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With the mails awash in holiday cards depicting kittens in Christmas stockings and puppies popping out of festively wrapped packages, its little wonder people seize on pets as the “perfect holiday gift” for their loved ones, but before purchasing a wiggling bundle of fur, feathers or fins, individuals should stop to consider if giving a living being during the chaos of the holiday season is the ultimate gift or the ultimate nightmare.

The acquisition of an animal companion should be thought out carefully. Unless you play an integral role within the family, you wont know what kind of animal would fit in best. A family meeting should be held so that all members can openly express their likes and dislikes regarding pets. In addition, discussing who will take on what chores ahead of time will make things easier in the long run.

Research on proper care and necessary equipment can be done at a local library or via the Internet. What may have initially sounded ideal a parrot for instance may be scaled back to an animal such as a cockatiel or budgie that is less expensive to maintain and/or less demanding to keep. Puppies and kittens are always adorable, but an older animal might be easier to incorporate into a busy household in which both adults work.

On a more philosophical level, should a living creature ever be given as a gift? Does it belittle the animal, reducing him or her to a mere possession like a doll or puppet that can be bought and sold, and passed on from one individual to another as a token of their consideration or affection? Shelters, rescuers and even some breeders refer to placing animals in homes as adopting them out. The adoptee becomes a member of the family, rather than a possession obtained through the reception of a gift.

If the first two concerns have not dissuaded you, I might suggest that you rethink your timing.

Introducing a new animal into a household during the tumultuous holiday season is an invitation for trouble. Homes are bedecked with poisonous plants, lit candles and fragile decorations, all of which are decidedly not pet-friendly. In addition, routines are set aside in favor of rounds of parties, visiting relatives and vacations.

Is there really time for housebreaking a new puppy or conducting the water tests necessary to set up a new aquarium? In most households, the answer would be a resounding “no.” If you truly have your heart set on sharing the gift of love and laughter a companion animal can provide this holiday season, discuss the idea beforehand with all adults involved. If they agree that your gift would be welcome and well cared for, wrap up a stand-in for the live animal in the form of a plush toy or specialized pet care book attached to an IOU to place under the tree. Once the holiday craziness is over, you can then escort the family to the shelter to select their new best friend.
In the middle of a five-way thoroughfare intersection, with the early-morning sun's glare on my windshield, I hit the curb of the median and blew out my left front tire. Amid stopped traffic, I ran to collect my escaped hubcap, whose silver eye stared helplessly from among the automotive debris of previous accidents.

A policeman blocked the lanes until I could pilot my car into the gas station on the other side of the street. The attendant perched behind the bulletproof window told me that his mechanics wouldn't be in until 9:00 am. I called the clinic to say I'd be late to work, but no one picked up the phone.

I'm a family doctor at Georgetown University Medical Center in Washington, D.C. On Thursday mornings, I see patients at an office in a strip mall. We serve the local African-American community as well as many un- and under-insured patients. I'm attuned to myriad forms of psychic and bodily maladies. None of this changes the fact that I'm from a different world than that of my patients. Unlike the vast majority of the people I care for, I'm a white woman with a good salary, an elite education and every imaginable comfort of home.

I checked my watch. No way could I sit around until the mechanics came, so I pulled out the spare and got to work on my tire. Apparently, jacks aren't what they used to be: This one definitely put the “toy” in Toyota. How was I supposed to raise my one-and-a-half-ton car by attaching this confidence-puncturing, hooked metal handle to an eight-inch jack?

Just then a brown-skinned stranger stepped out of the convenience store, talking business on a cell phone jammed between shoulder and ear as he tapped out a fresh cigarette from the pack he'd just bought.

"Can you help me set up my jack?" I begged him.

He didn't miss a beat. "Sure thing."

He rested his phone on my car's hood and told me to put on the emergency brake — I'd forgotten to do that. And, he pointed out, I'd placed the jack upside-down. He got to work. "Name's Jamal," he said, unbolting the tire lugs. I introduced myself too.

"I got a bad shoulder," he apologized. I offered to try, but he waved me off.

"I got it, I got it," he kept saying, stopping every now and then to answer his phone, letting whoever was calling know he was "on my way."

Twenty minutes later, he'd mounted the new tire. "Now, that spare will get you to work and back. In fact, you can drive on it quite a while, just don't go over fifty-five."

I rummaged in my pack and found thirty-two dollars in cash.

"I'd like to give you this — I'm sorry, it's all I have," I said.

He stepped back. He was bone-thin, with a grizzled jaw, rheumy eyes and haywire teeth.

"I didn't do it for money," he said.

"Please take it," I insisted. "I'd give you more if I had it."

I could see in him a flicker of something, igniting in me a feeling of common humanity that no mirror can capture.

"You got money?" he asked. "Because if you don't got money, I won't take it."

"I've got money." We looked each other in the eye. Suddenly I said: "I won't ever forget you."

We both stood, slightly stunned, searching for small talk. After a moment, Jamal blurted out: "You live around here?"

I hesitated. Should I tell him I came from a neighborhood of mansions and privilege? I didn't want to admit this.

"I live on the other side of town," I offered. In that part of town, a decade or so ago, I'd had to change a flat on one of the well-manicured residential streets. Car after car had whizzed by — and the man on whose door I knocked said that he couldn't help me because he didn't want to risk throwing out his back.

Then I gestured in the other direction, toward the shabby road with its potholes and fallen telephone wires.

"But I work over there," I said, as though my job at the clinic made up for our differences. I wanted to hold on to this moment of unexpected, overwhelming tenderness, in which our racial and economic divisions seemed momentarily to dissolve.

"Well, then, like I said — you can drive on that tire a long time. Just don't go over fifty-five."

We shook hands, Jamal headed to his beat-up U-Haul, and I got into my Prius.

When I arrived at the clinic, one half-hour late, all of the examining rooms were occupied by waiting patients. I readied myself to hear each person out, as I always do. But on this day I would also, one patient at a time, think hard about what it might mean to pay forward my debt to Jamal.

