contained in a laptop bag from an employee’s car. Although the laptop did not contain ePHI, the bag did include unencrypted backup media with the names, addresses, dates of birth, Social Security numbers, insurance information, and clinical information of approximately 55,000 current and former CCG patients.

During the investigation, the OCR found widespread noncompliance with the Security Rule. The OCR determined that CCG’s non-compliance contributed to the breach and concluded that had CCG taken action proactively the breach could have been avoided.

Steps to Comply with HIPAA Regulations

- Perform a HIPAA Risk Assessment.
- Address the vulnerabilities revealed in the Risk Assessment.
- Write and enforce policies and procedures related to security of ePHI including a sanctions policy.
- Encrypt. If you do not encrypt, ensure that you have documentation to support your reasoning and implement compensating controls.
- Train (and re-train) employees!
- Make sure your Business Associates have their own privacy and security policies and enforce them.
- Review system activity! Implement procedures to regularly review records of information system activity, such as audit logs, access reports, and security incident tracking reports.

If your organization is in need of a HIPAA compliance review or training, please contact us.

For questions and more information contact: Elizabeth Shaw (904) 567-1175, liz@rezlegal.com
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