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River Breezes and Sunsets over the St. Johns River

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EPPING FOREST
River Breezes and Sunsets over the St. Johns River

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It’s a startling epidemic across the United States, and one that arguably does not receive the amount of public attention it deserves. Physician burnout is far more prevalent now than in previous decades, and appears to be on a steady incline. A 2014 study showed that over 54 percent of physicians reported experiencing some degree of burnout. What’s even more alarming, is that this number increased nearly 10 percent from a previous study... conducted just three years prior.

First, it’s important to understand exactly what physician burnout is and why it should be taken so seriously. While everyone experiences some occasional work-related stress, burnout is more than dealing with the occasional rough week or difficult client. Burnout is defined as long-term, severe cases of exhaustion brought about by a stressful work life, and can lead to depression, early retirement, aggression in the workplace, substance-abuse, and in the worst of cases—suicide. Physicians work tirelessly to help and heal hundreds of patients throughout their careers, and many sacrifice their own wellness as a result.

“There were three physicians in Jacksonville that committed suicide last year,” said Bryan Campbell, Chief Executive Officer of the Duval County Medical Society (DCMS). “It’s a real problem, and it manifests itself in a lot of different ways.”

Depression and substance-abuse are just some of the ways in which burnout shows up in those affected by it. And it’s not just the physicians who are harmed; poor mental and behavioral health can adversely affect job performance, which impacts public health as a whole. Not to mention, many physicians dealing with burnout end up leaving their professions early, which results in a shortage of healthcare providers to meet the community’s needs.

“When you’re looking at a significant number of physicians leaving the workforce, it’s a public health crisis, quite honestly,” said Campbell, adding how physician shortage is already a serious problem to begin with. “When you look at physicians that are voluntarily leaving the practice of medicine because it’s so stressful, that diminishes the quality of care patients are able to receive.”

The need for a physician wellness program has less to do with physicians not having access to wellness services, and more to do with a shortage of services that physicians are actually
willing to use. While physicians have access to counseling services through their hospitals, less than one percent of utilization is by physicians. Because these programs are usually an extension of human resource departments, many physicians fear their deeply personal issues will not remain as confidential as they would like. Additionally, physicians are required to report any mental health treatment they receive to the Florida Board of Medicine when renewing their licenses. While this policy may exist for good reason, it also leads some physicians dealing with burnout to avoid seeking treatment and sometimes to even resort to self-medication.

The DCMS Physician Wellness Program does not aim to replace medical mental health treatment whatsoever; those with conditions that require medical attention will be connected with the care they need. Rather, physician wellness programs focus on giving physicians means to discuss their difficulties and be guided through their personal issues, tackling crises before they get out of hand. The program also employs psychologists, not psychiatrists, as “coaches,” which allows personal details to remain entirely confidential.

“Preventative is exactly the right term,” Campbell said. “This is something that anyone can use. There’s no shame involved in it, it’s completely anonymous, it’s not going to affect your medical license at all, but can help you get the help that you need.”

The program is modeled after the country’s first physician wellness program developed in 2012 by the Lane County Medical Society (LCMS) in Eugene, Oregon. Eugene, like Jacksonville, had witnessed several physician suicides within a disturbingly short period of time. Then-Chief Executive Officer Candace Barr knew the Lane County Medical Society needed to take immediate action.

Barr decided a 501(c)(3) approach would prove most effective for the society’s goal. Fundraising efforts were made, with Washington-based organization PeaceHealth donating $350,000 to kickstart the country’s first program dedicated to promoting physician wellness. Additionally, many LCMS member physicians were keen on the idea, and were more than happy to help make it a reality through their donations. Since 2012, the LCMS Physician Wellness Program has expanded its services to include telehealth and mindfulness seminars in addition to one-on-one sessions.

LCMS knew it was providing a much-needed service, and hoped the idea would be replicated by other medical societies. It wasn’t long until that vision came to be, and their model made its way across the entire continental U.S. to Duval County.

“We’re happy to see it’s catching on,” said current LCMS Chief Executive Officer Marty Wilde, adding that the one-on-one coaching in particular has been the most widely-adopted service across all participating medical societies.

The DCMS Physician Wellness Program launched in January 2017 through a 24/7 confidential wellness line. The program provides four certified counselors for members to choose from. Each DCMS member is able to receive six free coaching sessions, providing an outlet to express themselves without fear or shame.

“It’s a much more stressful time to be a physician,” Campbell said, adding that new quality measurement standards and the implementation of electronic medical records have given physicians even more responsibilities in addition to caring for patients. While physicians often find themselves frustrated and overworked, with guidance from a trusted professional, they can learn to approach their tasks with a clear and open mind.

To find out more about the Duval County Medical Society’s Physician Wellness Program, visit www.dcmsonline.org/page/Physician_Wellness. If you are in need of immediate care, please call the DCMS Physician Wellness Line at (904) 631-1446.

**DCMS Physician Wellness Line**

**(904) 631-1446**
We cooed over Seth’s baby girl for nearly an hour in the NICU. Med Star called us twice on the radio, asking us when we’d be back in service.

“We’re out of service for OSHA cleanup,” I lied. “My rig is a mess. We’ll let you know when we’re ready to go.” I winked at Seth and his wife as he rocked his little girl.

