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In Memoriam – Robert B. Wall
1927-2016
Without whom none of this would be possible

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In Memoriam – Robert B. Wall
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As Doctors Get Old, AMA Grapples With How Long to Extend Career

By Luis Fabregas

Dr. Joseph Maroon, 75, a UPMC neurosurgeon, performs about 300 brain surgeries every year. He has completed eight Ironman triathlons and is training for one in July.

At 75, Dr. Joe Maroon is more active than many physicians half his age.

The well-known neurosurgeon is training for a triathlon, performs about 300 brain surgeries a year and conducts research that last year produced five scientific papers.

"Quite frankly, I’m just as productive now, if not more so, than I was 15 or 20 years ago," he said this week after revealing he had spent the morning on a 50-mile bike ride. "Seventy-five is the former 60."

The age of doctors, it so happens, has surfaced as an area of scrutiny by members of the American Medical Association, the nation’s largest group of doctors.

Worried about their competence, the AMA announced this week that it is exploring whether to create guidelines to assess if doctors of a certain age can do their jobs safely. The organization might come up with physical and mental health tests and perhaps a way to review how some doctors treat patients.

It’s not a bad idea, if you consider the impetus. Doctors are getting old. An AMA report notes that the number of physicians aged 65 and older has quadrupled since 1975 to 240,000. The doctors group wants to make sure patients are not harmed.

"We don’t have enough doctors, so there is a vested interest for society in having doctors practice later on into their lives, extending their careers if they’re able to do so," Dr. Andrew Gurman, 63, a Blair County orthopedic surgeon, told me in his first interview as the AMA’s president-elect.

Although there’s a steady flow of people going to medical school, the population ages, thus increasing the demand for physicians, he said. The AMA has kicked around 70 as a potential age that would trigger an evaluation.

Maroon, who divulged no plan to retire, is fine with the extra scrutiny, though he believes there should be no age limits for doctors to work.

"People come to me and to more mature physicians for the judgment. Good judgment comes from experience," he said. The reality is that not all older physicians are as physically and mentally fit as Maroon. As we age, we experience physical changes and our memory is not as sharp. There’s a reason airline pilots must retire at 65.

There’s another reality we often ignore about our doctors, mostly because we might consider them to be flawless. Some physicians are not the best role models when it comes to healthy habits, regardless of age. We’ve all seen the doctor with the pot belly or sneaking a cigarette in the hospital parking lot.

That doesn’t make them incompetent to treat us, but it helps when the person talking to us about high blood pressure can fit into his white lab coat.

I’m not saying aging doctors have to follow Maroon and start training for marathons. But the healthy lifestyle he has embraced should not be that difficult to attempt (and that applies to all of us, not just doctors). We all can benefit from a long daily walk and from eating foods rich in antioxidants, as Maroon suggests.

Better yet, Maroon is an advocate for resveratrol, an antioxidant found in red wine. Who doesn’t want to stay healthy by drinking a glass or two of cabernet?

"The responsibility of the physician is to stay intellectually adroit and informed, and to stay physically as healthy as possible and to serve as a role model for your patients," he said.
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On March 7, 2016 the Duval County Medical Society (DCMS) welcomed American Medical Association (AMA) President-Elect, Dr. Andrew Gurman, to Jacksonville. This annual tradition between the two organizations stretches back more than 25 years. The Duval County Medical Society is the only County Medical Society in the country that receives a yearly visit from the President-Elect of the AMA.

During his whirlwind 24 hours in Jacksonville, Dr. Gurman and members of the DCMS visited six different Jacksonville medical organizations. This gave Dr. Gurman a chance to share information about the current projects of the AMA and goals for the upcoming year. Throughout the day, the team visited UF Health Jacksonville, Baptist Medical Center, Florida Blue, St. Vincent’s Medical Center Riverside, Brooks Rehabilitation Hospital and Naval Hospital Jacksonville.

Each year’s visit also includes a stop at The Florida Times-Union where the team meets with the Times-Union Editorial Page Editor. This gives the American Medical Association President-Elect an opportunity to share the priorities of the AMA.

Another annual part of the visit is lunch with the Rotary Club of Jacksonville. Each year the Rotary Club invites the AMA President-Elect to be the keynote speaker at its luncheon during his or her time in Jacksonville. This year Dr. Gurman focused his speech on reducing opioid abuse in America, one of his biggest passions in medicine.

A busy day, but only the beginning! The main event began at 5:00pm at Epping Forest Yacht Club for the annual DCMS/AMA President-Elect Dinner. After a cocktail hour on the front lawn of the club, guests made their way upstairs for a
dinner meeting. This annual dinner gives the general DCMS membership a chance to hear the AMA’s message.

Once again, Dr. Gurman focused much of his speech on the effects of prescription drug abuse and addiction, as well as the impact here in Florida.

“Florida ranks fourth among all states in health care spending associated with opioid abuse at more than $1.2 billion dollars annually,” Dr. Gurman said. “This is according to a 2015 economic study.”

Specifically, Dr. Gurman addressed the AMA’s plan to reduce opioid abuse. The AMA Task Force to Reduce Opioid Abuse was created in partnership with more than two dozen other leading health organizations, such as the American Osteopathic Association and the American Dental Association. The Task Force has several strategic goals. These include increasing physicians’ registration and use of prescription drug monitoring programs, enhancing physicians’ education of effective, evidence-based prescribing, reducing the stigma of pain and promoting comprehensive assessment and treatment, reducing the stigma of substance use disorder and enhancing access to treatment, destigmatizing the disease of addiction, and expanding access to naloxone in the community and through co-prescribing.

“Leading health organizations like the AMA have a tremendous opportunity, and I would say a responsibility, to address this health crisis head on,” said Dr. Gurman. “As physicians, we cannot sit back and allow our neighbors, our friends, or our children to fall victim to opioid dependency and abuse.”