Caroline Wellbery is a family physician.
He went in for a simple procedure and had no idea it would take such a wild turn.

Dr. Kenneth Rothfield discovered an inguinal hernia in 2002 on the morning he was supposed to run the Dublin, Ireland Marathon. It was small, and easily ignorable; up until last year. That’s when it started becoming increasingly more uncomfortable, and Rothfield knew it was time for surgery. Although Dr. Rothfield was working in Jacksonville, his family was still in Baltimore, and he knew of a surgeon there who could help him.

Before Thanksgiving of 2015, Rothfield went in to see the surgeon he wanted to perform the operation, who also happened to be a trusted friend. The surgery was minimally invasive, so Rothfield planned it for the Monday before Thanksgiving to give himself a long holiday to recover.

The weekend recovery wound up taking months.

One of the staples in the mesh hernia repair fell out after surgery, and a small section of Rothfield’s small intestine became trapped.

“I developed terrible pain and abdominal distention. I was admitted to the hospital at 3 am on Thanksgiving. By Friday, I was septic. I had an overwhelming infection and was critically ill,” he recalls. “Saturday I had emergency surgery, where they discovered I had a section of gangrenous intestine. That led to a big, open operation.”

As a doctor with over 22 years’ experience, Rothfield understood the potential worst-case-scenario outcomes. In his career up until this point, he had witnessed enough cases where a patient comes into the hospital with an abdominal catastrophe, and doesn’t make it out.

Rothfield was in the hospital for 12 days and didn’t sleep for two weeks. He lost 20 pounds—most of it muscle. When he finally made it home, he had eight weeks of recovery, including a month of physical therapy to look forward to. Rothfield still considers himself lucky; he was able to recover 100 percent. And the experience taught him something important for his career.
"It's given me more authenticity as a leader in patient safety. It wasn't a medical mistake, it was just unlucky," he clarified. "And if you think things happen for a reason, I think this happened to me to make me more effective in my job."

It also helped solidify his passion for patient safety. Going into medical school, Rothfield thought hospitals were an exact science. But then he realized how much room there is for improvement. Patient safety is a huge public health problem, and Rothfield realizes that. So after 21 years as an attending anesthesiologist, he left clinical medicine and became an administrator at St. Vincent's HealthCare. He's been at St. Vincent's in the administration department for two years, and currently serves as the Chief Medical Officer and the Chief Quality Officer. In these roles, Rothfield is in charge of quality and safety of St. Vincent's care and the relationships with its doctors.

Rothfield knows there are lots of people who are terrific at taking care of patients, but few people want to have leadership careers in health care. That's where he thought his talents would be most beneficial. Rothfield says one of the most rewarding parts of the job is getting people together from different specialties and promoting collaboration with one another. The one project that was a real turning point for Rothfield, professionally, revolved around Emergency Airway Management.

"When patients stop breathing in a hospital and we have to breathe for them artificially it's a big deal. And frequently that involves putting in a breathing tube, which can become a morbid situation if it is not inserted properly. My first major project in patient safety focused on collaborating with respiratory therapists, paramedics, and ED and ICU physicians to use new technology to improve the reliability of this process." Rothfield believes it's great to help one patient at a time, but getting people to work together collaboratively allows more patients to be helped at once, and that's something he wants to do for the rest of his career.

Even though he loves where he is in life, Rothfield had a drastically different passion when he was younger.

"I was born to Rock and Roll, but I was forced to anesthetize," Rothfield joked. "I was programmed from birth by my dad to be a doctor, but I'm also a musician."

Without his dad's influence, Rothfield's life might have drastically changed.

"I used to be a vocalist in a swing band in Maryland. After that, I did a one-man show of standards. I'm a Sinatra junkie," he said. "I just recently started singing again, and I've started performing a little bit. So my alter ego has emerged here in Jacksonville."

Rothfield also plays bass guitar. He has played in theatrical pit orchestras, but his schedule has made it difficult to pick that back up. Rothfield commutes back and forth from Jacksonville to Baltimore because his family is living there for the
next year, until the school year ends. All of his three children are also into music, and two of them are vocal performance majors at Northwestern University.

Occasionally, Rothfield plays gigs with his friend, a fellow singer and songwriter. He's also part of a “Dad Band” that plays classic rock and R&B. Rothfield’s wife, Caroline, also a physician, occasionally sits in on drums.

“It’s a lot easier to be a physician and have a hobby playing music than the other way around. And I’ve told people that I’m a way better singer than Sinatra was an anesthesiologist,” laughed Rothfield.

Rothfield was thrilled when he was offered an opportunity to join the DCMS Board of Directors. He believes serving as a Board member is a good way to for St. Vincent’s to be involved and make an impact on the local medical community. “I’m very interested in education and professional development for physicians and patient safety so this was a good tribute to what the DCMS is trying to do.”

Whether he’s in the operating room, on stage singing, or at a DCMS Board Meeting, Rothfield is always trying to educate people, in whatever way he can.
Why Repealing Obamacare Won’t be as Bad as Many People Think

By Brian C. Joondeph, MD

With Donald Trump’s promise to repeal and replace Obamacare on many Americans’ minds, there are numerous questions about how the health care system will work in the very near future. There are equally as many, if not more, outlandish speculations.

Donald Trump doesn’t assume office for two more months. Much of what will get changed and how is yet unknown. Yet the mainstream media has been quick to undermine Trump and dispirit his supporters, as the media did during the entire campaign as well. NBC News shouted, “Repeal Obamacare? Maybe Not, Says Trump.”

Take what you hear and read with a big grain of salt. Given past experience with government reform, it will likely not be as drastic nor as draconian as some hope for and others fear. Repeal and replace does not mean scrapping the entire health care insurance system and starting from scratch with something new. Obamacare itself did not replace what existed previously, but instead added or modified.

