Giving Back: A Spotlight on Dr. John Lovejoy Jr.

5 Reasons to Take Up Sailing as a Hobby

Dr. Arun Gulani Has a Different Approach
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Our selection of past times and hobbies is often relative, and influenced dramatically by our upbringing, individual tastes and more significantly our location. Just as an individual who has grown up in an industrial town and cold climate is unlikely to develop a passion for surfing, so too those who do not have easy access to water are not prone to falling in love with the art of sailing. To those who are familiar with the coast or have a connection to the sea sailing is a popular past time however, either as a competitive or a purely recreational activity. Here are some of the best reasons to pursue sailing as a genuine passion in your life:

1. An Inexpensive and Easy to Learn Activity: We live in an age where value for money remains king, and this applies to both our professional and personal lives. The consumer is increasingly conscious about their expenditure, and sailing provides a relatively inexpensive and easy to learn past time. With boats for hire, inexpensive maintenance costs and thousands of accessible instructors and clubs across the globe, sailing can deliver an exceptional thrill without breaking the bank.

2. It is Both a Thrilling and a Relaxing Experience: As strange as this sounds, sailing can provide a thrill for many different demands. Although a predominantly relaxing past time that appeals to romantics or those with a penchant for exploration, when sailing in adverse weather or high winds it can be a thoroughly exhilarating experience. So regardless of your nature or goals in life, sailing can play a key part in your day to day activities.

3. A Genuine Family Activity: We have already discussed the numerous instructors and sailing clubs that exist across thousands of coastal communities, but another thing to bear in mind is that these hubs are very child friendly. With specific training programs for children and well as adults, sailing can actively be the ultimate family experience. What could be better than traversing the ocean waves with your family in tow to share a unique and exciting adventure.

4. A Boost to Your Well Being and Lifestyle: This may be an unheralded benefit of sailing, but it can in fact provide a tremendous boost to your levels of fitness and well being. With balance and poise being such an important part of sailing, traversing slightly choppy waters can strengthen both your legs, arms and lower abdominal muscles. In addition to this it provides a marvellous opportunity to take in fresh and rarified air, allowing you to live a healthier and more relaxing lifestyle.

5. It Provides a Boost to Your Mental Performance: While it is a physically proven fact that fresh air and exercise stimulate your mental performance, it is less well known that sailing also improves your levels of focus and concentration. As a sailor you must constantly be aware of your surroundings, the weather conditions and fellow vessels, and learning to maintain this focus can help you to develop a higher degree of mental capacity.

The Bottom Line
These 5 points are perhaps the most immediate reasons why you should consider taking up sailing as a hobby, and it certainly stands as one of the more financially viable and interesting activities that you can undertake in 2012. After all, in an age of electronic games, HD television and social networking, sailing is something that provides a refreshing change of focus and helps to create a healthier and more active interaction between families.
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MD Life July 2017 3
Most people think of retirement as a time to spend with loved ones, hit the golf course, or simply focus on oneself after dedicating years of energy to a long career. Dr. John Lovejoy Jr., however, is focused on anything but himself. Even after retiring in 2004, the renowned Jacksonville orthopedist continues to change thousands of lives abroad.

Lovejoy has been travelling to Haiti for almost forty years, and started making regular trips after years of persuasion from his best friend, the late Dr. George Fipp. Lovejoy had been focused on building his own practice, which made him reluctant to join Fipp on one of his yearly medical trips to the Caribbean. Eventually, though, Lovejoy gave in and never looked back. In addition to his many Haiti trips, Lovejoy also spent years building up an orthopedics program in Grenada. Because of his contributions there, the program eventually became so self-sufficient that it was no longer necessary for him to go back.

Tragedy struck in 2006, however, when Dr. Fipp passed away at the age of 72. His death left the humanitarian team, which included Fipp’s daughter, without an orthopedic surgeon. Lovejoy decided it was time to step up to the plate and carry on his friend’s legacy.

“I just felt we should continue that work,” Lovejoy said. “So, I took over, and it’s just been a labor of love ever since.”

In the wake of Haiti’s catastrophic earthquake in 2010, Lovejoy and his team headed to Hôpital Sacré Coeur in the town of Milot in Northern Haiti. Within a week after the earthquake, the team turned the 70-bed hospital into a 650-bed facility. In the aftermath, Lovejoy and his team worked on refurbishing the hospital, which now sees anywhere from 65,000-70,000 patients per year. Six orthopedic teams travel to Hôpital Sacré Coeur each year, with each team bringing along a resident physician.

“It’s a wonderful educational experience for them,” Lovejoy said.

Lovejoy gained some of his own educational training on mission trips abroad. Once, while serving as a Navy surgeon in the Vietnam War, Lovejoy encountered a man from the Phil-
Lovejoy's ship had been replacing its medical supplies, when the man commented that he would love to take the old supplies off their hands, as his village had none of their own. Rather than dispose of the old supplies as intended, Lovejoy asked his captain for permission to recycle them to the village in need.

"He said ‘well, I can’t give you permission, but here’s the keys to my truck,’ “ Lovejoy recalled.

The village was so touched by Lovejoy’s compassion that they hosted a dinner for him and his squadron, complete with lights and music. The experience caused Lovejoy to realize that many people in the United States take the country’s abundant medical technology for granted. He felt as though American hospitals were being wasteful by simply throwing away old supplies, when there were clearly so many people who needed them. Lovejoy’s choice to recycle the old medical supplies in South Asia would prefigure the prosthetics lab he later developed in Haiti.