Dr. Gurman also provided insight into the AMA’s stance on market consolidation, specifically the proposed mergers of four of the largest health insurers in the United States: Aetna and Humana and Anthem and Cigna.

“The AMA strongly believes that competition is essential in a thriving health care ecosystem, promising lower premiums, improved service and better patient health. Competition also ensures that physicians are fairly and timely compensated for the work that they do,” Dr. Gurman explained. “That’s why we are leading the effort to stop the proposed mergers on behalf of physicians and consumers, a position consistent with our long history of speaking out against the lasting effects of anticompetitive consolidation in the health insurance industry.”

Gurman said the AMA has argued against these mergers in visits with Congress and through letters to the Department of Justice, state attorneys general, and state insurance departments, including the Florida Office of Insurance Regulations.

In specific regards to Florida, Dr. Gurman explained, “Some of the largest markets in Florida – here in Jacksonville, Miami, the Sarasota-Bradenton area, Fort Lauderdale-Pompano Beach, and West Palm Beach-Boca Raton – would exceed federal guidelines and become ‘highly concentrated’ insurance marketplaces if the Aetna-Humana merger is allowed to occur.”

Dr. Gurman concluded his speech by providing an update on a few other projects the AMA is working on in 2016. These include a national campaign on the importance of early screening for pre-diabetes and hypertension, and an effort to modernize Graduate Medical Education.

DCMS members left the event with a deeper insight into the work of the AMA, the largest organization in organized medicine. The Duval County Medical Society is extremely proud of its partnership with the AMA and the time-honored of hosting the AMA President-Elect each year. It’s an event members look forward to continuing for many years to come.
Looking to set up a smart home this year? Expect to see a lot of Nest’s smart thermostats, smoke detectors and security cameras.

Alphabet, the mama-bird parent company of Google, is hoping 2016 is the year Nest leaves the, well, you know what.

Nest, which makes thermostats, smoke detectors and security cameras that connect to the Web, has operated pretty much independently since Google bought the company in 2013. And that was before the company formerly known as Google pulled apart its various divisions to turn them into individual companies.

So while the pieces of Alphabet will begin the new year figuring out how to brand their websites or set up marketing plans, Nest can hit the ground running with its audacious but often understated mission: making the smart home a reality for you and me, and not just the muckety-mucks in Silicon Valley.

For Nest, the key to owning the smart-home market involves more than just selling you a thermostat or smoke detector (although it would very much like for you to buy those, too). Its ambition rests on making sure all your Web-connected products can communicate and interact with one another. For example, if your Nest security system senses someone lurking, it can tell your Internet-connected lights to switch on.

The dream is digital, domestic nirvana.

“It’s not about whiz-bang party tricks,” said Greg Hu, who heads the Works With Nest program, the software initiative that wants to create inter-device harmony. Instead, it’s about creating interactions that can save you money or keep you safer, he said.

The company launched the Works With Nest program last year. In October, it introduced Weave, software that allows devices to communicate with one another. About 12,500 developers are already part of the program, said Hu. Between 70 and 80 products -- from companies including Logitech and security system maker ADT -- work with Nest devices.

The program will be one of Nest’s biggest priorities next year. There’s good reason for that. The promise is huge. Research firm Gartner says that in 2016, 5.5 million new things will become Internet-connected every day.

But we’re not there yet. People are starting to get interested in a system of smart devices for their homes, but few have them. In 2014, 34 percent of US consumers said they’d like to have a digital system to control all the lights in their house, according to Forrester Research, but only 1 percent actually had a system and only 2 percent had tried a digitally remote-controlled energy management system.
“We’re going to see a [move] toward an ecosystem,” said Brian Solis, an analyst at the Altimeter Group. “Suddenly everything would be interconnected and controllable for Nest.”

That’s great for the Works With Nest program, assuming device makers don’t mind cozying up to Nest. If, say, the manufacturer of a Web-connected lighting system allows its software to be compatible with Nest’s, who’s to say Nest couldn’t turn around and make its own lighting system?

That hasn’t been a problem, Hu said, because Nest is selective about the kinds of devices it makes, meaning most companies shouldn’t worry about Nest treading on their territory.

“I think a lot of manufacturers know Nest isn’t going to make a fridge,” said Hu.

Maybe, but the big question for 2016 is which device will Nest release next? Hu is mum about what it could be, but analysts have their guesses. Frank Gillett, an analyst at Forrester who covers the smart-home market, speculates it could be a sensor to detect water leakage. That would certainly fit in with Nest’s aim to save you money and keep you safe. But again, the company won’t say.

Either way, Nest is hoping that next year the smart-home market will finally take flight.
Fe del Mundo, first female student at Harvard Medical School

By KeriLynn Engel

Fe del Mundo (1911–2011) was a Filipino pediatrician who was the first woman to be admitted to Harvard Medical School in 1936 — over ten years before the school officially began admitting women. She was also the first woman to be named National Scientist of the Philippines in 1980, and founded the first pediatric hospital in the Philippines.

Born in Manila in the Philippines in 1911, Fe decided to become a doctor when her older sister died from appendicitis at the age of 11. She enrolled in the University of the Philippines in 1926. While earning her medical degree, she decided to pursue pediatrics.

Fe graduated in 1933 as valedictorian of her class. The president of the Philippines, Manuel Quezon, offered her a full scholarship to study any medical field of her choice at any school in the United States. She chose Harvard Medical School.

Women had been earning MD degrees in the United States since Elizabeth Blackwell became the first in 1849. Still, not many schools allowed women to enroll. (Even Elizabeth Blackwell was only admitted to Geneva Medical College because they thought her application was a joke.)