“We may get to bring her home tomorrow,” Seth whispered. “Some Christmas present, huh?” I nodded and pointedly at the clock on the wall. “I know,” Seth said, sighing. “We gotta go.”

“Sorry, Melissa,” I apologized as he handed the baby over. “There are little old ladies out there who have fallen and can’t get up.” She said nothing, just smiled and hugged Seth with one arm.

Later that night, we got called to stand by while the local police dealt with a hostage situation. Seth parked the rig on a side street several blocks away, turned off the lights, and settled back into his seat. After a while, he turned to me and asked, “How long you been a medic, Kelly?”

“Ten years,” I sighed. “It feels like more. It seems like I’ve always been a paramedic.”

“What did you do before you got into this line of work?” Seth asked curiously.

“I was a professional retriever trainer, if you can believe that,” I laughed. “Some switch, huh?”

“I’ll say,” Seth chuckled. “What keeps you doing it?”

“The great pay and the chicks, of course,” I said, deadpan. Seth just frowned. “Come on, man, I’m serious,” he said. “I mean, here we are sitting in the dark on Christmas Eve, waiting for some guy to either shoot someone or get shot by the cops. Today an alcoholic nearly puked blood on us. You deal with drunks and derelicts and drug users. You pull broken bodies out of wrecks. You do boring transfers, shuttling little old folks back and forth between the hospital and the nursing homes. How do you do it without getting burned out?”

“Why are you a cop?” I asked him. “You see most of the same things, and you just took an EMT class. Why do you do it?”

He paused, reflecting. “I guess I just want to help people. But I’ve only been a deputy for two years. I haven’t even taken my EMT exam yet. But you’ve been a medic for ten years. So stop avoiding the question.”
I stayed silent for a while, unsure how to answer.

Why do I do it? Not for the money, certainly. I make good money for a paramedic, but it’s hardly what I’d make as a nurse or physician’s assistant. I dropped out of college, and I keep finding excuses why I can’t go back. So why do I do it?

“I’ve been burned out,” I began, not sure of what I intended to say. Maybe six years ago. The job just wasn’t fun anymore. I didn’t feel appreciated, I wasn’t getting paid much, and I didn’t feel as if I made a difference. I took some time off, and I got over it.”

“How?” he pressed, unsatisfied by my answer.

“I figured out that I don’t save lives,” I explained. “Sometimes I get lucky, and we resuscitate someone successfully. Mainly it’s luck and good timing. I came to realize that what we do isn’t lifesaving. My job isn’t about blood and guts. It’s about helping people just like you do as a deputy.

“Your job isn’t all car chases and armed standoffs. You may go your entire career and never fire your weapon. There’s more to it than the adrenaline rush.” I looked at Seth and saw that he still didn’t get it.

“Look, two weeks ago I delivered a baby in the middle of the ice storm. It wasn’t fun. The fun part was seeing the mother’s face after I handed her the kid.”

“Two days ago, I took an old lady to the clinic for wound care on her bedsores. They stank, Seth. She stank, and she knew it. But I cracked a joke or two, made fun of her nurses, and I made her laugh. I held her hand on the way to the clinic, and she smiled at me when I dropped her off.”

“I started an IV on a six-year-old kid yesterday, and he didn’t even cry. He was more scared of the needle than of his broken arm, but I talked him through the stick, and he figured out that the needle wasn’t so bad.”

“We picked up a combative Alzheimer’s patient this morning, and the nurses were sure we’d have to restrain her, that she’d fight us. We talked to her for a bit, and she went with us without a fuss. We earned her trust.”

“Today I got to teach you something. That’s why I do it, for stuff like that.”

“And what about the ones without happy endings?” Seth asked darkly. “What about the ones who you can’t do anything for — the ones who die?”

“Well, you remind yourself that it isn’t your disease,” I answered. “You do the best you can. And you don’t let the things you see harden your heart.”

“But that stuff will just eat you up,” he protested as we drove back to our station.

“I didn’t say let it eat you up, Seth. I said don’t let it harden you. You know those big, tough paramedics who don’t let anything bother them? They never last, or they stick around but nobody wants to work with them. They never cry, but they forget how to smile, too.”

“Keep looking for the good stuff,” I advised. “You can always find something good, if you just take the time to look.”

Just then the radio crackled, and an anonymous voice floated over the airwaves.

“And lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them, and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord. Merry Christmas, everybody.”

The radio clicked again and again as units around the parish keyed their microphones in response. I looked at my watch. It was just past midnight.

The dispatcher transmitted a moment later, adding only a quiet “Amen.”

“See what I mean?” I smiled. “Merry Christmas, Seth.”

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FOUR FESTIVE PARTY OUTFITS

By inthefrow.com     Photography by Amber-Rose Photography

It’s festive party season and the time to be choosing your next party ensemble. But what sort of outfit were you thinking of this year? I know from my own friend groups, that I have mates who love to get dressy, others who prefer something more casual and others who opt for something tailored or even full blown festive. I got it down to four completely different styles. Casual but still dolled up, Tailored but definitely not uptight, Dressy and sexy plus the one that screams Christmas holidays!