In the United States, reusing old medical components is a complicated matter that is subject to intense monitoring by the Food and Drug Administration. For this reason, many providers do not bother with it. Such is not the case in Haiti, however. Hundreds of amputations were performed as a result of the 2010 earthquake, and to make matters worse, there were no certified prosthetists in the country at the time. After realizing that Haiti would be left with “a generation of amputees,” Lovejoy began to collect scraps from old supplies and prosthetics to bring to Haiti. Using funding from local companies, he developed a state-of-the-art prosthetics lab inside a storage container and shipped it out to the island. Additionally, Lovejoy recruited a certified prosthetist from Central America to train two Haitian students, both of whom have agreed to train three more students.

"I think one of the wonderful things about what we did, by giving people limbs and all, we gave them an opportunity to get back in society,” he said. “You give someone a limb and they can walk, and they can work, and they can take care of themselves. And that’s very rewarding.”

The lab has been made possible by contributions from a number of organizations, such as Atlantic Marine, All Saints Episcopal Church, and Advanced Prosthetics. The lab costs
roughly $70,000 per year to maintain, but Lovejoy says the cost isn't bad when compared to the price of prosthetics in the United States. Here, the devices can cost tens of thousands of dollars for just one patient. The patients treated by Lovejoy's prosthetics lab do not pay a dime.

Giving back seems to run in the Lovejoy family. One Christmas when Lovejoy was just a child, his father, who was also an orthopedic surgeon, relieved some of his struggling patients’ debt with a note that read, “Merry Christmas. Paid in full.” The memory has stuck with Lovejoy his entire life. Lovejoy has also brought his own son, Dr. John Lovejoy III, along on his medical trips to Haiti.

Despite the heartbreak that comes with witnessing so much hardship and tragedy, Lovejoy feels the need to give back because he has been blessed with so much in his own life. He says the most important quality for a physician to have is empathy, and describes that as the motivating force behind everything he's done.

Lovejoy’s advice to those pursuing humanitarian efforts is to be persistent, embrace teamwork, and know that change will not happen overnight.

"Things don't always work the way you think they should," Lovejoy said. "You have to just keep driving forward and try to make it work out."
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Dr. Arun Gulani has a unique approach to medicine with his Ophthalmology practice that also permeates his life and weaves through his other pursuits like interior design and fashion design.

There are two distinctive things about Dr. Gulani that stand out. One is that he feels that “Wearing glasses is like walking with a crutch” and that anyone who seeks his assistance in his medical practice deserves his full effort to find a way for them to see without glasses. He approaches each new patient with the idea that anything is possible in providing them with a successful outcome.

He never settles for just the norm, just 20/20, just what is expected.

The second thing about Dr. Gulani is that he sees himself as an artist first and a medical doctor “by accident”. It is how he views everything around him in his daily life.

His is a journey that he continues to take; always learning, always teachings, constantly creating and developing. Certainly, following a path that is unique from his days before medicine and his many other activities outside of medicine. Arun Gulani was brought up in India in an affluent family. As a young child he had lots of responsibility and had to live up to a higher standard filled with expectations for success. He attended Seth G.S. Medical College in India, and then completed his Residency at King Edward Memorial in India in 1991. When Dr. Gulani came to United States he completed his Fellowship at Neumann Eye Institute (Florida) in 1997, and then went on to complete his internship (internal medicine) and his second residency (ophthalmology) at Interfaith Medical Center New York City in 2001.

Understanding that he did things differently even back then, Dr Gulani never read textbooks but learned from American Medical Journals. He could draw upon his knowledge of Mozart, DaVinci and the classics in Art and Music. He relied on his internal GPS more so than what he felt were the restrictions of traditional school study. Yet Dr. Gulani still stood out from his peers. Even in his residency training he was given more difficult patients and found he was teaching others while still a resident.

Research, innovation and education -- these are the three pillars of his practice at Gulani Vision Institute located in the Southpoint area of Jacksonville. Dr. Gulani has designed Innovative instruments for refractive surgery, he provides education to aspiring residents and other surgeons, and is in continual research into the best technologies and equipment for performing eye surgery. His modern office is filled with the most technically advanced equipment for diagnostics and advanced techniques. At least 60% of the patients he treats are those that have had failed procedures with other surgeons. Gulani Vision Institute is a destination medical practice with a substantial number of his patients flying in for treatment from all over the world.
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When you speak to him you can feel his passion, his calling, his unflinching statement that “Wearing glasses is like walking with a crutch” and that anyone who seeks his assistance in his world renowned practice deserves his full effort to find a way for them to see without glasses or contact lenses. As an Artist with expertise in full spectrum of Laser techniques, he approaches and custom-designs each patient’s vision to their full capacity and in many cases beyond 20/20.

“It is a privilege, a blessing, a calling what we do. Every patient is a celebrity. Removing their glasses changes their appearance and their lives.” Says Gulani.