The first woman to apply to Harvard Medical School, Harriet Hunt in 1847, was denied after the students organized a protest against her and three black students.

Harriet Hunt was only the first of many women to apply to Harvard Medical School over the years, and only the first of many to be denied. If the faculty or board didn’t turn them away, the students themselves would protest, claiming that “whenever a woman proved herself capable of intellectual achievement, the area in question ceased to constitute an honor to the men who had previously prized it” (“Matriculation of Women: 1871 – 1920, ” n.d., para. 17). The school even once turned down a $200,000 donation in 1882 (worth over $4 million today) offered on the condition that “its advantage can be offered to women on equal terms with men” (“Matriculation of Women: 1871 – 1920,” n.d., para. 5).

At the beginning of the 20th century, Harvard Medical School was finally beginning to waver in its stand against women applicants. The pressures of World War I and the Great Depression resulted in an increasing shortage of male applicants, and the school held several meetings in the 30s and 40s to discuss the inclusion of women.

It was during these debates that the school received Fe del Mundo’s application. Due to an oversight, officials didn’t realize Fe’s gender, and unwittingly enrolled their first female student.

The mistake wasn’t realized until Fe arrived in Boston in 1936 and found she was assigned to an all-male dorm. Her record was so strong, however, that the head of pediatrics claimed there was no reason to turn her away since she’d already been admitted. Fe del Mundo then became the first female student at Harvard Medical School, and the only woman to be enrolled at the time.

After attending the University of Chicago and completing her Master’s degree in bacteriology at the Boston University School of Medicine, Fe del Mundo returned to the Philippines in 1941. She began working with the International Red Cross, and set up a hospice at an internment camp during the Japanese invasion of her country. She became known as “The Angel of Santo Tomas” for her work helping children detained at the University of Santo Tomas.

After the Japanese shut down her hospice in 1943, the mayor of Manila asked her to set up a government hospital. She became director of the new medical center, but soon became frustrated with the constraints of working for the government, and left to start a private hospital. To fund her hospital, Fe sold her home and almost everything she owned. The Children’s Medical Center in Quezon City, the first pediatric hospital in the Philippines, opened in 1957. The following year, she conferred her ownership of the hospital to a board of trustees.
While Dr. del Mundo continued to practice pediatrics at The Children's Medical Center, she also continued her research into infectious diseases. Undaunted by the lack of modern laboratory facilities in the Philippines, she often shipped samples abroad for analysis. In her lifetime she published over a hundred articles, reviews, and reports in medical journals. Her research into dengue fever especially contributed to a greater understanding of how the disease works and affects children.

The Children's Medical Center in the Philippines later became known as the Dr. Fe del Mundo Medical Center after its founder.

Fe also wrote the “Textbook of Pediatrics”, which was used in medical schools in the Philippines for many years. Throughout her career she was active in promoting public health, with an emphasis on rural mothers and their children. Her work also helped to facilitate and improve the coordination between hospitals, doctors, and midwives.

Since she sold her home to fund the opening of The Children's Medical Center in 1957, Fe took up residence on the second floor of the hospital. She lived in the hospital for the rest of her life, and was still making rounds to check on patients when she was wheelchair-bound at the age of 99. She passed away from a heart attack just a few months before her 100th birthday in 2011.
2012 Annabella Cabernet Sauvignon “Napa Valley”
This is a great quality and value Cab produced by Michael Pozzan. Michael and his two sons Dante and Matthew, understand that family is important to the Pozzans. All of the various lines they produce are named for different family members, both previous and current generations. Now that the youngest son Matthew has joined the business, it is a true family affair, with Dad, Mom and both sons involved. They are also joined by consulting winemaker Molly Lyman, who helps with some of the technical work in the cellar and blending. One of the keys to the success of Michael’s wines is that he does not own any vineyard land. Pozzan purchases grapes under contract, as well as juice and finished wine from other wineries to make his wines. This means he is able to produce a consistent amount of great wine from his long term grape contracts. In years like 2012-14 when production levels are high, he is also able to buy the extra production of other wineries to augment the quality even more. Understand that no winery wants to make a lot more wine than they can sell through their normal channels, otherwise they may have to drop their price. Bigger wineries will produce a vintage, then look to their marketing department to estimate how much should be bottled. Years ago they would make it all and push it through the system, but after the post-9/11 recession, many wineries learned that is a dangerous business model if things slow down. Now most wineries have realistic goals of what they sell. If they sell out? All the better because they can raise the price on the next vintage. Anyway, understand that it is easier to sell the wine in bulk to guys like Michael who can make it go away. All of this is done with strict non-disclosure agreements so they will never publicly declare their source, but the bump in quality is obvious in great years like this. Although young, the new bottling is quite the crowd pleaser. For this wine, Michael and Molly crafted a blend of 94% Cabernet Sauvignon, 4% Merlot and 2% Syrah, then aged the final blend in French oak barrels for fourteen months. When you open this wine, it is a good idea to let it breathe for a half hour in a decanter. Once you do, it quickly shows its stuff with an overt nose of black currant and blueberry jams, milk chocolate, caramel, cedar and dried cherries. On the palate, it is quite rich and smooth with the thick core of fruit framed by very subtle, soft tannins. Although I find the finish just a little short now, watch this wine flesh out of the coming months. You should also be able to hold this wine for up to ten years in the right storage conditions.