THE CASUAL CHOICE
Combining a few of my current favorite styles into one, this outfit is for the gal who doesn’t like to get too dressy. She’s not a big fan of heels and dresses and would rather doll up her everyday stylish look for a night out. I styled these leather trousers with the gold cami for this reason. The leather trousers could be her go to, and it just needs a touch of sparkle to make it evening appropriate. The sheepskin aviator adds more personality and the oversized style has a trend-led element whilst the silver accessories add the final glitz.
THE TAILORED OPTION
There are days when I want to go for total feminine sophistication, and nothing says pulled together and sophisticated like a trouser suit. This ensemble, in a wonderful navy fabric is fitted yet not uncomfortable, and could be paired with an assortment of heel styles depending on the party type. As it happens, I added the silver heels again into this outfit for a bit more sparkle, as well as the silver bag. But the piece I adore here is the velvet camisole. One of those pieces that is so easy to wear and to dress up or down, but the velvet material just screams festivities. With the delicate lace trim, this is pretty and feminine, yet tucked into the trouser suit really helps to add a little more of a Christmassy feel.
THE DRESSY LOOK

Whether you’re going out with the girls, or having your Christmas meal with your partner or new date, then something a little more flirty and dressy is definitely appropriate. You can show off a little more skin and let your hair down a little more. A jumpsuit is the type of piece that I wear when I want to look smart yet sexy. The tailored effect of the lower half is flattering and can be tailored depending on the style you choose. Meaning that the top half of the jumpsuit can be as adventurous and fun as you prefer. Here I have opted for a bandeau style with a slight peplum feel to the waist, adding a touch more shape and femininity. With the black strappy heels, it helps to elongate the legs even more whilst adding a touch more texture and the silver bag pops against the black. And to finish, a red lip.
THE FESTIVE OUTFIT
And for some sparkle and glamour, without coating yourself in sequins, this navy fringed number is absolutely perfect. I feel like a million dollars wearing this dress. The movement is beautiful, and the length is truly flattering and sexy without being provocative. The texture of the dress, when placed alongside the metallic accessories, really looks festive and party worthy. I adore wearing silver with navy; the two colors are a fantastic combination, and you can wear all of your silver jewelry to match, if you wish. This is comfortable, flattering and really beautiful, and I feel so many ladies will be opting for this little number for Christmas.
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.

Wine Talk
By Emery and Jean Clance

2015 Morgan Chardonnay “Highlands”

2015 Morgan Pinot Noir “Twelve Clones”

 Normally I do not feature wines this expensive, but with the holidays coming up it seems appropriate to show you something nicer. During my pre-holiday tastings in September and October when I sampled almost 500 wines, this Chardonnay stood out as one of the best for its price point. Is there a difference in quality from $15 to $25? You ‘betcha, if you buy the right wines.

Morgan winery is one of the pioneers of the Santa Lucia Highlands AVA, producing their first vintage in 1982. Dan Morgan Lee had worked for Jekel Vineyards and was one of the first to recognize the potential of the hillside vineyards south of Monterey that would someday be called the Santa Lucia Highlands. This area enjoys cool nights and mornings and warm, sunny afternoons during the growing season. Chardonnay, and Pinot Noir for that matter, from SLH is typically about the same weight and Russian River examples, but with slightly higher acidity.

To produce their Highlands Chardonnay, 67% of the fruit comes off their Double L estate vineyard. This is one of the crown jewels of the area and is also farmed using certified organic practices. The wine was fermented in French oak with 32% of the barrels being new, then aged for 8 months before bottling.

When you get ready to serve this wine make sure you take it out of the refrigerator at least 15 minutes before you pour it to allow the temperature to rise a bit. Once you do it shows a rich nose of baked pie crust, toasted almonds, fresh apricots, dried pear and fresh pineapple. On the palate it is nicely plump, with a good sense of cream and oak and a subtle nuttiness. The finish is smooth and savory with acidity that provides a nice frame into the finish. Drink over the next two years with grilled fish, roast turkey or creamy pasta dishes.

36% of the grapes used to make their Twelve Clones Pinot Noir comes from the Double L vineyard, with the balance from neighboring vineyards within the Santa Lucia Highlands. The 12 different clones of Pinot Noir grapes for this wine are double sorted, then fermented whole berry in open top tanks, with twice daily punchdowns, for gentle color extraction. Once dry the wine is moved to 30% new French oak barrels for 12 months of aging before bottling.
When you open this wine, it offers a rich nose of dark, fresh cherries, candied orange peel, clove, black pepper, dried ancho chili pods and forest floor. The feel in the mouth is deep and nicely textured, with smooth tannins and acidity that is well balanced and not obtrusive. If you are looking for the perfect turkey wine, this is it. You can also drink it year round with broiled salmon or tuna steaks, dusted with mushroom powder and grilled.

2016 Boschendal Rosé Garden

I had the good fortune to visit this estate, located in the Franschhoek Valley of South Africa. It is considered one of the most beautiful of all the wine properties in the Cape region and I can personally attest that true. At the center of the this 350 year old estate is their rose garden, which is considered one of the finest in the world. It boasts many antique species from the Cape and the East Indies. The gardens are the inspiration for this wine, which is also one of the best Roses I tasted during my trip.