Trump’s campaign website indicates that health savings accounts and patient-centered choice and value are two of his core policy proposals. Coverage for pre-existing conditions will likely remain in place.

Allowing adult children up to age 26 to remain on their parents’ policies is also part of Trump’s plan. With about a third of millennials still living at home with their parents — many of them unemployed or underemployed — why not let them stay on their parents’ plan with the insurance premium reflecting the added coverage? Parents pay the premiums, of course, not the government.

Trump also proposes high-risk pools for sicker individuals and allowing people to purchase insurance across state lines, increasing competition and lowering costs. Finally, he recommends allowing states to design their own programs as a testing laboratory. (Colorado and Vermont have both attempted — but did not implement — a single-payer system.) Innovation at the state level makes sense with further nationwide implementation if successful.

Trump cannot by himself repeal or replace Obamacare. By constitutional necessity, this will have to come from Congress. And it has, by the way — there have been 60 attempts by Congress to repeal Obamacare, stymied by an Obama veto. With a new guy in the White House and a Republican-controlled Congress, the veto threat is gone.

There is still the obstacle of a Democrat filibuster, although there is the trick of using budget reconciliation to pass legislation with only 50 rather than 60 votes. Democrats used this maneuver to pass Obamacare. In an ironic twist of fate, it might be used to repeal it.

The reality is that Obamacare is unsustainable. It’s been collapsing under its own weight of rising premiums with fewer insurance companies willing to participate. A rescue is needed before the existing scheme implodes.

And Trump, of course, is not the only one who has said this. Republicans in Congress have long maintained this. As Speaker of the House Paul Ryan said recently on CNN, “Obamacare is failing. It must be replaced. We’re going to do that. We’re excited about it … We can fix what is broken in health care without breaking what is working in health care.”

Brian C. Joondeph is an ophthalmologist
Forget killer robots. The social network sees AI as a way to solve problems, like all that weird stuff bubbling up in your news feed.

Facebook is creating videos to educate the masses about the basics of AI. Here, a simple graphic shows how a computer is taught the difference between images of cars and dogs.

If you’re obsessed with “Westworld” or “Ex Machina,” you might be preparing for humankind’s impending doom. You know, the dawn of artificial intelligence.

Facebook has this advice: Take a deep breath.

The social network launched a campaign aimed at demystifying AI by educating people on the basics of how it works. In a handful of short videos, Facebook explains the technology behind things like photo recognition, self-driving cars and language translation as part of an effort to assuage fears that AI will inevitably lead to robots running amok.

Artificial intelligence already goes into many of the online services you use every day. On Facebook and Instagram, AI helps rank what you see first, based on what it guesses you might find most interesting. Elsewhere in Silicon Valley, Google uses AI in everything from search to maps. Google CEO Sundar Pichai has said the search giant is moving from being “mobile-first” to “AI-first.”

Facebook CEO Mark Zuckerberg estimates that a quarter of the company’s engineers and more than 40 teams work on AI platforms. One big team, Facebook AI Research group, or FAIR, has more than 75 engineers and research scientists spread around the world. Another, the Applied Machine Learning group, has about 140 members.

The money and energy poured into AI hasn’t diminished criticism. Stephen Hawking said AI could “spell the end of the human race,” while Tesla CEO Elon Musk and other Silicon Valley elites launched a nonprofit research company called OpenAI, aimed at advancing AI in ways that benefit humanity as a whole.

Artificial intelligence and machine learning, a type of technology in which computers can learn without being explicitly programmed, has been an especially sensitive issue for Facebook since Donald Trump pulled off an upset victory in the US presidential election.

The social network’s news feed algorithms, which are powered in part by machine learning and which decide what you see or don’t see on Facebook, have came under fire in the aftermath of the election. Trump’s detractors argue fake news circulated on people’s news feeds played a role in his victory. Other critics contend “filter bubbles,” the notion that Facebook users are only exposed to viewpoints that dovetail with their own, may have been the reason people were so blindsided.
Yann LeCun, who runs FAIR, said AI could “probably” reduce the filter bubble problem, but it’s a question of how to deploy it into Facebook’s services.

“We probably have the technology,” LeCun said in a journalist roundtable last month, referring broadly to the company’s software chops. “It’s just, how do you make it work on the product side, not on the technology side?”

Facebook has declined to specifically address criticism of its role in the election, but a spokesman said the company hasn’t built such tools.

CEO Mark Zuckerberg said at a conference shortly after the election that Facebook does show people stories they may not agree with, but that sometimes people just tune them out. “It’s not that the diverse information isn’t there,” he said. “We haven’t gotten people to engage with it in higher proportions.” And last month, he detailed a plan to fight fake news, including developing better “technical systems” to flag them before they gain traction.

The company has also been trying to infuse AI more of its products than just Facebook.

Joaquin Candela, who runs AML, said Facebook-owned Instagram used AI earlier this year in making a big shift in ranking posts by what a user might find more interesting instead of just displaying them in reverse-chronological order. The change was easy because Instagram could just plug in some of Facebook’s already-existing AI technology.

The videos Facebook released try to make the science behind AI more accessible. One video explains how computers can detect certain elements of a photo despite where they are located in a frame. Another video explains how AI can tell the difference between a photo of a car and a photo of a dog.
California hills. The features for this wealth from prospecting for gold in the get-rich-quick schemes, and potential (Mulberry) Sellers is obsessed with novel, Colonel George Escol write the better American novel. In the challenge by their wives, over who could write the better American novel. In the novel, Colonel George Escol

(Mulberry) Sellers is obsessed with get-rich-quick schemes, and potential wealth from prospecting for gold in the California hills. The features for this month come from two, very wealthy men, who discovered gold, then invested it in the hills of California.

