Beyond Borders: UF Health Jacksonville Expands its Influence Around the Globe

Apple Watch Series 3 Review

How Personal Interests and Hobbies Influence Physicians at Work
Picnics, family football games and fishing tournaments can be the events of your next family gathering at this spectacular Georgian home. While watching boats go by, you may spot dolphins and manatees playing right off of your dock. The twinkling lights of downtown as the backdrop for your next dinner party, guests will travel from room to room admiring the detail and history. Feel like you’re living in a hotel surrounded by the finest finishes and over-sized closets.  

5 Bedrooms/6 Bathrooms/5,427 Square Feet  $1,500,000

SAN MARCO  
Watch Dolphin and Manatee Swim Under Your Dock

ST. NICHOLAS

An opportunity to live in new home surrounded by historic San Marco neighbors. Plenty of room for your growing family. Walk to San Marco square to enjoy a meal, ice cream or a movie.

5 Bedroom/ 4 Full & 2 Half Baths/4,231 Sq. Ft. $1,225,000

SAN MARCO
Watch Children Play in the Park

SAN MARCO
A Boater’s Life on Serene, Private Lake

EPPING FOREST  
Watch the Sunset Over the St. Johns River

Enjoy a convenient condo lifestyle behind the prestigious Epping Forest gates. Park in a covered garage and enjoy plenty of storage from the coveted Woodford Building.

SAN MARCO
A Boater’s Life on Serene, Private Lake

PONTE VEDRA BEACH
Feel Your Toes in the Sand

2 Bedrooms/2.5 Bathrooms/2,660 Sq. Ft. $650,000

EPPING FOREST  
Watch the Sunset Over the St. Johns River

SAN MARCO
A Boater’s Life on Serene, Private Lake

Just steps from Ponte Vedra Inn & Club, this 2nd floor condo offers spectacular views of the golf course and bird watching.

3 bedrooms/2 bathrooms/1,420 Sq Ft. $675,000

SAN MARCO
A Boater’s Life on Serene, Private Lake

PONTE VEDRA BEACH
Feel Your Toes in the Sand
How Personal Interests and Hobbies Influence Physicians at Work

Physicians bring a lot of skills and talents to the table. Some come from education or experience, some are innate, and many come from their life outside of work.

Busy physicians often engage in hobbies to blow off steam or fulfill a personal passion, but hobbies and personal interests can also enhance leadership skills and make doctors more resilient during stressful situations.

A recent study by psychologists at San Francisco State University confirms that hobbies outside the “office” help people perform better at work. “We found that in general, the more you engage in creative activities, the better you’ll do,” said the study’s lead author, Kevin Eschleman, an assistant professor of psychology at San Francisco State (the findings were published in the “Journal of Occupational and Organizational Psychology”).

Why would a physician recruiter talk to a candidate about hobbies? On-the-job happiness is vital, so recruiting physicians comes down to key areas that attempt to provide career fulfillment. Physicians often talk about work/life balance, and hobbies can help. They can also go a long way to overcoming physician burnout.

We know scores of doctors who are photographers, golfers, musicians, and especially writers. In fact, we recently published an article about physician writers/bloggers that really resonated with physicians and physician recruiters. Yes, some doctors dream of becoming the next Kevin MD or Bryan Vartabedian, MD of 33 Charts. Some even make some extra money blogging on the side. Mostly though, pursuing a pastime is about overcoming burnout. Physician burnout stems from multiple interrelated causes: excessive workload; loss of autonomy; administrative burdens and related inefficiencies; difficulties integrating personal and professional life; and more.

Throughout the recruiting process, you engage physician candidates and address every factor influencing their decision to take a new opportunity, including their family, personal interests, and work-life changes and expectations. Addressing hobbies and pastimes can help you help them overcome on-the-job-unhappiness because they’re great stress relievers.

Of course, in the busy world of healthcare it’s often hard for physicians to find time away from work for a hobby. Yet the truth is, all successful people need hobbies. We speak with doctors every day, so we brought up this subject and sure enough, they all confirmed that interests outside of work have taught them critical skills and made them better leaders. There are other benefits to having a hobby or two, as well:

- Hobbies allow you to clear your mental palate by (depending on the hobby) putting you into a relaxing, meditative state.
- Hobbies can awaken your creativity. When the mind is focused on something it enjoys —”intrinsic motivation” is the scientific term —it’s much more likely to think creatively.
- Hobbies encourage you to interact with people outside of work, and engage in social opportunities.
- Hobbies help you zone out and calm down, it’s a stress reliever.
- Some hobbies allow your brain to focus on a solitary task, so you learn to unitask.
- When you learn something new and conquer a new skill, it can give you a boost of confidence.

Physician’s don’t live by medicine alone. They have interests, passions, and pastimes outside of medicine that are engaging and satisfying – everyone needs an outlet. For some people, it’s the arts. For others, it’s sports. In the medical field, where doctors expect a lot of themselves and others expect a lot of them as well, finding healthy ways to unwind is one way to keep them going. And going. And going…

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Beyond Borders:  
**UF Health Jacksonville Expands its Influence Around the Globe**  
*By Erica Bunch, Duval County Medical Society*

By providing some of the most highly-ranked medical education in the country, UF Health has earned its reputation as a leader among academic hospital networks in the United States. But UF Health’s influence knows no borders, and its physicians and students are constantly striving to advance their care even further—now, on a cross-cultural level.