The grapes for this wine do not come from Franschhoek, but rather the cooler coastal regions west of the city of Stellenbosch. They do this because the grapes have higher acidity, necessary for a dry, crisp rose. For the 2015 they use a combination of mostly Merlot and Pinotage, with small amounts of Syrah and Cinsault as well. All of the grapes are direct pressed as if making white wine.

When you serve this wine allow it to warm up for a few minutes from refrigerator temperature. Once it reaches 50-ish degrees pour a glass. The nose is a spicy combination of pink peppercorns, peach skin, stewed rhubarb and green tea. On the palate it is nicely plump to begin, but then firms up and shows an almost Provençal austerity into the finish. Serve this wine with shrimp sauteed with tomatoes, green pepper, onion and a pinch of saffron or with fried turkey.

Tim Varan and Brock Magruder opened Tim’s Wine Market in October, 1995 at the original location in Orlando, Florida. Based on twenty years of buying experience, each year Tim samples over 4000 wines to select only a few hundred each year for the Tim’s Wine Market stores. Tim’s Wine Market has a local store in Ponte Vedra Beach, owned and operated by Emery and Jean Clance.

www.Timswine.com
hen physician Dale Mole stepped off the C-130 turboprop plane that had landed at the South Pole in January 2012, he felt a twinge of disappointment. It was only minus 25 degrees Fahrenheit. Granted, it was summer—but he had expected worse.

"The average winter temperature is minus 85," he says. As the weeks and months passed, however, the thermostat dropped as low as minus 107. Mole's exhaled breath would freeze in mid-air; no one dared leave bare flesh exposed more than 10 or 15 seconds; teeth would ache for hours after exposure.

Once, as Mole was cresting a snow bank, his face mask froze. "I had to remove my mask to breathe and the super-cooled air felt like ice daggers in my throat," he says. "I was afraid my windpipe was going to freeze, which could prove fatal."

In Antarctica, the coldest and most isolated place on the planet, even the simple act of breathing becomes an endurance test. Home to three permanent U.S. expedition outposts—McMurdo Station, Amundsen-Scott South Pole Station, and Palmer Station—it's inaccessible eight months out of the year due to oppressive weather conditions. Researchers from a variety of countries fly in with the knowledge they're about to be effectively cut off from the world.

But what happens when a medical situation arises? More than 2800 miles from the nearest hospital in New Zealand, Antarctic crews must rely on the expertise of a single physician responsible for upwards of 150 people. (The number varies by season.) Working autonomously, the doctor is charged with analyzing x-rays and blood work, providing aftercare, overseeing pharmaceutical duties and even performing dentistry.

Serious conditions that could be managed in a major facility become radical emergencies. Surgery is a major undertaking, and intensive care can't be sustained.

Such adversity is not for the claustrophobic or easily shaken. But for Mole, volunteering was academic. "I signed up," he says, "because I wanted the challenge of providing medical care in the most remote and austere environment on Earth."

**The Right Stuff**

Scott Parazynski, M.D., had spent 16 years in NASA's astronaut corps and was an experienced mountaineer when the offer came to become Chief Medical Officer overseeing healthcare for the National Science Foundation's U.S. Antarctic Program (USAP). Having tended to climbers all the way to the summit of Mount Everest, he was familiar with the psychological and physical demands of practicing medicine without a net.

"It takes a really broad skill set," he says. "I call it MacGyver medicine. What can you do to diagnose and treat conditions in a really remote environment when the chips are down? You have to invent solutions on the fly."

Physicians who volunteer typically have backgrounds as surgeons or emergency room veterans. When Parazynski selected former submarine medical officer Mole to go to the South Pole, the 63-year-old underwent a rigorous screening: an EKG to assess cardiovascular health, an ultrasound of the gallbladder to rule out any simmering problems, and a psychological test.

Once approved, Mole left Denver for New Zealand, which connected him to McMurdo Station. There, a dentist gave him a crash course on fillings and root canals. After a week, he boarded a flight to the South Pole, where his patient base of 49 scientists and researchers studied everything from geophysics to astronomy in a fuel-powered compound; the dry air (the area averages seven percent humidity) forces residents to guzzle four to six liters of water a day. Mole was careful not to touch any metal with his bare hands—it can take the skin right off—and investigated his professional tools, a mixture of modern and museum-worthy.

"Some of the items I remember from visiting the doctor in the 1950s," he says. There was a World War II embalming kit, a straitjacket, and glass syringes with reusable needles. "Some of our lab equipment was also designed for use on animals, but was perfectly suitable for humans. The x-ray unit was the portable kind used by veterinarians, but it worked."

Ventilators, ultrasound, and critical life support devices are also present, though luxuries like an MRI device would be cost-prohibitive owing to the small population. "You're relying upon clinical judgment and your resourcefulness," Parazynski says.

Because the Antarctic workers are carefully screened for any
major conditions, Mole and other physicians frequently find themselves treating conditions common to any industrial environment: slips, common colds, and lacerations. The plummeting temperatures and non-existent humidity also give rise to dry skin conditions and respiratory ailments. One, "the McMurdo crud," is a hacking cough that tends to nag at patients. Despite the cold, frostbite is not as common as one might expect. Mole saw only a few cases, albeit one that resulted in a patient losing part of an ear. Most injuries, he says, "were sports related, as many played basketball, volleyball and dodge ball on their off-duty time."