Dr. Gulani is currently developing the Gulani System of Refractive Surgery having documented his own work for nearly three decades along with teaching his techniques so others can follow in the future. He uses 48 Laser techniques to correct vision and remove glasses. 20/20 vision is not sufficient for him as he endeavors to give patients 20/10 sight (he himself has vision of 20/10 which is two lines better than 20/20). There are 114 combinations of treatments Dr. Gulani utilizes to create the right vision recipe for each patient. He considers himself “like a chef taking specific ingredients in unique combinations to make a recipe that is unique to that person’s vision”. Dr. Gulani’s approach is that everyone is a candidate for some custom vision correction and if any abnormality is found then fix that abnormality and still take them to 20/20.

He feels that many doctors fear getting close to their patients or having a personal relationship. All his patients have his cell phone number. For him the personal touch is the right thing to do for the experience that he wants to deliver.

One of the regular activities at Gulani Vision Institute finds Dr. Gulani hosting surgeons from around the United States and the world who visit to learn more about his advanced surgical techniques.

Dr. Gulani travels extensively to perform surgeries and present seminars and lectures. He is also a motivational speaker for large corporations within the business community unrelated to medicine. Dr. Gulani wants to inspire other physicians to live a life that has meaning but understand that caring for another human being is a privilege and to not to submit to being ordinary.

Says Gulani “Why aren’t you changing the way you do your business, make it fun, if you like purple wear it, if you like jazz music play it, if your staff is not fully focused change it!”

He is married to Dr. Suparna Gulani, his college sweetheart. They attended both medical school and graduate studies together. She was at the top in OBGYN with a Gold Medal in India while he led in the field of Eye Surgery. She presently practices Family Medicine in the same building and they lunch together everyday. Their daughter Aaisha was Valedictorian at The Bolles School (2014) and is presently completing her MBA at Wharton, University of Pennsylvania. Their son Tash attends The Bolles School.

Dr. Gulani combined his love of architectural design with his vision of how his practice should operate when he moved it to the current location. Using his favorite colors (dark blue and gold) as his background, he designed the reception area to offer patients a more friendly and calming atmosphere removing barriers to allow his staff to be more approachable. The reception desk is a low S-curve design with no high walls or glass partitions seen in many medical offices. He made
the hallways wide and uses a glass partition between examining areas to allow for a seamless flow towards his advancing technology. Many design elements in the exam area and operating suite continue his focus on a relaxed atmosphere. Operations are conducted in rooms with windows surrounding those spaces. The result is elegance and symmetry. Every aspect of the office layout, colors, walls and equipment placement was through Dr. Gulani’s vision.

The Gulani home also reflects his personality. On the ocean with a Ponte Vedra Boulevard address, it is a grand property with an 8,600 square foot house, tennis court oceanside swimming pool and luscious landscaping covering 1.47 acres with 150 feet of ocean-frontage.. Dr Gulani found the home by accident and when driving up the hill from the road the first time, it reminded him of home in India. As he did with his office, Dr. Gulani designed every room, chose every color, and arranged furniture to create the space for he and his family.

A painting by one of his patients (a German artist who had his special no-blade Lasik surgery for extreme Astigmatism) is at the heart of this house depicting his life journey in her painting that included the Ganesha into the eye (Cosmic eye, she called it) and how she saw Dr.Gulani’s life shaping the world and impacting into far time zones…

Dr. Gulani also expresses his creativity though his custom design clothing line “Gulani Fashion Design”. He feels that people don’t dress up anymore and that colors should be added for fun. “Women dress down because men dress down.” Shorts and t-shirts. “Fashion and what you wear expresses who you are.” comments Gulani. He has three tailors now working on his designs for men and women. Dr. Gulani is working with fabric selection, various styles (with lapels, single breasted, double breasted, buttons, and other elements) for a high-end clothing line. Dr. Gulani, from his personal style preferences dislikes bland and wishes to design to put more color on women like sky blue, green and purple. Says Dr. Gulani ‘Clothing is an expression of each person, everyone is a superstar!”

Dr. Gulani is on a constant journey with his own vision of how things ought to be; from how a doctor can approach the practice of medicine, to how symmetry flows through every aspect of life and how he is always finding ways to create. His passion is what has led him to find new answers to help patients see better and what drives him to create with colors and style in every other aspect of his life. A very full one at that.

Kathleen Floryan, RN, MS is a Broker Associate with Ponte Vedra Club Realty.
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Wine Talk
By Emery and Jean Clance