Two DCMS members and UF Health Jacksonville physicians, Dr. Ayesha Mirza and Dr. Erin Burnett, were among those who travelled to Chengdu, China earlier this year for the U.S.-China Forum on Obstetrics-Gynecology & Pediatrics. The event lasted three days and was sponsored by the city of Sichaun’s West China Second University Hospital. Through the forum, UF Health physicians and Chinese physicians exchanged knowledge and discoveries, held talks and presentations, and even had the opportunity to do rounds in Chinese facilities.

The event is the second of its kind, although the first time around, the conference focused solely on pediatrics. Dr. Burnett says that adding the OB-GYN element this year enhances communication between the two specialties, and believes it will also benefit student learning programs. UF Health now has several students training at the Chinese facility.

“This was a great experience to exchange ideas and hear about what [China is] doing,” Burnett said. “We learned tons from the presentation and tons about their healthcare system.”

The forum allowed for both U.S. and Chinese physicians to share and compare research findings, as well as gain insight on the social and legal differences between the two nations’ healthcare systems. The goal was to encourage physicians take cues from each other so that providers in both countries can work towards their full potential.

The UF Health physicians, as well as many of the Chinese physicians, were each assigned a subject to speak about at the conference. The topics were mostly public health issues that China has increasingly dealt with over the past few years, such as obesity and infectious disease.

Dr. Mirza gave her talk on multi-drug resistant tuberculosis, a disease that is now alarmingly widespread in certain areas of China. One reason for this, Mirza says, is that China’s massive population of almost 1.4 billion allows for infections to...
spread more rapidly and easily. Burnett added that, in maternity wards and delivery rooms, there would often be around three patients to a room, which also increases the threat of disease. Additionally, Mirza learned that Chinese providers will also treat patients from neighboring countries like Mongolia, and that this is especially the case in Western China, where the forum was held.

“They see a lot of things like tuberculosis- multidrug resistant TB, intestinal infections, worm infections,” Mirza said. “A lot of things you would see in a developing country, even though China is pretty industrialized.”

Mirza did rounds in Chengdu facilities, where she got to view patient cases and participate in discussions with Chinese physicians. Her presentation specifically addressed the topic of multi-drug resistant tuberculosis in children, emphasizing the importance of communication and follow-ups between patient and physician. As China’s physicians see so many patients, providers rarely follow up to make sure their patients are adhering to their medications. In the case of antibiotics, she says, failing to correctly adhere to a prescription is a major cause of developing drug resistance.

“In this country, we are able to do direct observation therapy for TB cases, which means that for any cases of active TB disease, the health department actually sends people out to the house or school or wherever the child is, every single day, to make sure that they take their medications. That is not the case [in China],” Mirza said. “It's really up to the patient to come back, so that's what is very different there and probably one of the reasons TB is so widespread.”

Burnett gave her own presentation on HIV and TORCH infections, the former of which turned out to be a sensitive topic for her audience.

“HIV was particularly interesting as it and homosexuality are quite the taboo, even more so than here,” Burnett said, adding that some of her Chinese audience even became visibly uncomfortable at the mention of it. “Homosexuality was considered a mental illness there for a long time.”

Burnett gave her presentation on HIV and TORCH infections, the former of which turned out to be a sensitive topic for her audience.

Burnett’s presentation gave her a unique opportunity to shed light on a devastating disease in a region where it often does not receive the attention it deserves from medical professionals. Fortunately, Burnett says HIV rates are very low in China, but raising awareness for the patients who need treatment is just one more way that cross-cultural events can enrich healthcare as a whole.

The UF Health physicians didn’t travel across the globe just to teach, however. They also found plenty of opportunities to learn from Chengdu’s medical team, particularly when accompanying them on hospital rounds. Dr. Jose Canas, another UF Health pediatrician at the conference who specialized childhood nutrition, says he found China’s research labs and methods especially impressive, more so than one would expect from what has often been classified as a “developing” country by The World Bank.

Additionally, the forum allowed the UF Health team to witness the social and legal differences in medical research between both countries. China’s relatively relaxed institutional review board allows it to use a Biobank, a database that contains genetic samples collected from all hospital patients to be used for research, which gives researchers more freedom and a wider set of data when conducting studies. While this method could be considered invasive to many Americans, Canas says Chinese patients are very satisfied with the healthcare in their country.

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“They all get care, which is great,” Canas said, referencing China’s universal healthcare policy. “I think the fact that they are using genetics as a diagnostic tool is something we can learn from them.”

In addition to the educational experiences, the UF Health physicians took full advantage of the trip to visit some of China’s most incredible sites. Mirza says one of her favorite parts of the trip was her visit to Chengdu’s giant panda reserve.

“They had arranged some sightseeing for us. The one day was to the panda reserve, and second day was to a historic old town in the area,” Mirza said. “The hospitality was incredible.”