2009 Two Angels Petite Sirah
is a cool opportunity to drink a wine that is beginning to show mature character. The Two Angels wines are made by the Kreps family, who own another Lake County, California winery, Shannon Ridge. Although I do not normally comment to the label art, this one is funny. The Two Angels artwork was created by Jacob DeBacker in 1591 and represents the results of an evening of revelry and the morning after. Apparently hang-overs are not just a curse of the current age. The Kreps use grapes grown in the High Valley, American Viticulture Area (AVA) on the north side of Clear Lake. As the name suggest, this relatively new AVA is located between 1600 and 3000 feet above sea level on the sides of Round Mountain. The proximity to the vast Clear Lake creates a unique growing climate as the temperatures soar during the day, then rapidly cool in the late afternoon as the breezes flow down the mountain. You may remember from other Lake County features that Clear Lake is the largest freshwater body contained within California. Although not terribly deep, at an average of 39 feet, it still acts as a cold sink for the area to regulate temperature. For example, temperatures in southern Lake County, near Guenoc, are quite warm throughout the day. At the northern part of the county, particularly on the north side of the lake, the daytime temperatures are actually higher but cool off quicker. This helps the grapes to reach high levels of ripeness and retain good acidity for structure. The whole area of northern Lake County, including High Valley, lies within a series of extinct volcanoes. As such, the soils are volcanic in nature and contribute a high amount of minerality to the wines. The soils are also quite old, which means there has been a significant amount of growth and decay to contribute organic material to the soil. Most of the varieties that grow in this area are heat loving, such as Zinfandel, Petite Sirah and
Cabernet Sauvignon and thrive in the rich conditions. There is an old saying that when Petite Sirah is young, it is fruity and tannic. As the wines mature, they are just tannic. Modern winemaking can mitigate the firm tannins, but it takes some work. Although the wine is 100% Petite Sirah, the Kreps family use grapes harvested from several vineyards in order to build complexity in the finished wine. The grapes are all hand harvested and de-stemmed before going into the fermentor. After the wine is dry, the skins are pressed off to barrel and the wine is aged for a year before bottling. When you decide to drink this wine, make sure to give it a half hour in the decanter before serving. Once you do, it offers a brooding nose of soy sauce, baked blueberries, black figs, dark chocolate and dried brush. In the mouth, this wine is all Petite Sirah with a deep and dense core of fruit framed by muscular tannins. After the first sip, it plumps out nicely with very long tannins smooth out a bit at the end. Drink this wine over the next two years with braised meats or soy marinated flank steak.
The Doctor Is In
http://docisinblog.com/

The Doctor Is In is a blog that covers a wide range of topics where all the readers will find something of their interest. It is a physician’s personalized blog which features his views on religion, medicine, pets, politics, and other passions in life. The best quality of this blog is the style of writing of the author. Dr. Bob writes in a very novelistic manner, and readers are bound to return continually to check out new posts.

Inside Surgery
http://insidesurgery.com/

Inside Surgery is very useful for individuals who are aspiring to be practicing doctors because it highlights numerous aspects related to surgery. There are a wide range of topics covered such as; anesthesia, brain surgery, cardiac surgery, and hand surgery, among others. This blog also includes medical cases and other general information. Readers will enjoy checking out Inside Surgery because it provides a lot of useful information on all the topics, related to surgery, including mnemonic devices for surgeons.

The Skeptical Doctor
http://skepticaldoctor.com/

The Skeptical Doctor is dedicated to the works of Theodore Dalrymple. The blog features a comprehensive list of all the essays written by him, along with details regarding his life and profession. It also features a “quotes” page which is bound to catch the attention of many readers. The section includes a comprehensive post featuring numerous quotes, along with the citation of works from which they are taken. The writings are targeted towards the readers who seek intellectual content with a hint of medical knowledge.

Bad Medicine
http://badmed.net/

The author of Bad Medicine provides content, influenced by his opinion, which may or may not resonate with the readers. However, his blog is bound to provide enjoyment to everyone as the posts are written in a very engaging and informative manner, and readers are kept updated with news related to the NHS. The author also provides his own opinion regarding the facts on the NHS. Humorous inclusions provide an enjoyable read, even if you don't share the author’s point of view.
Jay Parkinson + MD + MPH
http://jayparkinsonmd.com/

Jay Parkinson has a blog that is very informative and engaging. He is a doctor living in New York City and writes in a serious tone while sharing a lot of amazing facts that may or may not relate to the medical profession. In short, this blog will be appreciated by a wide range of readers as it provides information that is not exclusive to the readers from the medical profession.

Dr. Frank Lipman
http://www.drfranklipman.com/

Euan Lawson
http://euanlawson.com/

Dr. Euan Lawson writes on technical topics that are of equal importance for readers who do not have prior knowledge on the topics and the readers who belong to the medical profession. The nature of the posts and the way they are written will engage the readers while providing helpful information for everyday life. In some of the posts Dr. Lawson also highlights the issues regarding drugs and alcohol. Although many of the posts include some technical aspects, readers from all walks of life are bound to appreciate them.

Reflections of a Grady Doctor
http://www.gradydoctor.com/

The best quality of the blog is the sketchy style of writing, along with several deep and emotional stories; not only does the author present her point of view on some of the most important aspects of patient-doctor relationship, she also has the courage to write about delicate issues, nobody would expect from a working physician. The author presents the picture through her words in a very novelistic manner, and this style of writing is bound to engage the readers. As there is no use of technical jargon, the blog reaches out to all the readers, regardless of their medical knowledge.

The Examining Room of Dr. Charles
http://www.theexaminingroom.com/

This is a very engaging blog by a doctor who shares his professional views on different aspects of life. Readers will enjoy this very informative blog as it highlights the truth behind many myths. For example, Dr. Charles presents his views regarding roadside advertisements that may mislead the individuals who do not possess prior knowledge regarding the products. He also presents his views on topics like whether chocolates are actually beneficial.
It must be time to expand in Jax because recently we’ve had a bunch of new restaurants open recently and we’ve got quite a few coming very, very soon. Here’s the rundown on who has opened and who to expect soon.