2015 Writer’s Block Cabernet Franc is produced by the Steele winery in Lake County, California.

During a recent tasting of new releases, the standout to me was their Cabernet Franc, which is a variety I wish could be featured more often. Sadly this variety is not terribly prolific in the vineyard, so the wines are often too expensive to land in our price range. Luckily, the prices for wines from Lake county, California are lower than those of Napa and Sonoma, so their example is perfect. Founder and owner Jed Steele, along with his son Quincy, produce dozens of different wines each year under several labels. Writer’s Block is named by Quincy for his friends, many of whom are frustrated authors, and each back label includes some original prose by one of them. For all the Writer’s Block wines, Jed uses only grapes grown in Lake county, which lies directly north of Napa county. Jed was born and raised in the area and famously champions the vineyards of Lake county. Lost in the annuls of the wine business is that Jed was the first winemaker for Kendall-Jackson, and those early wines were made from Jess Jackson’s 80 acre Lake county vineyard. When Jed left Jackson there was a famous lawsuit over the “KJ formula”, which turned out to be nothing more than a healthy dose of late-harvest Riesling added to their wildly popular Chardonnay. Jackson went on to build an empire, focusing on grapes far from Lake county, while Jed stayed closer to home. As wine growing regions go, Lake county is quite different from the more famous neighbors to the south and west. There are 7 American Viticultural Areas (AVAs) in the county and all but one of them surround the picturesque Clear Lake. Unlike Napa, where the majority of the vineyards lie in the lower elevations of the valley created by the Mayacamus and Vaca mountain ranges, the majority of vineyards in Lake county are at high elevation. The region is dominated by the northern Mayacamus mountain range, with most vineyards lying between 1100 and 2100 foot elevation. Lake county vineyards also do not benefit from the cooling effects of the Pacific Ocean, like those in Sonoma and Mendocino counties, so daytime temperatures run warmer than the surrounding areas. Despite this, there is a cooling effect created by the expansive Clear Lake, which means evening and night temperatures are often fifty degrees cooler than summer days. Also, at higher elevation the effect of more intense UV light on the grapes means that the skins are thicker and the color is deeper on red varieties. For a grape like Cabernet Franc this means more power and texture than normal. The Cabernet Franc grapes for this wine come from the Shannon Ridge Vineyard, from their vineyards in the High Valley AVA. Because of the drier conditions and 1900 foot elevation, they are able to farm this vineyard using sustainable practices. This including grazing sheep among the vines, which controls excessive leaf canopy and, well, a lot of natural fertilizer. The Steele’s really like this site for Cabernet Franc and have produced one for several years. Their version is picked relatively late, in mid-October, and fermented using indigenous yeast for fourteen days. This extended time on the skins helps to build deeper color in the wine. It is then aged for 15 months in a “hybrid” barrel, which is one that is made of both French and American oak staves. They produce roughly 1000 cases each year. When you open this wine, make sure to decant it for up to an hour before serving. While it is pretty dramatic right out of the bottle, there are a lot of subtle notes that develop with oxygen. Once you give this one a little air it offers an inviting combination of cinnamon sticks, cracked black peppercorns, cedar, Maduro cigar wrapper dried cherry and black plum, and a smoky quality similar to black cardamom. In the mouth,
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

2014 Jax Y3 Taureau  Jax is not named for Jacksonville, although coincidentally Jed Steele lives there part-time each year. Jax is for David Jackson and his family, who purchased their vineyard near Calistoga in 1990 as an investment property. What drew him to the 14 acre site was the age of the vines, then 26 years old, and that they are not irrigated, which is called dry farmed. At first, the vineyard was just an investment and they sold the grapes to their neighbor, Chateau Montelena. Shortly after buying the site, David’s son Trent caught the wine bug, and decided to try his hand at home winemaking. Encouraged by the quality of their fruit, they hired Kirk Venge as a consultant, and he quickly put what was then called the Jackson Ridge Winery on the map. Unfortunately that opened up another can of worms.

Success brought them to the attention of another Jackson; Jess, who jealously guards his Kendall-Jackson brand. Being a lawyer he quickly ordered them to cease and desist using the Jackson name, for fear of creating confusion with his own brand. At this point they renamed the winery Jax, and established the Y3 brand as well. The name Y3 is for the cattle brand used by their grandparents on a sprawling ranch outside Brisbane, Australia, called Yarrane3. The big difference between Jax and Y3 is vineyard source. The Jax wines are made only from their estate fruit, while Y3 is supplemented with purchased grapes. Taureau is the Y3 red blend, named for the family’s award winning bull from the Australian ranch.

In the opinion of the Jackson’s, any wine named for their famed bull must be both big and spirited. For that reason, the base of Taureau is 45% Merlot from their estate vineyard in Calistoga, with 25% Cabernet Sauvignon and 20% Syrah from lower part of Napa valley from vineyards in the Oak Knoll AVA. There is also 10% Zinfandel from Biale vineyards, grown just outside of the city of Napa, which adds a sense of spice and ripe fruit aromas. The components are vinified separately, the aged in a combination of French and American oak barrels before blending, right before bottling. When you open this wine, you want to make sure and decant it for at least a half-hour before serving, which will help the complex bouquet develop and the tannins to soften.

Once you do, it reveals a deep nose of cassis, cherries jubilee, vanilla wafers, black licorice, star anise, and milk chocolate. In the mouth, it is very dense, with the ripe core of fruit framed by moderately dry tannins and low acidity. Drink this wine over the next three to five years with smoked brisket, pot roast, or grilled tuna steaks dusted with wild mushroom powder.

I don't know what I'd do without coffee. I'm guessing 25 to life.

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Walking into Blue Pacific Grill & Taco Bar on opening day was stepping into the next chapter of a dream that not many get to realize. Owner Izzy Tahil is the embodiment of the American dream. Having grown from a market stand to a food truck to now a brick and mortar store, Blue Pacific Grill & Taco Bar has been building to this moment for years.

Blue Pacific Tacos is at 9965 San Jose Blvd.

The store is light and vaguely tropical in decor. While the interior is somewhat utilitarian in arrangement it is also bright and comfortable. Every counter and table serves a purpose with nothing cluttering the space. Nothing is overdone, but each part is thought out- the nostalgic Pacific postcards decorating the wall, the wood bar, the screens displaying the menu. It might feel small if it wasn't for the patio on the side with awnings shading the tables, and string lights and jasmine giving a cozy, neighborhood feel.