The 2014 Matchbook Cabernet Sauvignon is the newest project from John Giguiere, who turned his penchant for accidentally setting fire to his father’s wheat fields, into a $42,000,000 brand. Coincidentally, his vineyards in Yolo County, are only 75 miles from where James Marshall discovered gold, in 1848, that began the first California gold rush. John and his brother, Karl, grew up in the 1950’s on their father’s wheat farm in the hills west of Sacramento. Like most young boys, they were fascinated with fireworks, rockets and fire. This led to many accidental brush fires, including the wheat fields, as the dry hillsides provided plenty of tinder. Twenty years later, as the wine business began to explode farther to their west, John had the idea of planting a few acres of grape vines on the hillsides of their property. In 1983 they founded R.H. Phillips winery, the first commercial venture in Yolo County since prohibition. At first the two brothers, Karl managing the vineyards, and John the business, met with limited success. To raise awareness of their wines, the brothers tried several different marketing ideas. At first they promoted their wines as “night harvest,” which is a way that wineries preserve the natural acidity of the grapes. They also bottled their wines in 500ml bottles, following an early 1990’s trend toward lower consumption. While these ideas were innovative, nothing quite captured consumer’s attention until they had the idea to ferment their Chardonnay in barrels where even the ends were charred. The ends, which are called “heads” in winemaker lingo, are typically not toasted. Their “Toasted Head” Chardonnay became an overnight sensation, immediately stacked at the end caps of every grocery store in America. (At least in the states that allow grocery store wine sales.) With their success came the sale of R.H. Phillips to Vincor for $42 million. John stayed with Vincor, becoming their president of US operations, and helping to take them public. Under John’s guidance Vincor began importing Kim Crawford wines from New Zealand as well as Inniskillin from Canada. Then in 2006 Vincor was acquired by Constellation for $1.3 billion dollars. For the Giguiere’s, the gold in them thar’ hills was not precious metals, but grape juice. John and his wife, Lane, then returned to his family estate and established the Matchbook Wine Company, in honor of his firebug past. The fruit for this wine is grown on their estate vineyards in the Dunnigan Hills. This area lies twenty miles west of the city of Sacramento, on the east edge of same mountain range that forms Napa Valley. This area is warmer and drier than the growing regions farther west, which is ideal for almost any crop that does not require constant water. For years the family has been a leader in growing Tempranillo, the Spanish variety that really excels in this climate. Now that their noncompete is finished, they are releasing their first Cabernet Sauvignon, which I am delighted to say, is a TWM exclusive for Florida. For a “first effort” this is pretty darn good bottle of wine. The grapes were fermented in stainless steel tanks then the wine was aged in a combination of American and Hungarian oak for 26 months. The final blend for the vintage is 76% Cabernet Sauvignon, 11% Petit Verdot, 7% Merlot and 6% Petite Sirah. When you open this wine, give it a half-hour in the decanter before serving, and maybe a slight chill too. Once you do it reveals a rich nose of candied cherries, cooked red plums, milk chocolate, charred beef fat, Mocha-Java coffee beans and burnt sugar. On the palate it is very dense, with a big sense of fruit framed by smooth but faintly obvious tannins. Drink this wine over the next three to four years with pot roast, beef tips and mushrooms or skirt steak pinwheels stuffed with provolone and spinach.

Enjoy Your Wine Experience Even Better – Join One of Our Wine Clubs Tim’s Wine Market has four wine clubs. The wines reviewed here all come from wine club selections. Stop by the store and ask about joining one of the clubs. There is a club to fit every budget.
2014 Halter Ranch CDP, one of our favorite California wineries is a staggering example of the Rhone Ranger movement from the Golden State. For several years this winery has bottled a wine called Cotes du Paso, and this year decided to abbreviate it to CDP. Frankly I like the change, as I am no fan of domestic wines with French names. Also, as winemaker Kevin Sass has settled into the role at Halter, the wines have improved dramatically. In my mind, the larger size, deeper sense of fruit and more profound complexity are more in line with the biggest wines of the southern Rhone, Chateaneuf-du-Pape. Coincidentally, my abbreviation for those wines is CDP. The estate that is now known as Halter Ranch is a very historic property in Paso Robles. It was originally established in 1880 by Edwin Smith, as part of a 3600 acre estate. Smith made his first fortune as a wholesale butcher, but later multiplied his money with investments in silver mines. During his ownership he built a grand Victorian farmhouse on the estate and used the property to raise livestock and thoroughbred horses. In 1885 the first mansion burned to the ground, but was quickly rebuilt. You can visit the fully restored house today, and even rent rooms, which are spectacular. In 1943 the property was divided and 1200 acres were purchased by the MacGillivray family. They continued the agricultural tradition and planted the first grapes on the property in 1996. After the tragic death of the last MacGillivray, the property was purchased by Hansjorg Wyss in 2000, who acquired 900 acres of the original parcel. Wyss, who was born in Switzerland, found the estate during his morning jog, while visiting a friend in the area. At the time Wyss was founder and chairman of sythes, a pharmaceutical appliance company. In 2007 he sold Sythes to Johnson & Johnson, and has an estimated worth of $6.1 billion dollars. Now he is primarily involved in philanthropy, including being the single largest donor to his alma mater, Harvard University. As for the winemaking, it is no coincidence that Rhone varieties are particularly suited to the area. In the late 1980’s the Perrin family, of Chateau Beaucastel, purchased land and announced plans for a winery now called Tablas Creek. They had searched California for the right area to produce Rhone style wines and decided that the west side of Paso Robles has the ideal conditions to make their style of wines. Almost immediately other would-be winery owners started snapping up land and planting grapes. The vineyards of Halter Ranch are neighboring those of Tablas Creek, lie on the west side of Paso Robles. Paso is a big appellation and those who know it well often divide it as “east side” and “west side” with the dividing line being Interstate 101. The east side, farthest from the ocean, is very warm and dry, because it receives little oceanic influence. This is the land of big Cabs and Zin, with many producers making wines that crest 15% alcohol. By contrast the rolling hills of the west side are often blanketed in morning fog and receive cool ocean breezes in the late afternoon and evening. This means the grapes take longer to ripen and retain more acidity. It also translates to wines with better balance. For their 2014 Cotes de Paso, the blend is a very Chateaneuf-du-Pape looking combination of 50% Grenache, 28% Mourvedre, 18% Syrah, and 4% Tannat, which would not be traditional. At some point I am going to convince winemaker Kevin Sass to sell their pure Tannat for a club selection because it is an inky beast! When you open this wine, make sure to decant it for an hour before serving. Once you do it offers a complex combination of black cherry confit, strawberry jam, red licorice, eucalyptus, thyme and a faint whisper of pink peppercorns. In the mouth this wine is nicely plump and expressive, with a fine, almost gritty sense of tannins, followed by another wave of fruit that lasts into the long finish. Drink this wine over the next five years, with smoked pork chops, cajun rubbed baby back ribs or duck breast au poivre.
INTRESTING BOOKS PREDICTING THE DESTINY OF MEDICINE