Sean Roden, M.D., who stayed during the comparatively warmer summer months prior to Mole's arrival, recalls that altitude sickness was a problem for many: Antarctic stations are 9500 feet above sea level. Staff and crew take Diamox, a drug that helps adjust the body's chemistry to the environment, but it isn’t always effective. "I had a headache for over two months," Roden says. "Everyone was just constantly short of breath, had a headache, had a hard time sleeping. You get winded just brushing your teeth."

Summer also invites a scourge of insomniacs, with the sun refusing to go away and inhabitants putting up blackout shutters to try and cope with the irregular seasons. "People were walking up and down hallways, not really awake, not asleep," Roden says, "like zombies."

When Doctors Get Sick

It's a hypochondriac's worst nightmare: alone in the Antarctic, with the lone physician too ill to care for anyone else. Modern screenings have reduced that possibility, but the area has been home to a series of legendary crises.

Some countries require their doctors undergo an appendectomy to ward off the potential for appendicitis. If that seems excessive, consider the case of Leonid Rogozov, a Russian physician who diagnosed himself with a swollen appendix during a 1961 expedition. Trapped in the Austral winter with no flights in or out—the harsh weather can prevent aircraft from functioning properly—he deputized a few researchers to be his surgical assistants and cut out his own organ using only local anesthesia. He recovered in just two weeks.

In 1999, Jerri Nielsen discovered a lump in her breast. She performed a biopsy using only an ice cube to numb the area; upon discovering a cancerous growth, she had drugs administered to her until she was able fly out for treatment.

If anything similar were to occur today, physicians would have the benefit of teleconferencing with colleagues. "We can look remotely in someone's ear, eyes, listen to their heart, share views of ultrasound or EKG tracing," Parazynski says. "We can look over their shoulder and be part of the decision making process."

That assumes, however, communications are working. Mole says Internet access was available only a few hours a stretch. Without it, "You rely upon textbooks you either brought with you or were available in the small South Pole medical library."

Much of a physician's time is spent in preventative preparation, training staff in the event of an emergency. During his stay, Roden orchestrated the medical evacuation of a crew member who had fallen ill with a neurological issue more than 400 kilometers from base. "We had rehearsed it in a drill, so we were prepped for it." (The patient recovered and returned to work.)

Off-duty, Roden says numerous groups were devoted to salsa dancing, knitting, or Doctor Who viewing parties; Mole read, ran four to six miles a day on the treadmill, and ventured outside sporting at least six layers of insulation—anything to stretch out from his cramped 6 x 10-foot living quarters.

He says he experienced none of the depression that can result from a lack of sunlight for months at a time.

"Being at the South Pole was like living on another planet, one with only one day and one night per year," he says. "There was always something unique to experience, so I was never bored or felt an overwhelming desire to leave."

Breaking the Ice

After 10 months, Mole saw his first plane, thought of his wife, and breathed a sigh of relief. With winter over, he was able to return to the States in November 2012. During his tenure, he had attended lectures on art history, cared for a group requiring everything from dentistry to physical therapy, and trained non-medical staff to provide critical care in the event of an emergency.

Roden's four-month stay was a kind of sensory deprivation. Back home, life had gone from being a blinding sea of white to glowing Technicolor. "Coming off the ice, seeing a sunset, the colors were just, wow," he says. "Getting back to sea level was amazing. I felt great."

Such experiences are more than an endurance test: they help inform future remote care in environments as varied as rural America, third world nations, and even Mars. Advanced handheld diagnostic tools, Parazynski says, are already on the way. "The notion is to develop a device that would have the diagnostic capabilities of a full lab in a major hospital. Not overly prescriptive, just basic physiological parameters, blood chemistries. It will help revolutionize healthcare in remote and in regular health care."

While the efforts of Mole and other physicians are a valuable learning tool for future explorers, it's the physician who may benefit the most. "The months of profound darkness, the majestic starry skies, the shimmering auroras, the icy desolation, going to bed at night a few feet from where all the lines of longitude converge …" Mole trails off. "These are the memories I will carry with me to my grave."
Year-end tax planning can provide most taxpayers with a good way to lower a tax bill that will otherwise be waiting for them when they file their 2017 tax return in 2018. Since tax liability is primarily keyed to each calendar tax year, once December 31, 2017 passes, your 2017 tax liability for the most part – good or bad – will mostly be set in stone.

Year-end 2017 presents a unique set of challenges for many taxpayers because of current efforts by Congress and the Trump Administration to enact tax reform legislation, the scope of which has not been seen since 1986, according to supporters. Whether this ambitious plan will be successful by the end of this year remains uncertain; but the reasons to prepare to maximize any benefits if it does happen are indisputable. Both talk of lower tax rates, and fewer deductions, requires careful monitoring at this time, with “contingency” plans ready to go before year-end should these changes occur. Tax reform, although important, is not the only reason to engage in year-end tax planning this year. Other changes in the tax law, made by the IRS and the courts, have already taken place in 2017. Opportunities and pitfalls within these recent changes—as they impact each taxpayer’s unique situation—should not be overlooked. This particularly rings true as we approach year-end 2017.