The menu at Blue Pacific Grill & Taco Bar will be familiar if you are a fan of Blue Pacific Tacos food truck. It's straightforward, which has always been part of the Blue Pacific charm. A handful of appetizers are offered including nachos, chips and guacamole, lumpia, and coconut shrimp. There are a smattering of tacos- all $5 each- including a ground beef taco, a mojo chicken taco, the very popular bang bang shrimp taco, a Baja fish taco, a pork taco, and a black bean and veggie taco. The sides offered are a small salad, french fries, and the like. A children's menu is also available. You can make any two tacos into a meal which includes a side for $11.50. Maybe $5 sounds like a lot for a taco, but these are not your average tacos. They’re HUGE! They are so stuffed with goodness you get your money’s worth and then some.

Now Open in Mandarin- Blue Pacific Tacos

Written By: Lisa Watterson
Photography By: Anna Heise, Jerry Watterson, Lisa Watterson

On our visit we tried the nachos, the beef taco, the bang bang shrimp taco, the pork taco, and the black bean and veggie taco. Let’s go from “Okay” to “Oh Yeah”. I ordered the black bean and veggie taco because I was chasing a healthier choice. Silly, silly food writer. The black bean and veggie was not a bad taco, it just wasn’t the healthy-ish taco I was expecting. It had no more additional veggies than any of our other tacos, it just had black beans instead of meat. Which is fine. But I was expecting veggies besides lettuce and tomato—though those were plentiful. It also had ranch on it. It tasted pretty good, but if I’m going to eat something unhealthy I’m going to want it fried, not ranched. If I had known that ahead of time I would have made a different choice but it wasn’t listed on the menu board. A step up from the black bean and veggie taco was the beef taco. It was a pretty straightforward ground beef taco. It was good and there was plenty of it, it just pales in comparison to the next two tacos. The other two tacos were amazing and we disagreed on which one was best so it is essentially a tie. But the good thing is you can order both! The pork taco had amazing flavor. It had some zingy sauce and crunchy fried onion bits that completed the flavor profile. We were impressed with this taco and would definitely order it again. The final taco was the bang bang shrimp taco. SO. MUCH. SHRIMP! There were more shrimp in this taco than your last po’boy, I guarantee it. And it’s not just stuffed with shrimp, it’s an absolutely delicious taco. A different zingy sauce gave this one some depth and moisture. I would eat this again.

Bang Bang Shrimp Taco

The nachos can be ordered with or without beef. Ours were without. It was another straightforward dish with chips covered in white queso topped with pico. There was plenty of cheese to get through the chips and even enough left to scrape what was left off the bottom with a few fries. Fries and cheese dip are never a mistake.

Truthfully, we had to resort to forks to eat our tacos after much of my black bean taco fell out onto my lap. The tacos were just so stuffed it was hard to manage with hands alone. While Blue Pacific Taco fans are familiar with the mess a Blue Pacific Taco makes at a food truck rally, where you do not have the benefit of sitting at a table, new diners should be prepared to get all up in there to enjoy their tacos.
Nachos

In addition to the taco menu, Blue Pacific Grill & Taco Bar also has craft beer and some legit wines. They also have specials on their beer and wine such as Wine Down Wednesday and Thirsty Thursday. Ladies night, anyone?

All in all, Blue Pacific Taco’s new brick and mortar store is more than the realization of a dream. It’s the next step in the Blue Pacific Taco world domination plan. At least that’s what we have to assume with tacos bigger than your stomach that we can now get anytime.

Coconut Shrimp

Blue Pacific Patio

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Cool Summer Drinks

Cool summer drinks for hot sunny days don't need a lot of introduction. Whether it is for a quick nutritious breakfast, for a party, to accompany your dinner or a grab as you go on your kitchen sink, you don't need a lot of time to make these great refreshing drinks. Browse our recipes and make yourself some nice refreshers to quench your thirst.

MANGO YOGURT SMOOTHIE
The nice thing about the smoothie is that it doubles as a breakfast. But smoothies, our preferred version of the summer milkshake but much more healthier, are good at any time of day and all you need is a blender.

Ingredients serves 2
1 large ripe mango, peeled and cut into a few chunks
1 ripe banana, peeled and cut in half
250 ml whole-milk yogurt
1 cup crushed ice
Pinch of cardamom (optional)
Mint, to garnish

Prepare
Blend all ingredients except for the mint in a blender until very smooth and frothy. Taste and add sweetener like honey, if desired. Top with a leaf of mint and drink immediately while still cold.

H20 ANYWHERE YOU GO – INFUSED WATER
The classic good old water combination jazzed up with fresh herbs or succulent fruits helps you get your daily intake of water in a much more pleasurable way. Add lemon to support detox, mint to energize, cucumbers to up your vitamin B, and fruits to increase intake of antioxidants and vitamin C. But why not go a little off the beaten path and throw in some lavender flowers, rosemary or a little honey?

Cool combinations for infused water
- Redcurrent with lemon and mint
- Thyme, strawberry and cucumber
- Strawberry lemon basil sweet and sour with a spicy bite
- Blueberry, Pomegranate, Mint
- Blackberry and Sage when you need to be focused and productive
- Mango Basil
- Pear, Ginger, Cinnamon, Vanilla Bean
- Blueberry and Lavender
- Cantaloupe (puree it in the blender first) with mint and honey

HOMEMADE LEMONADE
And of course nothing beats the heat like a homemade lemonade. To create lemonade the best thing is to prepare a basic syrup first.