DOCTOR’S BOOKSHELF

Medicine is at a crossroads, stuck at the intersection of forces tugging at its very heart. On the one hand, healthcare is faced with an ageing population and rising healthcare costs. On the other, it is struggling to come to grips with rapidly evolving technology and very enlightened patients.

Many books have looked at Medicine's crystal ball and the signs pointing to its future. The authors have studied the challenges and hurdles facing Medicine, highlighting the threats and pitfalls along the way.

These books paint the ideal picture of the Medicine of the future. They also offer solutions to the obstacles threatening this bright future. They lay down ground rules which will determine, for good or bad, how healthcare will survive in the coming years and decades.

Which are these books predicting and indeed shaping the future of Medicine? Below are 4 compelling books which address the different facets of Medicine's future.

The Patient Will See You Now by Eric Topol

In The Patient Will See You Now, Eric Topol, one of the nation’s top physicians, examines what he calls medicine’s “Gutenberg moment”. Much as the printing press liberated knowledge from the control of an elite class, new technology is poised to democratize medicine. In this new era, patients will control their data and be emancipated from a paternalistic medical regime in which “the doctor knows best.”

Mobile phones, apps, and attachments will literally put the lab and the ICU in our pockets. Computers will replace physicians for many diagnostic tasks, and enormous data sets will give us new means to attack conditions that have long been incurable. In spite of these benefits, the path forward will be complicated; some in the medical establishment will resist these changes, and digitized medicine will raise serious issues surrounding privacy. Nevertheless, the result - better, cheaper, and more humane health care for all.

2030: The Future of Medicine by Richard Barker

Over the last couple of years, the credit crunch has driven a near-collapse of the world's financial systems. With the benefit of hindsight, many say this could have been predicted and avoided. Over the next 10-20 years, healthcare is headed for its own meltdown: an inability to fund the growth in demand and the appearance of costly new medical technology within the current healthcare systems framework. This 'meltdown' will not be as sudden as that in the world of finance: it will occur over the next 20 years, but the failure of the current sources of healthcare funding to meet our expectations of care quantity and quality will have consequences every bit as serious as the banking crisis. The warning signs are there, the crisis is already being predicted - but is it inevitable, or can it be avoided?

This book offers a penetrating analysis of the underlying problems, and offers some simple, but far-reaching solutions to bring supply and demand back into balance and avoid the meltdown. It is not a contribution to the current political debate but a primer for the changes to the underlying fabric of healthcare if reforms such as “Obamacare” have any chance of sustainable success.

The Guide to the Future of Medicine by Bartalan Mesko

A few short years ago, it would have been hard to imagine that exoskeletons could enable paralyzed people to walk again; that billions of people would rely on social media for information; and that the supercomputer Watson would be a key player in medical decision-making. Perhaps more than in any other field, technology has transformed medicine and healthcare in ways that a mere decade ago would have sounded like pure science fiction.

From his unique vantage as a trained physician, researcher, and medical futurist, Dr. Bertalan Mesko examines these developments and the many more down the pipeline. His aim is to assess how the hand of technology can continue to
provide the dose of humanity that is crucial to effective healthcare. The Guide to the Future of Medicine: Technology and the Human Touch is his incisive, illuminating roundup of the technologies and trends that will shape the future of medicine.

The Innovators Prescription by Clayton Christensen and colleagues

Our health care system is in critical condition. Each year, fewer Americans can afford it, fewer businesses can provide it, and fewer government programs can promise it for future generations.

We need a cure, and we need it now.

Harvard Business School’s Clayton M. Christensen whose bestselling The Innovator’s Dilemma revolutionized the business world presents The Innovator’s Prescription, a comprehensive analysis of the strategies that will improve health care and make it affordable.

Christensen applies the principles of disruptive innovation to the broken health care system with two pioneers in the field Dr. Jerome Grossman and Dr. Jason Hwang. Together, they examine a range of symptoms and offer proven solutions.
While there's a particular sentiment to the statement "there's no place like home for the holidays," many of us would rather be anywhere else. That's why Christmas time can be the very best time for a quick vacation.

So regardless of whether your holiday enhances that yuletide feeling with snow, and lights, and tree-lined streets; or whisks you off to a tropical beachfront hideaway—we've got a few splendid recommendations for the best places to vacation come Christmas time…

1. Manhattan, New York
New York City is synonymous with the holidays—with bustling winter shopping, the lighting of the famous tree at Rockefeller Center, the city-wide Christmas displays in every department store window, horse-drawn carriage rides through Central Park and leisurely strolls with hot cocoa in hand through classic brownstone-lined neighborhoods—Christmas is definitely in the air in Manhattan.

2. Quebec City, Canada
The Québécois serve up a traditional French Canadian Christmas—or rather Noël—with twinkling century stone homes perched along narrow cobblestone streets; tons of good cheer; great food that could include delicacies such as meat pies, giant scallops au gratin, and grilled pheasant breast; and of course loads and loads of snow ripe for sledding, skiing, and skating.