**HobNob**  
Just opened Friday March 25th Hobnob might be Jacksonville’s most high profile recent addition. Hobnob is restaurateurs Ellen and Allan Cottrill’s newest project. They like to say that Hobnob offers, “Global inspirations with local intentions.” Trained by famed Chef Roy Yamaguchi and fresh off a stint with celebrity Chef Cat Cora, Hobnob’s executive chef offers a unique perspective on food that you won’t want to miss.

**Timoti’s Seafood Shak**  
Amelia Island seafood favorite Timoti’s opened this past week in the 5 Points area of Riverside. Timoti’s offers up wild caught seafood served fried, grilled, or blackened in a fast casual environment at an affordable price. The best part – everything on the menu is $11.99 or less!

**Safe Harbor Seafood**  
In February Safe Harbor Seafood opened its second location in Jacksonville Beach. Safe Harbor is a great spot to grab fresh seafood. We’ve recommended the Mayport location for years and with the restaurant group behind the fish camps and Marker 32 at the helm we have no doubt that Safe Harbor in Jax Beach will be just as awesome as the Mayport location. The new location is right on the water and the view is incredible!

**Saucy Kitchen, Regency**  
Long time Southside lunch favorite Saucy Kitchen breathed new life into the restaurant scene in the Regency area with its late February opening. Diners can expect a large menu with huge portions at affordable prices. We’ve been huge fans of Saucy Kitchen for quite some time and we’re confident you’ll be fans of their new location as well.

**This Chick’s Kitchen**  
Opened in February, This Chick’s Kitchen fills the Jax Beach farm-to-table void left by the closing of 904 Restaurant. Chef Rosaria Anderson’s new restaurant is designed to emulate the dining experiences she loved growing up in Europe. Often her family would go out to eat and enjoy a meal in a chef’s home, with food that had been in the ground only days before. Chef Rosaria has recreated this dining experience in her restaurant where dining out feels more like a visit with friends.

**Dreamette**  
Quite possibly the oldest ice cream shop in Jax and a perennial favorite, The Dreamette will open its newest location in Neptune Beach next the 7-Eleven in The Beaches Town Center. Ownership is hopeful to open in the next two weeks. They tell us sometime in April they’ll open for sure.

**Flavor Palette**  
On Tuesday, March 29th Philadelphia raised Chef Tommy McDonough will open his international quick service sandwich shop Flavor Palette in Ponte Vedra Beach at 880 A1A N Suite 9. Think gourmet sandwiches and burgers, salads and even some poutine fries.
Hawker’s Asian Street Fare, Neptune Beach
Quite possibly the hottest Asian restaurant in town, Hawker’s Asian Street Fare will bring its collection of Asian street eats to Neptune Beach late summer 2016. Expect to see Hawker’s trademark industrial look in the interior of the restaurant and expanded alcohol options with a full liquor bar.

Maple Street Biscuit Company, Fleming Island
Maple Street Biscuit Company will soon be opening its 5th location in the Jacksonville area. This time they’re headed out to Clay county to dive into one of the hottest areas for new restaurants. No opening date or specific location has been announced.

Texas de Brazil
St. John's Town Center dining options continue to expand with the addition of Texas de Brazil, quite possibly the largest Brazilian steakhouse chain in the country. Texas de Brazil will be Jacksonville’s third Brazilian steakhouse. If the size of their restaurants in Orlando and Miami are any indication, it will by far be Jacksonville’s largest Brazilian steakhouse. Construction should begin this summer, with the restaurant opening in Spring 2017.
Nantucket looks very much as it did when the whaling industry left town 150 years ago. It's as though time simply stopped here. And whether they're on Nantucket for the first time or the 40th summer in a row, visitors wouldn't have it any other way. It is a very easy place to be -- and incredibly addictive. Called the “elbow of sand” because of its curved shape, Nantucket is as much a sanctuary for wildlife as it is a getaway from daily life. About 40% of the island's 50 square miles has been reserved as protected conservation land.

Where to Stay

The Veranda House

The kind of place that makes a visitor want to overhaul her own home, The Veranda House's interior is airy, light, bringing together mid-century modern and beach-house elements in an elegantly eclectic way. Considering the building's advanced age -- it was built in 1684 -- it handles the retro chic well. Don't tell the owners, but guests say they would happily pay extra for the hotel's complimentary breakfast.

Jared Coffin House

Though practically a toddler compared to The Veranda House, this mansion recently turned 165. The former home of shipbuilder Jared Coffin, the guest rooms are decorated in elegant period furniture. For spa services, guests have access to the spa at the Jared Coffin House's sister property, the White Elephant Hotel.

The Wauwinet: An Inn By the Sea

It'll take all of 3 seconds to start dreaming about ways to take one of the Wauwinet's rooms as your permanent home. The light-filled rooms are plush and comfortable. No 2 rooms are exactly the same but they're all decorated with antique pine furniture and plenty of chintz (and, yes, when done well -- as it is here -- that's a good thing.) It's hard to imagine rooms better suited to lazy mornings spent reading in bed. Sandwiched between the Sound and the Atlantic Ocean, The Wauwinet feels far removed from daily life. Lounge on a chair looking out on the water, take an impromptu aromatherapy nap in the herb garden or, when you need a new book, take a boat ride into town on The Wauwinet Lady. This is not the place for families with really wee ones; kids 12 and over only are welcome.

Where to Eat

Black-Eyed Susan's

It's cash-only at Black-Eyed Susan's. Remember so you don't have to dash out and ruin the bond you've formed with your coffee cup and newspaper while slowly working through Pennsylvania Dutch cakes with Jarlsberg cheese or sourdough French toast with orange Jack Daniels butter and cinnamon pecans. Nap after breakfast. Go back to the restaurant for dinner. If Nantucket bay scallops (perhaps with corn and chorizo risotto?) are on the menu -- and they will be -- order them.