Syrup
Blend 1 cup water and 1 cup sugar well in small saucepan. Bring to a boil, stirring frequently, until sugar dissolves completely. You could also experiment with herb flavors that you cook with the syrup. Let the syrup cool and refrigerate.

Lemonade
Mix the simple syrup well with the juice from 4-6 lemons. If you don't like the fibers strain it first. Stir well and add 4 cups (approx 1 liter) of cold water and mix. Try using sparkling water for some fizz.
WATERMELON MINT COOLER
Watermelon and summer are an obvious combination. In a drink it might be less obvious but it is delicious nonetheless! Throw in a splash of alcohol and you have a great dinner party starter. But it sounds pretty good to us too for an after work drink.

Ingredients
1.5 kg seedless watermelon cubes
125 ml fresh lime juice
10 grams fresh mint leaves
150-160 ml rum or vodka (optional)
Ice

Prepare
In a blender, working in batches, puree the watermelon, lime juice and mint until smooth. Pour the mixture into 2 large pitchers. Cover and refrigerate until ready to use.

Divide the liquor, if using, between the pitchers. Top with ice.

PIMMS
This recipe is really easy, but it does contain alcohol so don't grab it for breakfast unless you want to start your day tipsy, because you will definitely want second servings. Pimms is a typical English drink, often served at Wimbledon with strawberries and cream on the side. The original Pimms No.1 was made using gin, quinine and a secret mixture of herbs as an aid to digestion. It's wonderfully refreshing so give it a try if you can get your hands on a bottle.

Ingredients
Pimms No.1
Cucumber slices or
Orange slices
Strawberries
Fresh Mint
7 up and if you don't like it fizzy use our homemade lemonade recipe.

Prepare
Take a jug (if you want to make several glasses) or a glass and add as much ice as you like.

Pour one part Pimm's No. 1 with three parts 7-up (or lemonade) on the ice. Add mint leaves, thin cucumber slices, orange slices and strawberry and serve. Easy does it.
He entered the hospital on Monday morning with a list of patients running through his mind. From the time he received a sign out of 22 patients from his colleague on Sunday evening, he was planning his workday. It was a ritual of his to pray and sleep early on Sunday night to prepare him for what lie ahead. What lied ahead was a busy week of inpatient medicine — also known as hospital medicine. He was a hospitalist. He loved what he did. He worked hard to understand his patients as individuals and did his best to understand the diseases that ruthlessly and mercilessly afflicted them. With time, effort and dedication, he had become a consummate clinician. He and the nurses he worked with would often marvel at his ability to predict badness. In the hospital, badness can be very bad and ugly, but most people don't know that. He knew it well, very well indeed. Instead of focusing on quality metrics like length of stay he would focus on his patient at hand and what ravaged them. He almost always was able to figure out who the patient was and what his disease was. He would put two and two together, diagnose and then treat the disease, ask his specialist colleagues for help when needed. He worked with social workers, case managers, physical, speech, respiratory and occupational therapists to guide the patient and his family out of the hospital. Sometimes patients would recover completely. Sometimes they would get worse and end up in intensive care or pass away. Sometimes, death was expected sometimes not. He was good at care of patients’ families. He would soothe and comfort them. Over time, he became adept at gaining the confidence of patients and their families early in their hospital course. He really cared and was good to them.

He listened to his patients and families patiently as his pager and cell phone rang incessantly — often at the most inopportune of times. He paid attention to all of the information flowing his way from all sources and used it to arrive at the best plan for each patient every day. Ten years after he completed his training, he was able to become what he craved to be in his medical school years — a master clinician. He read latest medical literature, attended lectures and conferences as often as he could. But he knew that he would learn the most by caring for his patients and spending time with them. His colleagues knew that every patient of his would be worked up and cared for in the best possible way. To him what mattered the most was the health of his patient and their well-being. He often prayed for them and took the time to think over their diagnosis and plans for them. These are the things that make a quality physician — and that's not what is being measured these days.

He had become immune to the politics of the hospital, the alarms, the smells, the daily grind that it had become to be a physician but never to the pain. The loss of his youngest brother had opened his eyes to the suffering of others. He usually saw 15 to 30 patients a day. He would go from room to room holding his laptop, seeing patients, typing his notes and ordering medications. His rounds lasted several hours with interruptions from phone calls, pager rings, texts, family meetings, consultations and reviewing charts. His favorite was meeting with his administrators to go over his performance, documentation and quality metrics. He spent hours a day typing notes in poorly designed and clinically irrelevant computer programs known as EHRs. To his non-physician bosses that single activity was the most important as it generated the revenue.
He had learned well from his experience and masterfully documented brief but great prose, which served the needs of his administrator masters, patients and in the case of litigation — him. He would admit and discharge patients all day long. He made extra effort to understand the observation versus admission rules to serve his patients better. After all, with this experience, he had become an exemplary “provider” of inpatient care.

But despite all this, he could not serve his last patient as well as he had always served others. He saw several dozen patients a day but despite his dedication and discipline he — on most days — he ignored his last patient. Despite his best efforts, the last patient proved to be the hardest to care for. He simply could not care for him; he just did not have the time or energy left to look after this patient's needs. Despite understanding all the pathophysiology and his well-honed diagnostic and therapeutic prowess, he would simply abandon this last patient almost every day. You see, he was his own last patient every day. If he had 22 patients that day, he would be the 23rd, if he had 29 patients to see he would be the 30th. He simply could not care for himself while caring deeply for the rest.