3. Tromso, Norway
Norway is one country that doesn't let its natural, fairytale Christmas atmosphere—complete with snowy mountains, reindeer, and dog sledding—go to waste. No, in such close proximity to the actual North Pole (or Arctic Circle) the people of Tromso will help you revel in the spirit of the holiday.

4. Kaikoura, New Zealand
If you're eager for something a little different—completely opposite in fact, a vacation in Kaikoura ought to do the trick! While North American's bundle up for snow; New Zealanders get ready for summer. That's right Christmas here is celebrated outdoors with backyard barbecues, cool dips in Kaikoura Bay, sperm whales watching excursions, swimming with dolphins, and kayaking adventures.

5. Old San Juan, Puerto Rico
Christmas is not only embraced in Old San Juan; the city gets in the spirit of the season starting 2 weeks ahead of time. You'll find this balmy locale teeming with traditional holiday treats
(such as pastels, which are meat and spice-filled pastries), celebrations where guests are gifted offerings of coquito (an egg-nogg type cocktail made with rum and coconut milk), and salsa bands playing your favorite holiday carols. And instead of sledding on snow banks, you can ride another type of board at Rincon (Puerto Rico’s surfer’s paradise).

6. Paraty, Brazil
For a true off-the-beaten-track escape at Christmas time, the colonial towns of Brazil are places where you can bask in the sun and forget about the stress of the holidays. In Paraty, located 140-miles south of Rio, you’ll find a real holiday gift—packed with friendly locals, unspoiled beaches, exotic wildlife, lush jungles, and azure waters that’ll you forget about any holiday other than your own.

7. Bali, Indonesia
Instead of rounds of bells this Christmas, how about a deep gamelan gong to usher in the holiday? In Bali you will be surrounded by ancient temples, wafts of incense, wreaths of rice plants and flowers, holiday meals of Indonesian green-tea noodles with seafood in bonito broth, and sunsets that will remind you that divine acts are at work every day.

8. Reykjavík, Iceland
With Yule Lads, Iceland’s version of Santa Claus, perched in every shop window; multiple outdoor adventures on hand like sledding, skating, and skiing; and a brief 4-hours of daylight ending with a heavenly sky show by Aurora Borealis (the Northern Lights) and a hearty shot of Brennivín (or schnapps) to warm your laurels, Reykjavík, Iceland is the perfect Christmas away from home.

9. Nashville, USA
If you’re after an unabashed “ya’ll to the holidays” look no further than Nashville, Tennessee with its twangy, honky-tonk renditions of “Oh Christmas Tree” and downright kitschy outdoor light displays—after all, the saying down south is “go big or go home!” And you can do just that by slicing into a big ol’ juicy beef tenderloin on Christmas day!

10. Provence, France
A Christmas holiday in Provençal is something out of a winter fairy tale. Imagine small, quaint villages and country farm homes with smoke trails from each chimney, the echoes of caroling and bells from impressive medieval churches, cobblestone streets teeming with shoppers hunting for the perfect foie gras. Settle in for the quintessential Christmas escape in an old, refurbished farmhouse with a cozy hearth to warm your toes as you dig into a Christmas Eve dinner of traditional grilled sea bass, vegetable gratin, black truffles, and mincemeat pies.
Top Holiday Gift Ideas

If you love the Yuletide holiday season, but the gift-giving part of it makes your mind go blank, you’re not alone. That happens to plenty of folks. Fortunately, we have a long list of rocking Christmas gift ideas.

Best Popular Christmas Gifts

Finding the right Christmas gift for the people on your list can be tricky. There are certain must-get items, which your kids will gladly steer you toward through their annual letters to Santa. It’s also fun to surprise them with popular Christmas gifts they may not have thought of but you know they’ll love. Plus, the older kids and adults on your list are never that transparent, which makes buying for them tougher.

Our list of popular Christmas gift ideas is a great place to find gifts that are making a splash across different demographics. This list will include cool Christmas gifts for tweens and adults alike – and some presents that anyone will go for, like a virtual reality headset. We also include some of the best family Christmas gifts like a unified entertainment system that lets you stream shows to all of your devices. These gifts are designed to enhance your lifestyle and provide hours of entertainment for you and your family.

Amazon Echo Dot
$49.99

The Echo Dot is the smallest voice control device from online retailer Amazon. It uses Amazon’s Alexa service to do specialized tasks, called skills, which work with music services, smart home equipment and other web services. The Echo Dot is also inexpensive, making it one of the best Christmas gifts.

Apple Watch Series 2
$269.00

The Apple Watch Series 2 will surely be at the top of many wish lists this holiday season. The newest iteration is waterproof, has a much brighter display and sports built-in GPS.

PlayStation VR
$399.99

Being immersed in virtual reality is a truly mind-blowing experience unlike any other. This holiday season you can grant people the gift of something that once was only in science fiction. The PlayStation VR transports you to all new places. This popular holiday gift is sure to make your friend’s or loved one’s jaw drop when they put it on their head for the first time.

TiVo BOLT
$244.00

Entertainment bingers, the perfect gift has arrived. The TiVo Bolt is the modernized DVR for serious entertainment junkies. The TiVo Bolt not only looks more modern than other DVRs – it also boasts numerous TV recording features so you and your loved ones never miss your favorite shows again. This DVR is one of the best Christmas gifts of this holiday season.

ASUS Chromebook Flip
$259.00

With an ultra-affordable sub-$300 price and an impressive variety of capabilities, the ASUS Chromebook Flip is one of the smartest gifts you can pick up this holiday season – even if you’re just getting it for yourself. It’s a great Chromebook and a solid Android tablet, earning it a top spot under the Christmas tree.

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Best Christmas Gifts for Women

Sigmund Freud famously asked, “What does a woman want?” Although he was not speaking of Christmas gifts, many of us ponder just what exactly to get that great female in our lives as a token of love at holiday time. Finding the right Christmas gifts for Mom is tough enough, then there is the dilemma of finding fine Christmas gifts for a wife or any other beloved women in our lives.