Data gathering. Year-end planning – with or without the prospect of tax reform– should start with data collection and a review of prior year returns. This includes losses or other carryovers, estimated tax installments, and items that were unusual. Conversations about next year should include discussions of any plans for significant purchases or disposions, as well as any possible life cycle events.

Bunching strategies. Certain items are deductible only to the extent they exceed an adjusted gross income (AGI) floor; for example, aggregate miscellaneous itemized deductions are deductible only to the extent they exceed two percent of the taxpayer’s AGI. Thus, year-end and new-year tax planning might consider ways to bunch AGI-sensitive expenditures in a single year, so that particular deductions exceed their applicable floors and the taxpayer’s total itemized deductions exceed the standard deduction.

Life-cycle changes. External influences such as changes in the tax law, however, may be only part of the reason for taking some action before year’s end. Changes in your personal and financial circumstances – marriage, divorce, a newborn, a change in employment, a new business venture, investment successes and downturns – may require a change-in-course tax-wise since last year. As with any “life-cycle” change, your tax return for this year may look entirely different from what it looked like for 2016. Accounting for that difference now, before year-end 2017 closes, should be an integral part of your year-end planning.

Timing rules. Effective year-end tax planning by its nature requires the correct execution of specific timing rules under the tax code. Due especially to the current uncertainties surrounding tax reform, taxpayers must be particularly nimble and prepared to implement timing strategies well into December.

• For businesses, the IRS and the courts generally require use of the accrual method whenever inventories are used. For an accrual-basis taxpayer, the right to receive income, rather than actual receipt, determines the year of inclusion in income.

• Under the cash receipts and disbursements method (cash method), all items constituting income, whether in
the form of cash, property, or services, must generally be included in income for the tax year in which the items are actually or constructively received; and deductions are generally taken into account for the tax year in which actually paid. The cash method, which is required to be used by almost all individual taxpayers, generally allows a cash-basis taxpayer to exercise some control over the year of income or deduction by accelerating or deferring receipts and payments. Thus, timing, and the skilled use of timing rules to accelerate and defer certain income or deductions, is the linchpin of year-end tax planning. For example, timing year-end bonuses or year-end tax payments, or timing sales of investment properties to maximize capital gains benefits should be considered. So, too, sometimes fairly sophisticated “like-kind exchange,” “installment sale” or “placed in service” rules for business or investment properties come into play.

In other situations, however, implementation of more basic concepts are just as useful. For example, taxpayers can write a check or charge an item by credit card in one year and have it count as a deduction in that year, even though the check is not drawn on the bank until the following year; or a credit card statement is not sent and paid until the following year.
Luxury Tech Gifts it’s Worth it to Spend a lot of Money on

By Brandt Ranj

The holiday season is the best time of the year to throw some caution to the wind and embrace the motto “treat yourself (or your friends and family).” With new deals popping up every day — or in some cases every hour — now is the time to spend a little extra and get a lot more. That doesn’t mean buying something for the sake of it; there are certain items that are worth their high price tag, and we’ve rounded up those tech purchases for you below.

An iPad Pro
Unlike most broad tech categories, where it’s important to present a couple of options, the premium tablet market is owned by the iPad Pro. It’s enough of a computer that I’ve adopted it as my main machine in many ways, and when paired with an Apple pencil it becomes even more powerful. While it works very well on its own, having a few optional accessories can make the experience even better. Your only question when paying more than $99 for a tablet should be: 10.5” or 12.9”? iPad Pro, $649 - $1149, available at Apple

An OLED tv
I’m not too plugged into the world of TVs, but the one I’ve heard about the most over the past few years is LG’s series of OLED models. The reason for its high price is that OLED screen, which is capable of reproducing colors incredibly well and having best-in-class black levels. I saw one in person once, and it was the only screen that has made the TV I have at home seem inferior. LG Electronics 55-Inch 4K Ultra HD Smart OLED TV, $1796.99, available at Amazon

The Sonos PLAY:5
Yes. There are undoubtedly better-sounding speakers than the SONOS PLAY:5, but I doubt they’re as versatile or convenient. Having seen firsthand what it’s like when multiple Sonos speakers work together, I completely understand why the company has become the name in the connected speaker world. If you love music, know someone who loves music, or want to help someone love music, this speaker will do most of the work for you. SONOS PLAY: 5, $499, available at Amazon and Sonos

Grado’s PS500e headphones
Besides being expensive, this pair of headphones has two caveats: It’s wired, and it has an open design. The former makes Grado’s PS500e’s heavier than most other headphones I recommend, while the latter makes this pair more suited for home use rather than during your commute or at work. If those caveats don’t apply to you, place these headphones at the top of your holiday wish list. I owned the original PS500’s, and still think about how good they sounded. Grado Professional Series PS500e, $595, available at Amazon

An Xbox One or PlayStation 4 Pro
The game console world used to be simple, until Microsoft and Sony decided to start releasing mid-cycle hardware updates to change with the times. Anyone looking to get the best visual experience when playing games needs either the PlayStation 4 Pro or Xbox One X. Both let you play games at 4K resolution and support HDR, so while there are cheaper alternatives that will play the same games, they won’t look nearly as good. PlayStation 4 Pro 1TB Console, $399, available at Amazon. Xbox One X 1 TB Console, $499.99, available at Amazon

An iPhone or Google Pixel
There are a lot of phones out there, but whether you’re an Apple or Google fan, the best choice is to get your hardware straight from the source. Apple has been making its own phone for over 10 years, and has released the iPhone 8, 8+, and X to some pretty impressive fanfare. Be sure to check out our full guide for all the details on the newest iPhones, but if you’re into fast, good-looking phones with great cameras and wireless charging, any of the three will meet, or even exceed, your expectations.