The author is an anonymous physician.
The Striking Parallels Between Doctors and Journalists

Michael Breen, MD

Once during my TV news days, I was feeling pretty good about myself during a three-hour drive to the Mayo Clinic. “I am so glad I don’t practice!” I crowed to my photographer. “Practicing physicians are so sad. They’ve lost their income, their autonomy, and the public’s respect.”

My photographer didn’t miss a beat. “Yeah,” he replied. “They sound just like you.”

By which he meant that as a journalist, I’d lost those very same entitlements. As they say: You can’t see the paradigm when you’re in the paradigm. For better or worse, though, I’ve lived through (and been marginalized) in two paradigms. And the striking parallels between doctors and journalists have many lessons for physicians.

First, there are the similar temperaments. In each case, we often chose our professions because we hated a bureaucratic world we viewed as impotent and corrupt. We wanted our lives to revolve around absolutes beyond anyone’s power to taint. Medicine offered life and death: journalism offered the “search for truth.”

We also sought autonomy. We had been told we were the brightest, we knew what was best, and we didn’t need to be paralyzed by compromise and the need for building consensus.

Doctors and journalists also, I believe, often shared something else: a desire to avoid emotions. Both professions require an emotional distance to perform at our best. Both professions wear that distance as a badge of honor. It’s “cool,” but it’s also a convenient socially acceptable way to avoid our own personal pain.

Looking back I feel very young and very naïve. Both “life and death” and the “search for truth” are now barely more than punch lines. In addition, both professions open appeal to autonomy, an uncompromising nature, and emotional avoidance has only accelerated our decline.

A second similarity between medicine and journalism: the triumph of control over talent. When I started in TV news, I was rewarded for my initiative. If I showed up at the morning meeting filled with ideas, I was praised. I was an “enterprise” reporter, someone who didn’t need an assignment editor to tell him what to do. I was also given enormous latitude to do the stories I deemed important.

But that all changed as the “suits” realized setting the agenda was source of all journalistic power. Pretty soon the assignment editor told me what stories to do, then the news director told him, then ultimately a general manager on the third floor would scan his screen every morning and dictate not only every story we’d do, but every slant, and which newscast that story would be on.

It reached the point where if I even mentioned a possible story, I was dismissed as a nuisance. This is not what I had signed up for. It made me furious.

Physicians know the feeling; they’ve been victims of that same need for control. Your sense of ownership and mission has also been co-opted by the need for control (often couched by professed concerns about value, consistency, and more coordination).

This turn to “command control” in both medicine and journalism bothers me on so many levels. First, because it actually discourages initiative or excellence. The best reporters now are those who uncomplainingly simply “actualize” a news director or general manager’s preconceived story.

Similarly, a physician’s job is to simply follow the algorithm. Any personal contribution is frowned upon. In each case, the professional who’s actually dealing in the real world has the least authority. And in each case professionals with a strong sense of personal mission are now pawns in other peoples’ visions.

I’m also bothered that in each case authority has bred contempt. After first minimizing their roles, the next inevitable question for executives becomes, “What makes our employees so special, they’re just tools doing what we tell them to do?” We see this, for instance, with PCPs. They were turned into “routers,” and inevitably expendable routers. Incredible hubris even leads executives to believe their brilliance is the basis for any success (conveniently justifying their enormous salaries.)

Medicine and journalism aren’t unique. The centralization of power, and the bridling and open disrespect of employees, is occurring across society. I know in both medicine and journalism this has been driven largely by computers. A computer allows a general manager to personally oversee and choreograph the day’s news coverage, and a computer instantly reports a physician’s every financial decision. Ultimately, a computer may one day replace clinicians’ themselves.

The writer L. P. Hartley wrote, “The past is a foreign country; they do things differently there.” Such is my past. I had thought jumping from medicine to journalism was a leap; it was inevitable. I thought I’d escaped an unfortunate fate: I simply leapt from the frying pan onto the fire.
FlexSafe+ Is the Secure Way to Store Your Travel Essentials

by Mark Myerson

Going on summer vacation is all about kicking back and relaxing in the sun. But you may find it difficult to relax, knowing that your passport and wallet are left unprotected. You might get lucky, burying this stuff under your towel — but one day, that technique is going to bite you in the butt. The FlexSafe+ Smart Travel Safe offers far better peace of mind. This compact bag is alarmed, virtually impossible to cut into, and resistant to water. Plus, it blocks RFID signals to prevent invisible crime.

– Small safe can be taken anywhere, with audio alarm to stop theft
– Five layers of protection, including nylon, RFID-blocking material, 3mm EVA, slash-resistant material
– Built-in solar power bank can be used to charge phone and other devices

Remarkable Protection
Your favorite destination might seem like the perfect paradise, but most tourist towns are actually hotbeds of crime. Folks on vacation tend to be less careful with their belongings. People are having fun, not thinking about the dark underworld. Furthermore, it’s pretty easy to steal from someone who is bobbing around in the sea.

Rather than leaving security to chance, you can store your most precious items in FlexSafe+. This portable safe is seriously tough and almost impossible to steal without causing a scene. In addition, the bag protects your electronics from the elements and even offers backup USB power.