If you are at a loss for Christmas gift ideas, we have a dazzling list of possible presents for your reading pleasure. If she’s sentimental, we have something for you. If she’s a fitness fan, we’re ready with ideas. Make it easy on yourself and glance through our list for some clever, helpful, handy or fun holiday presents. Come Christmas morning, she will be happy, and so will you.

Anova Precision Cooker
$149.00

Tech toys are fun, but sometimes the best Christmas gifts are the ones you can use throughout the year and that not only entertain, but make your life a little better. The Anova Precision Cooker can make sous chefs of us all. From the perfect steak to bistro-worthy desserts, this little tool helps you cook amazing and healthy meals without having to spend hours over the stove or rushing back to the oven to make sure you didn’t overcook the food again.

Kate Spade Activity Tracker
$125.00

Not every woman wants a chunky or sporty activity tracker on their wrist – a thick strap and bulky screen can clash with a power suit or nice dress. The Kate Spade tracker is dainty and feminine, fashionable and utilitarian. It comes in a small variety of designs and colors, and it makes a great holiday gift for the special woman in your life.

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Our list of Christmas gift ideas for men runs the gamut of categories, including practical items like a Bluetooth padlock, a fun classic Nintendo game station and a high-tech futuristic video headset. The prices range from affordable gifts well under $100 to several hundred dollars, if you want to splurge or have several people chip in. Our list is suitable for men with a wide range of interests and personality types. Best of all, when he opens one of these gifts he’s likely to be as excited to get it as you are to give it to him.

Nintendo 3DS XL $199.99
Nintendo’s unique video game consoles and worlds have been beloved by children and adults alike for decades. The New Nintendo 3DS XL aims to continue pleasing and makes a great addition to your holiday gifts. This handheld console boasts bigger screens and a greatly improved 3D capacity, plus there are multiple design plate styles to choose from.

Lutron Caseta Wireless $202.50
Lutron is one of the premier smart home lighting companies. Its products include traditional dimmer switches as well as smartphone-controllable dimmers. Among its various smart home products is the Lutron Caseta Wireless Smart Lighting Dimmer Kit, which lets you control your table and floor lamps through your mobile device. This starter kit is one of the best Christmas gifts for women.

PetChatz $379.00
PetChatz HD makes the perfect Christmas gift for the animal lover on your gift list. This on-demand camera not only allows you to check in on your furry friend while you are at work, but it diffuses calming scents to ease your pet’s anxiety and awards your pet with treats.

Best Christmas Gifts for Men
Guys are not the easiest creatures to buy for. This is true not just for wives, but children trying to buy for their dads, and siblings and friends buying Christmas gifts for men in their lives. So having a resource you can turn to for Christmas gift ideas for men is a gift in itself.

Best Christmas Gifts for Girls
Finding Christmas gifts for girls is really not a problem in the U.S., since the market often overflows with merchandise for the young female demographic. The problem is finding the right Christmas gifts for the little girls, the preteen girls and the teenagers in your life. Fortunately, we have a list of some dandy Christmas gift ideas for that special young lady in your life. From presents for toddlers to Christmas gifts for teenage girls — who are often hard to buy for — you can browse some useful, fun...

Seek Thermal Vision Camera $203.49
Thermal cameras allow you to gather information about the world around you by detecting light on the infrared spectrum and representing it visually. Everything in our world emits a certain level of blackbody radiation. As temperatures increase, these radiation levels increase. The Seek Thermal Vision Camera makes a fantastic holiday gift.
and entertaining holiday offerings on our site. You’ll end up with great gifts to add some Yuletide sparkle to that special young girl’s day and bring plenty of smiles to a great holiday.

**Hatchimals Eggs** $172.99

Hatchimals were the hot item at the 2016 Toy Expo and have quickly made their way onto many little girls’ wish lists, making it one of the best Christmas gifts of the season. This interactive toy comes ready to play with many surprises. The big egg is speckled with color and fully charged, so there is no need to wait for batteries before diving into the fun. There are eight different Hatchimals, four Pengualas and four Draggles, but you won’t know which you have until after the egg hatches. However, the color splashes on the egg give you a hint, since they are made to match the color of the creature inside.

**Cozmo** $179.99

As it’s essentially a tiny super computer on treads, Cozmo completely blows other remote control toys out of the water. That’s because you don’t actually have to control it. In fact, this little robot toy from Anki can learn and explore all on its own, and you can play games and interact with it, too. Consider Cozmo this holiday season as a great gift for children (or even just children at heart).

**Piper Computer Kit** $299.00

The Piper Computer Kit is designed to get your children excited about science, technology, engineering and math, also known as STEM. This kit guides your kids through each step of assembling their own working computer and includes the popular game Minecraft for them to play after the computer is correctly built. While the Piper Computer Kit is a great Christmas gift idea for kids of all ages, we highly recommend it as a great gift for girls, who tend to be overlooked when it comes to strengthening and using STEM skills.

**3Doodler Start 3D Printing Pen** $64.95

Do you have a budding artist that would like to take art into the third dimension? The 3Doodler Start 3D Printing Pen is a safe and easy way for your child to experience creativity in a whole new way. Rather than being limited to pencils and paint on paper, your child can design and build three-dimensional items that stand up, roll and spin. The 3Doodler Start is recommended for ages 8 and up, but it’s also a good starting point for anyone wanting to explore 3D drawing at an affordable price point this holiday season.

**WattzUp Unihorne Charger** $39.99

The fantastical world of the unicorn intersects with everyday tech practicality in the WattzUp Unihorne charger. Modern phones go through their batteries so fast, it can be hard to keep up. Sometimes waiting until you get to your power cord means hours with a dead phone, especially if you don’t have a car. You can stay fully charged if you keep this unicorn in your backpack or purse. Its USB port will keep a range of devices ready for use, including iOS and Android phones.