Sushi By Yoshi

Those who insist on incredibly inventive rolls won't fall in love with Sushi By Yoshi -- but people who relish fresh and delicious standard rolls will return Sushi By Yoshi on a regular basis. It's BYOB so if you want some sake to wash down the Nantucket salmon roll, remember to bring it.

The Ships Inn Restaurant

The look of the place is pure Nantucket whaling captain's mansion, but the food? California-French. And it all works beautifully. For romantic dinners, this is one of Nantucket's go-to spots. Though it's hard to imagine ordering anything but seafood when on Nantucket -- Maine lobster, grilled local flounder -- meat-eaters have plenty to celebrate on the menu, including rigatoni with duck Bolognese or boneless beef short ribs with horseradish spaetzle. To continue the experience through the night, book one of the inn's 12 rooms.

What to See & Do

Jetties Beach

One of Nantucket's 10 beaches, Jetties' amenities -- including changing rooms and a playground -- make it an ideal spot for families. Kayak and windsurfing wannabes should also make their way to Jetties for lessons. For before-you-go information about companies that offer lessons or equipment rentals, visit The Nantucket Island Chamber of Commerce website.

Browse Art Galleries

Nantucket's beauty has provided inspiration for artists for hundreds of years. See what the current crop of island talent has worked up at galleries including the South Wharf Gallery and Old Spouter Gallery.

Bike Around the Island

Nantucket's roads snarl easily. Avoid driving as much as possible. Instead, take advantage of the more than 30 miles of bike paths around the island. Bring your own bicycle or rent from Young's Bicycle Shop.
**After Dark**

First-time visitors are usually surprised to find that downtown Nantucket has a genuinely fun nighttime scene. Start by heading upstairs to the bar at the Boarding House restaurant. With a cocktail menu that includes winners like a blood-orange negroni and the Modern Manhattan, you may just stay until closing. Or, move on -- but not far. The Pearl, in the same building, has a cocktail menu that serves up old standards like the mai tai and original concoctions including the Pearl Vietnamese Iced Coffee, with vanilla vodka, Frangelico, espresso, sweetened condensed milk and tapioca pearls.

**Insider's Tip:** Summer may be high season on Nantucket but early fall is the island's most beautiful season. It's also the time of year when regular joes can harvest scallops. Learn how to find the island's famous seafood crop for yourself.
If there's one overriding outlook for the financial markets in 2016 it's this: No big gains are expected. Which is too bad, since U.S. stocks and bonds are poised to end this year slightly lower while commodities are saddled with enormous losses, especially in the energy sector.

The weakness in oil markets is expected to continue though prices could hit bottom at some point, and the dollar is expected to remain strong though not quite as strong as it's been relative to other major currencies.

Most important, the change in U.S. monetary policy, following the Federal Reserve's first rate hike in almost 10 years, will color market performance not only in the U.S. but globally. Given this backdrop, investors and advisors need to choose carefully for 2016, then monitor investments closely.

Here are the six best investment themes and picks for 2016 that ThinkAdvisor has culled from myriad outlooks by market strategists as well as interviews with strategists and analysts.

1. **Buy Into QE — Favor Japanese & European Stocks Over U.S. Equities**
   
   Less than three months after the Fed slashed interest rates to near zero and adopted a massive asset buying program in December 2008, U.S. stocks hit bottom, then rose almost steadily, more than tripling in price by mid-May of this year, before retreating slightly. Now the central banks in Europe and Japan have adopted similar easy monetary policies, using quantitative easing and near zero or negative rates to boost economic growth, which is also expected to buoy stock prices.

   “We think this divergence in monetary policy will be broadly a tailwind to European and Japanese assets, while acting as a headwind to U.S. (and potential U.K.),” write Goldman Sachs strategists in the firm's 2016 Global Opportunity Asset Locator (GOAL) report.

   That divergence could potentially widen as the Fed raises rates several times in 2016 while the European Central Bank and Bank of Japan stick with zero to negative rates and asset purchase programs. The BOJ recently expanded its QE program extending the maturity of the government bonds it purchases and increasing stock ETF purchases.

   Goldman Sachs is overweight both European and Japanese stock markets — Europe because of “resilient growth, accommodative policy and a weaker euro” and Japan because “margin expansion and top-line growth will drive strong earnings growth and double-digit returns.”

   Bank of America strategists, however, expect that European stocks will return just 0% to 5% on a total return basis in 2016 compared with 11% to 14% for Japanese stocks and 6% to 8% for U.S. stocks.

2. **Hedge Foreign Currency Exposure**
   
   The divergence in central bank policies will continue to play out in the currency markets, where the U.S. dollar is expected to remain strong relative to other currencies, though possibly not as strong as it has been.
Still, U.S. investors owning foreign assets could forfeit some of their gains because of the currency translation. Investors should "take currency risk more seriously," says Marc Chandler, global head of currency strategy at Brown Brothers Harriman. "Returns could be eroded by dollar appreciation." Hedging foreign currency exposure can reduce those risks. The currency-hedged iShares MSCI Germany ETF, HEWG, is up 6.05% through Dec. 21, for example, while the unhedged version of that ETF, EWG, is down 2.5%. That's a differential of more than eight percentage points.

There can be costs to hedging strategies, but that's inconsequential or nonexistent if the interest rate associated with the foreign asset is lower than the interest rate of an investor's home country, which is the case now for U.S. investors purchasing European or Japanese stocks or bonds, but not stocks trading in Brazil, where rates now top 14%.

3. Favor U.S. Large-Cap Stocks Over Small- and Mid-Cap

During an aging economic cycle, like the one we're experiencing now, large-cap stocks tend to outperform small and mid-cap stocks over the six months and 12 months following a Fed rate increase, according to LPL's 2016 outlook.