Google waited until last year to start making an official Android phone but the original Pixel made waves, and the company is back with the Pixel 2 and Pixel 2 XL. Aesthetically excellent, packed with impressive tech specs, and the best way to run the world’s largest mobile operating system, Android fans should check either one out. Each phone is available at its full price, or a subsidized one through a carrier or company, so be sure to shop around for the best deal.

Google Pixel 2, $649, available from Google or Verizon
Google Pixel 2 XL, $849, available from Google or Verizon
iPhone X, $999, available from Apple, AT&T, Verizon, Sprint, and T-Mobile
iPhone 8 Plus, $799, available from Apple, AT&T, Verizon, Sprint, and T-Mobile
Buy the iPhone 8 from Apple, AT&T, Verizon, Sprint, and T-Mobile

A MacBook Pro or Surface Book
As with smartphones, your expensive laptop of choice comes down to whether you prefer PC-sor Macs. Both have enough processing power, memory, and storage for almost any resource-intensive apps, so I’m only calling out their marquee features. On the Mac side, you have the new 15” MacBook Pro With Touchbar, a divisive machine that’s currently the most powerful laptop Apple makes. It’s thinner and lighter than previous models, and only has USB-C ports, which will be fine for people who don’t mind changing with the times or buying dongles, but might be annoying for others. PC users should consider Microsoft’s Surface Book. Like the Pixel 2, this is a chance to see what a traditional software maker would create if it was in the hardware business. Like many PCs laptops, this one is a convertible, so you can use it as a laptop or tablet depending on the circumstances. It also has a touchscreen, so if you’ve become accustomed to doing a lot of your computing on a smartphone or tablet, that’ll likely be a big plus. Finally, instead of USB-C, Microsoft has chosen to include a traditional USB port in addition to one for charg-

15” MacBook Pro With Touchbar (2.6Ghz i7 processor, 512GB SSD, 16GB RAM), $2,599, available at Amazon
13.5” Surface Book (2.6Ghz i7 Processor, 512GB SSD, 16GB RAM), $2,200

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Alsace – France, Wine, Wine, and More Wine!

France’s Alsace region in the east is a dream when December comes around. The joint German-French influence creates an area that offers incredible food, stunning architecture, local beer and wine, and a true appreciation for Christmas. Strasbourg’s Christmas markets are bustling, the entire town is dressed up, and there is holiday cheer everywhere. Then, as you leave Strasbourg and head into the smaller villages along the wine route, the Christmas markets are smaller but absolutely packed with locals and tourists alike. Colmar is second to Strasbourg in terms of popularity, it looks like a fairytale Christmas village.

In all the towns, the stalls sell everything from pretzels and mulled wine to handmade ornaments and home-ware. Each one has its own cup that you have to purchase in order to get mulled wine or beer at the stands (our favourites were the glass mugs from Kayersberg) – you can return them at the end to get your money back. Oh, and did we mention that this is all located along the wine route, meaning there are plenty of wineries to pop into along the way? Our recommendation is to fly into Basel and hire a car – driving through all of the villages is the best way to see the area and remember to visit the Christmas markets.

Andermatt in the Snowy Swiss Alps

In 1864, a local hotelier in St Moritz, in the Swiss Alps, offered a money-back guarantee to a few British holidaymakers, offering a winter trip to his local hotel that would be just as rewarding as the summer trip they were enjoying. The bet was placed, the visitors enjoyed their trip and the hotelier never had to make payment. Like this, winter ski vacations in Switzerland and St Moritz as the capital of the wealthy and glamorous world of alpine skiing holidays became popular. But rather than crowded and expensive St Moritz, consider Andermatt for your next Christmas vacation.

A tiny village after the Oberlap Pass, Andermatt has remained the choice of adventurous and off-piste skiers instead of the après-ski fans. The village is all walkable, reachable by train and now features a fabulous and sleek hotel The Chedi complete with ski school, in room fireplaces and the most stylish spa with an outdoor pool. Investment will soon change the face of this speck of alpine beauty so go now before that happens and enjoy Christmas markets, skiing and the postcard-perfect landscapes of snow-capped mountain.