**Best Christmas Gifts for Boys**

Let’s face it – when it comes to cool Christmas gifts for boys, the market is pretty saturated. For a parent, uncle, aunt or anyone else buying for a young boy, finding the right gift can be a little overwhelming. Of course, he’s not shy about letting you and Santa know the gifts he can’t live without, but you always want to surprise him with one or two gifts he didn’t see coming. For your tween or teen, a remote control helicopter or a gaming headset is a good Christmas gift idea. A youngster who is just getting into Minecraft may not realize that world can come alive with a real light-up torch or diamond sword he can use to keep zombies away. Our list of Christmas gift ideas for boys is a great place to start narrowing your choices to find the gift that will light up your little guy’s eyes on Christmas morning.

**Kingston HyperX Cloud II** $89.99

Kingston’s HyperX Cloud II is one of the best gaming headsets you can get. With strong audio specs, a solid design and excellent support options, this PC gaming headset is a gift that’ll be hard to beat for the gamer in your family this holiday season. Plus, its low price won’t bust your holiday budget.

**Syma X5C** $42.99

When you’re looking for a remote control helicopter as a gift for a friend or loved one, there’s a variety of factors you’ll want to consider. Durability, for instance, is very important for a gadget that’s most certainly going to sustain a crash or two. Ease of use is also important, as it’s often difficult to tell whether your recipient is going to be a proficient quadcopter pilot right off the bat. Lastly, you should consider the extra features to see if they sweeten the deal enough to choose one particular model over another. And of course, there’s also the price to consider as an underlying factor.
Candy Cane Martini

Ingredients
• 1 lime, halved
• 2 tbsp. sugar
• 1 c. sweetened cranberry juice
• 1 bottle champagne
• 12 fresh cranberries
• 4 small sprigs fresh rosemary

Directions
1. Rub rims of champagne flutes with lime and dip in sugar.
2. Pour 1/4 cup cranberry juice into each glass and top off with champagne.
3. Make garnishes: Use a toothpick to poke hole through cranberries. Thread rosemary skewer through cranberries and garnish mimosas.

Serves 4

Peabody Candy Cane Martini

Ingredients
• 1½ oz. vodka
• 1 tsp. Peppermint Schnapps
• Crushed candy canes
• candy canes

Directions
1. Mix all ingredients with ice in a shaker. Strain into a chilled cocktail glass. Garnish with a small candy cane or create a candy cane “rimmer” with crushed candy canes.
A newcomer on the Middle Eastern and Mediterranean food scene is Yafa Grill on St. Johns Bluff Road. A foodie friend from one of our Dinner Adventures tipped us off to the value and deliciousness that is Yafa Grill. It's located in a former fast food restaurant building, but once you walk inside you would never know. Set up as quick service style, there are trays of dishes displayed just behind the counter, with the gyro/shawarma machines across the back wall of the kitchen area, stocked with meat. The seating is a definite upgrade with decent sized tables with nice looking sturdy chairs and benches along the walls. TVs in the corners of the dining room show live sports and daily news. Big windows let light in, and photographs on the walls display the Jerusalem roots of the restaurant.

On our visit the cashier noticed the overwhelmed look on our faces as we tried to make some dinner choices, so he recommended a couple of different combo platters. We ended up sharing a Yafa Mix Grill Platter ($12) and a Salad Combo ($7). The Yafa Mix Grill came with one chicken kebab, one kafta (beef) kebab, chicken shawarma, and beef steak shawarma, with beans over rice. The Salad Combo came with hummus, babaganoush, tabouli, yafa salad, chickpea salad, and red cabbage. We also had several pitas. We could have fed a family of four with the amount of food between those two dishes.

Salad Platter
Wow. The meats were incredibly flavorful and fresh tasting. The kebabs were both juicy, with the kafta being especially well spiced. The chicken kebab was good, but as chicken kebabs usually are it was pretty straightforward. The shawarmas were a delight. I'm always worried about shawarma meat being dry, but there was no sign of this at Yafa Grill. The chicken and steak shawarma were nice and moist and flavorful. It would be hard to choose between the kafta kebab and the shawarma on a future visit. The Yafa Mix Grill Platter is the way to go. The beans and rice that came with the meats were not particularly exciting, but they were a nice accompaniment to the meats. The salads on the salad combo looked exceptional arranged on the plate. Admiring our photos before we dug in, we only hoped they tasted as good as they looked. For the most part they did. The hummus and babaganoush were smooth and flavorful. They scooped up perfectly onto fresh pieces of torn pita. The yafa salad was made of tomatoes, onions, spices, and other chopped vegetables. It was a refreshing compliments to the meats, along with the chickpea salad which also had fresh chopped tomatoes and onions. The cabbage looked awesome in all its purple glory, but it didn't particularly have a lot going for it. There wasn't anything wrong with the cabbage, it was just a bit bland, unlike the other salads.

Combo Platter
In addition to the Yafa Mix Grill Platter and the Salad Combo we also tried the Yafa Kenafa for dessert. Kenafa is a middle eastern dessert made of a variety of cheeses. It is bright orange in color, fairly dense and a bit chewy in texture. It is served warm and has a crispy pastry topping. The closest thing to compare it to is a dense cheesecake. Although kenafa differs in it is stringy when you cut it and pull a bite off, instead of crumbling like cheesecake. The kenafa was honestly a bit overwhelming for us. We found it curious with both a cheese and sweet flavor going. While it wasn't our cup of tea, it is nice to have a place to get kenafa for those who love it.
Kenafa

Yafa Grill offers some of the most authentic middle eastern dishes that even we could not name by looking at. But they also offer dishes that everyone can enjoy, no matter one's familiarity with middle eastern food—chicken kebabs, rice, pitas. We at JRR are boundary pushers when it comes to food, and we always encourage our friends and family to try new things. When you go to Yafa Grill, try something you haven't had before. You might not love it, but maybe you will. We loved Yafa Grill for the authentic and well prepared food, pleasant dining experience, helpful staff, and surprising prices. There is something for everyone to enjoy affordably, even picky kids or grandparents.
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