That's not surprising since, according to Goldman, large-cap companies have greater access to capital when rates are rising. In the U.S. stock market, Goldman favors large-cap stocks with strong balance sheets, a high level of U.S. sales and rising profit margins. The investment bank especially favors mega-cap stocks in the S&P 100 over the broader large-cap S&P 500 index.

4. Own Tech and Biotech

Technology is the only sector showing "notable outperformance" relative to the broad market during the six months following a Fed rate hike and tech continues to show strength one year after the first hike, according to LPL.

"We believe technology will prove resilient in the face of rate hikes once again," supported by earnings potential, and increased spending on technology by companies trying to remain competitive in their own markets, LPL strategists write. Biotech, which straddles the tech and health care sectors, is another favorite among strategists for 2016. S&P Capital IQ expects a 21% increase in earnings for the biotech industry, which is currently trading at 14 times 2016 forward earnings — a discount to the 16 times forward earnings forecast for the broader S&P 500 index, according to Sam Stovall, managing director of U.S. equity strategy at S&P Capital IQ.

5. Buy a House or Homebuilder stocks

Now is an opportune time to buy a home, especially for those who want to lock in what will likely be the lowest rate on a fixed-rate mortgage for years to come.

Those rates haven't increased yet, but they eventually will unless the Fed reverses policy, which is not expected. The Fed's new rate-rising regime will initially will boost only short-term rates, affecting just variable rate mortgages, but eventually rates will reset on long-term fixed rate mortgages. (The 30-year fixed rate mortgage prices off of the 10-year Treasury note.) CoreLogic, a global real estate information and data analysis company, forecasts a 0.50% increase in the average 30-year fixed rate mortgage to 4.5% by the end of 2016.

"Knowing that rates will rise will help push people off of that straddling position," says Stovall. "At least early on that could be constructive for homebuilding stocks." The last time the Fed embarked on a new, tighter rate regime, in 2004, homebuilding stocks rallied 33%, followed by 25% gain the following year, says Stovall.

6. Manage Volatility

Many market strategists expect market volatility will rise in 2016, which, as always, poses a challenge for investors. The market could be "more volatile in the first half of next year than this entire year," says Nick Colas, chief market strategist at ConvergEx Group. He says volatility will reflect a "confluence" of different factors: Fed policy and uncertainties around that, the state of the European economy and effectiveness of QE, the dollar's strength and living in a "more uncertain and dangerous world." The impact is "not good for risk assets," says Colas.

Investors can manage increased volatility in several ways. They can own bonds or bond funds to offset the volatility in stocks or buy the VIX, the Chicago Board Options Exchange Volatility Index, which reflects a market estimate of future volatility. Or they can increase their cash holdings. That won't keep up with inflation but it can reduce the risk of losses and provide investors the ability or investors to buy certain assets when the time is right. Holding cash, for example, allows investors to buy bonds as rates rise in order to earn additional yield, or buy to stocks on a market dip, just before the expected rally.

Colas suggests that investors worried about volatility increase their allocation to cash, as follows: If they typically hold 3% to 5% of their assets in cash, he suggests 10%. "The VIX is an imperfect thing to buy," he says. "The ETF resets every day."
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Top Things To Look For In Purchasing a Luxury Watch

Once you have realized that getting a watch is a practice of passion and taste, you start to have higher expectations. Plus, your foray into the world of horology has led you to realize a few things. Among those things are that you want a mechanical movement over a mere quartz movement, and that names are beginning to have meaning to you when it comes to selecting favored watches. Not only that, but you also learn that just because fashion labels make nice clothes they aren’t always key players in the luxury watch world (e.g. Kenneth Cole), despite the fact that they do indeed have a watch line. You might also be the type of person that grew up around watches and simply have more sophisticated tastes. Whatever the reason is, if you are going to spend $1,000 or more on a watch, these are factors you’ll want to consider when getting a medium range luxury watch.

1. Mechanical Movement
Save for limited circumstances, if you are buying a men’s watch for over $1,000 it will most likely have a mechanical movement. If it doesn’t, you’ll want to make sure it is a pretty special type of quartz movement such as Superquartz (like Breitling’s thermoline quartz movement that is accurate to 5 seconds per year). Otherwise, the name of the luxury watch game is having the best possible mechanical movement. Why? This is not an easy question to answer, to be honest, because quartz watches are actually more reliable and accurate, for the most part. Still, a mechanical watch movement never needs a battery, represents the classic way of making watches, and offers a certain emotional value that the “tick, tick, ticking” of a quartz watch simply cannot offer.

2. Anti Reflective Coating
The enemy combatant here is “glare,” and you want as little as possible when trying to read the face of a watch. Compare the dial of a higher-end versus less expensive watch in the light, and you’ll see what I mean. Similar to the anti reflective (AR) coating on glasses, on watch crystals, the coating really can improve legibility dramatically. There are two places that AR coating is applied, being on the front and rear of a crystal. Preferably you want the coating on both sides, but you should at least want to have it on the bottom. One issue with AR coating is that it can wear or scratch off and may need to be reapplied, or a new sapphire crystal be required if you beat up your watch too much. Lastly, the more curved a sapphire crystal is, the more likely you are going to want full AR coating on it, which is often referred to as “double AR coating” (applied to both sides of the crystal).

3. Screwed Links In Bracelet
This is a pretty simple concept. Metal bracelets are made of links that are connected together. The two types of items used to hold the links together are screw bars or pins. Pins are small rods that come in various styles and qualities. They are pressure applied using a small hammer or device that inserts them in the bracelet. To adjust the bracelet, a small pressure tool must be used to remove pins and then reinsert them. Alternatively, you have small screw bars that go into a bracelet using a tiny screw driver. These are considered better, because they are higher quality, look nicer and will last longer. Both types of link bars can be adjusted by you, if you have the right tools. Sometimes a heat sensitive glue is used to hold screws in place which should be heated up to allow for unscrewing.