Austria and Vienna’s 25 Christmas Markets

Austrians take their Christmas markets seriously. During the festive season, every city and town has a Christmas market. As the capital, Vienna tops them all with a profusion of markets. The city has 25 official Christmas markets and lots of other smaller neighbourhood markets. It’s enjoyable to see the city – warming yourself with a cup of gluhwein and shopping for traditional handicrafts and ornaments. For non-drinkers and children, there is a non-alcoholic version of the gluhwein. The biggest of the markets is held in front of Vienna’s City Hall, the Christkindl Market. The festive cheer spills out into the nearby park, Rathaus Park, where the trees are decorated with giant ornaments and there is entertainment for the children. <— Nice to hear of a kid-friendly city. Sounds like an ideal place to take them for their Christmas holidays in Europe.
Barcelona & The Yuletide Poo

Barcelona is beautiful during Christmas time. The entire city is decorated with Christmas lights. Some shops and hotels also go all out with lights and decorations – Corte Inglés on Plaza Catalunya usually looks amazing! I also love the unique and somewhat strange Catalan Christmas traditions. At the city’s biggest Christmas market, the Fira de Santa Llúcia, you’ll find plenty of really cute looking little logs with faces and hats on the Caga Tió – literally: “the poo uncle”. Kids cover him in a blanket and feed him in the time leading up to Christmas, and on Christmas Eve the poor log gets beaten until he, err… releases… the presents! It’s a cute souvenir to take home, with quite a story to tell.

For fans of classical music, there’s usually a concert of Händel’s Messiah at the magnificent Basilica Santa Maria del Mar a few days before Christmas Eve. Christmas time in Barcelona lasts until January 6th (King’s Day), and there is a huge parade on the evening of the 5th. Bonus points that make Barcelona a great destination for a Christmas break? The weather. It’s much warmer than in most parts of Europe, and just cold enough to make ordering a hot chocolate with churros feel right. —> Still laughing at the Christmas poo.

Beer in Berlin in December

If you are looking to enjoy a short break in Europe just before Christmas and want the stereotypical experience, Berlin is the perfect place to visit. Strolling through Berlin’s Christmas markets is the epitome of a Berlin visit in December. Small, wooden booths decorated with idyllic ornaments including sparkling stars and snow covered fir branches provide a memorable experience for all the family as you enjoy an evening stroll with the sound of your favourite traditional Christmas music echoing around the city.

Festive Florence

Florence is the perfect city to spend Christmas time in. First off Italy is a predominately Christian country, meaning when November and December roll around you can bet that you will see lights everywhere. During Christmas time Italian hospitality is at its finest and everyone is out on the streets with giant smiles on their faces. The air, the decor, the people, the churches – everything just screams “It’s Christmastime!” We were able to spend last Christmas there with family and it will always be a trip to remember.

Grindelwald, Switzerland – Top of Europe!

Switzerland is one of the most amazing places I’ve visited in all my travels, it is a magical country with endless beautiful scenery. Being an Australian I have always dreamed of having a white Christmas and beautiful snowy winters and I think everything truly looks more beautiful covered in a layer of snow! We visited Grindelwald, a majestic village located high in the Swiss Alps a few years ago for our anniversary. Grindelwald literally looks like the front of a Christmas card and the whole time we were there I couldn’t stop telling Dan how I felt like we were living in a real life snow globe!

Grindelwald is perfect because it has everything; scenery, outdoor sports, adventure, accommodation for everyone whether you are seeking luxury or budget, fine restaurants and even a train that goes to the ‘Top of Europe’! We spent our days exploring the mountains, strolling the snow covered streets, eating excessive amounts of Swiss cheese and chocolate and relaxing in our outdoor hot tub in the snow. It truly is one of the most beautiful destinations in the world and a short break we will never forget. —— Grindelwald sounds like one of the cutest Europe trips for couples! Snuggle up guys.
Festive Holiday Cocktails
Compliments of greenweddingshoes.com

**London Burning**
- 1.5 oz. vodka
- 1 oz. applewood infused simple syrup
- .75 oz. pressed lemon juice
- .5 oz. coconut milk
- .1 oz. fresh ginger juice
- club soda

Pour all ingredients, save club soda, into a mixing tin. Shake with ice and strain over fresh ice in a highball glass. Top with club soda + stir. Garnish with two speared cranberries and a torched rosemary sprig.

*The Tulip Glass is used here!*

**Holiday Provisions**
- 1.5 oz. London dry gin
- .75 oz. lemon juice
- .25 oz. pressed orange juice
- 1 oz. Herbes De Provence reduction
- 3 cranberries

Muddle cranberries in a mixing tin. Add remaining ingredients + shake with ice. Strain over fresh ice in a glass. Garnish with seasonal fruit slices.

*The Tulip Glass is used here, too!*
**Gingerbread Sour**

- 1.5 oz. bourbon
- .75 oz. pressed lemon juice
- 1 oz. winter spiced infused simple syrup
- .25 oz. molasses

Pour all ingredients into a mixing tin. Shake with ice and strain over fresh ice into a glass. Garnish with a gingerbread cookie.

*The Margot Champagne Coupe is used here!

**Snowflake**

- 1.5 oz. vodka
- 2 oz. sweet cream
- .5 oz. peppermint infused simple syrup
- 10 pomegranate arils
- 3 cranberries

Muddle cranberries in a mixing tin. Add remaining ingredients + gently shake with ice. Strain into a chilled dessert glass. Garnish with two speared cranberries.

*The Revolution Glass is used here!
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