Secured by a combination lock clasp, the safe offers five layers of protection. On the outside, 1680D denier nylon shrugs off water. The next layer down is made from slash-proof material, and then 3mm EVA adds some rigidity.

The fourth layer blocks RFID chips, as used by contactless payment terminals. This stops anyone charging your card without your knowledge. Finally, you get another layer of durable nylon for the interior. You would need to turn up with a chainsaw to get through that lot.

Total Lockdown
Of course, we all know that you have to steal the safe before trying to crack it. Those are just the ABCs of any movie-based education. Unfortunately for real-world criminals, FlexSafe+ has this covered.

Before leaving the bag, you fold the top flap around something immovable — your sun lounger, for instance. It works like a bike lock, except there is no cable to cut.

In addition, FlexSafe+ has its own alarm. If anyone tries to take your stuff, the safe will start yelling. Therefore, you could safely leave the bag in your hotel room. Likewise, it’s great for insecure dorm rooms and camping trips.

Travel Essentials
Aside from security, FlexSafe+ has one more neat trick: it comes with a solar backup battery pack. While you walk around town or lie in the sun, this device is soaking up power. Whenever your phone runs out of juice, you can simply hook it up to the power bank. It beats trekking back to your hotel room.
Tax planning is all about using proven and effective methods to pay as little in taxes as possible. A good tax strategy will reduce your tax burden in three primary ways:

1. Reduce your taxable income
2. Reduce your actual taxes owed
3. Delay the due date on your taxes for many years to come

Reducing Taxable Income
Tax deductions are the means of reducing taxable income as much as possible. Most tax payers are familiar with the idea of deducting the interest they pay on their mortgage from their taxable income. The effect is that there is less income to be taxed. The same holds true for practice owners who are able to expense their business purchases prior to calculating their taxable yearly profit. The number of opportunities tax payers miss when it comes to tax deductions is hard to quantify. Physicians overpay their taxes consistently by not taking full advantage of the tax deductions available.

Personal Tax Deductions Include:
- The value of items or funds given to charity (also considered a business deduction).
- Any interest paid on a first mortgage for your home, and a second home for up to $1 million of loans.
- Interest paid on second mortgages or home equity loans for your home, and a second home for up to $100,000 of loans.
- Interest paid on student loans if your income is within allowable limits.
- Funds contributed to a tax-deferred retirement plan (also considered a business deduction).
- Professional fees that exceed 2% of your adjusted gross income, including legal, accounting, investment, and financial planning fees.
- Investment losses.
- Travel expenses in connection with a job search.
- Expenses for using your automobile for charitable purposes.
- Continuing education expenses.
- Medical expenses, including health insurance premiums, which may or may not have income limits, depending on how the plan is structured.
- Pre-school or childcare expenses paid for your children so that both spouses can work.

Note: The preceding list of available tax deductions is only a partial representation. It is not comprehensive and varies from person to person. Please consult a tax professional with knowledge about your specific needs.

Charitable Gifts
Even though numerous tax strategies exist, a favorite tax strategy is applicable to anyone that gives cash to charity each year, and also has a significant taxable investment account. In this case, a physician can gift investments to a charity instead of cash. They can repurchase similar investments with their cash, and will owe less tax when the investment is ultimately sold. This strategy creates a triple tax benefit:
1. You receive a deduction for the full amount of the investments that you gift to the charity.
2. The charity can sell the investments tax-free, even if there is a substantial gain.
3. You pay less tax when you ultimately withdraw your cash that has been reinvested.

**Tax Deductions for Doctors**
In addition to tax deductions, available tax credits can actually reduce your tax bill, dollar for dollar.

**Items potentially eligible for tax credits include expenses for:**
- Higher education
- International or domestic adoptions
- Energy-efficient home improvements
- Each child that you have
- Childcare so that you and your spouse can work

Though tax credits are the most desirable tax benefit, they are often excluded for families with high incomes. Therefore, most of our clients find that they are limited only to tax deductions for planning purposes because their incomes are too high to be eligible for any credits.

**Delaying the Due Date**
When tax deductions or credits are not available, a third tax planning strategy is to delay the due date on taxes owed for as long as possible. One respected CPA told us that from day one, a CPA is taught how to keep delaying or deferring taxes. Though this is sometimes appropriate, in many instances it would likely be better to reduce the taxes owed rather than just delay them. Additionally, with high-income professionals, they may actually be delaying their taxes to an even-higher bracket later on.

The problem with delaying taxes is that it usually comes with a cost. Few people understand the negative ramifications of delaying taxes. Take for example the 401(k) that delays taxes until later. Not only do you eventually owe the taxes, but you also owe taxes on the growth in your account.

Due to the compound taxation often caused from tax-delay strategies, it is usually better to first seek out true tax-deduction strategies. The main exception to this rule comes with major real estate investment. If someone has a large gain on an investment property, under certain guidelines they can do what is known as a 1031 exchange, delaying the taxes owed on the sale of the property by purchasing another property. Many physicians use this technique on their investment property to delay their taxes as long as possible. Provided that they delay the taxes until death, the taxes may be forgiven without ever having been paid.

Physicians often pay unnecessary taxes to the IRS. A well-balanced financial plan will help you implement strategies that reduce your tax burden.
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