4. Chronometer Certification
This is something that not all mid range (or high range) luxury watches have by any means, but can add value and reliability to your watch. In fact, only a very small percentage of Swiss watches are COSC Chronometer certified. Chronometer certification is a process where a watch movement is sent to the COSC and tested over a period of days. The movement is running and tested in various different positions. This testing is specific to each movement, so it is more than simply a test of the movement design. During the testing, a watch’s rate results are observed to determine overall how accurate it is. For a watch to be Chronometer certified, it must be accurate within -4/+6 seconds per day on average between all positions - meaning a movement cannot lose more than 4 seconds or gain more than 6 seconds a day. Just because a watch is not COSC certified does not mean it would fail the test, but rather that the movement hasn’t been sent to the COSC for testing. Learn more about Chronometer certification here. Having a movement that has been Chronometer certified helps you appreciate the reliable nature of the movement.
and add an additional part of the watch’s "life story." Quartz watches can also be Chronometer certified, but have a different set of accuracy criteria.

5. Quality Case Finishes And Polishes
Do you remember what real chromed metal was? It was that super mirror polish on steel that was hard to achieve and needed to be constantly polished. It was hard, and it was beautiful. While the look of chrome was popular, its costliness was not. As at some point, fake chrome was invented. My memories of fake chrome were from the 80s, when you'd see it peeling and flaking off of cars. That was not real chrome, that was some cheap coating or surface over cheaper sheet metal. Take this concept and apply it to watches. Not all nice-looking watch surfaces are real, or even well done. At the highest level, you have milled steel blocks that are precision cut and then polished by hand. On the cheapest end, you have stamped or injection molded metal that is not as nice or durable. The better the metal underneath, the better the polish and finish can be on the surface. The reason I use two terms is because "polish" is often the term used for that mirrored high glossy look. While metal that is brushed or in a satin style is known as being "finished." Just a slightly difference of terminology, but they are often used synonymously or together. Like "polished finish." But it wouldn't feel right saying "brushed polish." Some of the best cases have different types of polish on them. And not all polishes result in the same look. Say the sides of the case are polished but the top is in a brushed metal finish. A lot of this comes into play on higher end watches, but in a mid range luxury watch, you want to closely inspect the metal to see how well done the edges are, and also make sure that whatever finish or polish that is on the metal is neatly and evenly applied, as well as directly on the metal, as opposed to some coating that will peel or wear off. Anyone who has had cheaper watches can attest to how this can occur inside of a metal bracelet. Overall, a good polish will preserves its look for a long time, while a cheaper polish will fade fast.

6. SuperLumiNova Luminant
Just because a watch has a luminant compound applied to the hands or face, does not mean it will glow well in the dark. I've tested cheaper luminants that need to be directly placed in front of a very bright light source for 30 seconds to really shine at all. After that they glow in a dull manner for maybe 10 minutes at best. This is not how good luminant should work - and at $1,000 and up, you deserve a quality lume if you are getting a watch with applied luminant. Of the best luminants is SuperLumiNova. It is certainly the most popular quality luminant, but not the only one. Thus, if there is a luminant that is known to work well, but has a different name, they you are probably ok. Right underneath SuperLumiNova in terms of quality is just "LumiNova." If the luminant has no special name like "SuperLumiNova" or something else that sounds fancy, it is probably cheap and won't work too well. Having a good luminant compound is just step one. A watch should also have enough layers of the luminant and it should be on a large surface area. Testing a luminant is easy. It should not require bright lights to charge in, and simply cupping your hands over the watch should be enough to have the shine of the luminant pop out. So do yourself a favor and make sure you get a watch with a good luminant compound, if it has luminant at all.

7. Brand Pedigree
This is a bit of a though topic to explain, because you have all of those mainstream brands that people are familiar with, and then you have many lesser known brands that are sometimes much better than the mainstream brands. Because there are 100's of watch companies out there, you can't rely on name recognition alone to identify whether a brand is worth getting. Instead, if you aren't familiar with a brand, see that it has at least some story behind it and perhaps has a story behind the designs as well. You may be thinking, "well if the price is right and the watch looks good, who cares?" You'd be surprised how important the "story" of a watch and its brand are. Just ask any collector about brand or their favorite watches.
I promise you at least some of the lecture will go into discussing the history or unique construction of the watch or its design. So what I mean by brand pedigree is to look for either well-known brands known for making good watches or iconic designs ("this watch is the 'Audi' of the timepiece world"), or a brand with a special story or interesting founder that themselves engages in most of the watch making and design process. If you aren't familiar with a brand and unsure about them. Ask someone who knows.

8. Observable Dial And Movement Decoration
Mid-range luxury watches should all have at least some manner of decoration, even if it is hidden on or in the movement and you cannot see it. This can be as simple as a special polished finish on an automatic movement rotor or a textured dial on the face of the watch - perhaps just in the chronograph subdials (if there are any). These little features help make the watch feel more valuable, and are proof that effort went into the little touches. Consider this (even if you think Las Vegas is a joke). What makes Las Vegas hotels feel nicer than most standard luxury hotels? Because the Vegas hotels are much more lavishly decorated with many little details that other hotels either neglect or don't consider. The best Vegas hotels have real character, not just up-scale genericism. That is what I am talking about here. Thus, look for things such as machine engravings on the dial, as well as a variety of potential polishes on the movement. Sometimes, you'll even have decorations on the case of the watch. Even your basic Rolex Submariner watch has some decoration on the movement rotor even though you wouldn't know it from just seeing the watch on the outside. These features will make a watch more memorable to you.

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