Burnett and her obstetrics team even took the opportunity to visit other famous parts of China and experience the region’s culture, such as the local cuisine, which she recalls as being “amazing.” Her group visited China’s most renowned monuments, like the Great Wall, Terracotta Warriors, and the Forbidden palace, to name just a few.

The forum proved to be a wonderful, eye-opening experience for physicians at both UF Health Jacksonville and West China Second University Hospital, and provided valuable learning opportunities for the UF students studying in Chengdu currently.

“[An event like the U.S.-China Forum] opens the lines of communication, and hopefully will enhance student exchange programs and research opportunities,” Burnett said. “If we can get some research going, this can definitely benefit medicine as a whole.”

Burnett (right) was one of the physicians who represented UF Health at the second U.S.-China Forum on Obstetrics-Gynecology & Pediatrics.

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It's a Game Day Food Round up!
Happy football season to all of our fellow foodies! Football is upon us! [Insert angel choir here.] Along with football comes FOOD. Every weekend you find yourself trying to decide if you want to be outside over the grill or inside watching the game eating cardboard pizza. Do your guests a favor and just say no to cardboard pizza. Check out our updated picks for foodie-approved game day eats. Go team!

**PIZZA**

**NYC Meatballs & Pizzeria** (Westside).
Located in Phase II of Oakleaf Plantation, NYC Meatballs & Pizzeria is a place where passion for food, community, and country lives. Rocky spent years making pizza in New York and New Jersey before moving to Jax and opening NYC. We are huge fans of what Rocky is doing and that's why we know you can't go wrong getting your game day pizza from NYC Meatballs & Pizzeria.

**Biggie's** (Beaches)
If you've read anything we've written about pizza, you know how we feel about Biggie's. Gazmir is a perfectionist about how his New York style pizza is made. These are the biggest pies in Jax, plus there are tons of specialty pizzas to choose from. Fingers crossed the Riverside location will be open well before football season ends.

**Davinci's** (Atlantic Beach)
Davinci's is the little pizza place that could. North beach people know the goodness that lies within those walls. Davinci's has some unique and fun specialty pizzas or order what your heart loves. Delivery is an option for Atlantic, Neptune, and north Jax Beach.

**Paddy's Pizza** (Mandarin)
Paddy is a great chef and happens to own a restaurant with a brick oven. Perfect for his pizza passion, right? We think so too. Paddy has some delicious specialty pizzas, but will make anything your pizza loving heart desires. Give Paddy's a try at 880-7777.

**WINGS**

**NYC Meatballs & Pizzeria** (Westside)
Not only does NYC Meatballs have fantastic pizza (and meatballs!), their wings are legit as well. Cooked to order every time, NYC never takes shortcuts that affect the integrity of the food. Plus some of their sauces are made fresh in house!

**Dex & Angie's** (Southside)
For some of the wildest wing flavors you will ever come across, head to Dex & Angie’s on St. John’s Bluff Road. With options like Apple Brandy, Blue Angel, and Cheesecake, there's no telling what Dex & Angie will cook up next. Plus they make it easy with wing orders on the menu in quantities up to 100!

**Dick's Wings** (Locations all over town)
You knew Dick’s was going to be in this round up, right? With 35 signature flavors, a total of 365 different flavor combinations, and 20 locations across north Florida and South Georgia, Dick's is basically king of the wings around here. Some of the highlights of their wing menu are the variety of combos, and flavors like Cajun ranch and FL/GA Lime.

**Mack’s Tenders** (Mandarin and St. John’s)
While not exactly wings, you can get copious chicken tenders from locally-owned Mack’s Tenders in two areas of town. Mack makes it easy with party platters in amounts of 20, 40, 60, or 100, plus extra large orders of fries and tots. The big draw at Mack’s Tenders is the Flavor Coop where you can choose from 30 flavors of sauce or mix sauces to create new flavors.

**RIBS and BBQ**

**Jenkin's Quality BBQ** (Downtown, Northside, Southside)
The most legendary bbq in the city is Jenkin's. If you haven’t had it, do yourself a favor and get thee to a Jenkin's. They're not known for their service, but they are known for their BBQ and their sauce. There is nothing else like it. The best way to order for a group is just to get a few slabs of ribs. They’ll come with some white bread to soak up all that fat and sauce and you will not be sorry. Of Jenkin’s 3 locations, only downtown is open on Sundays if you are planning around the NFL schedule.

**Monroe’s Smokehouse Barbeque & Catering** (Southside & Westside)
The Monroe family comes from a long line of barbequers and they continue the family tradition today with two locations in Jax. They have a full catering menu for any size group, so whether you have six, sixty, or six hundred people watching the game at your house you can feed them well. Monroe’s is closed on Sunday, so plan accordingly.

**Gator’s** (Westside)
Gator’s BBQ is heaven-sent, especially for game day. They do boatloads of takeout orders and have some of the best and best priced BBQ around. Gator’s is the perfect
place to order food for college football, but they are closed on Sunday, so don't count on them for NFL.

**Bearded Pig** (San Marco)
One of Jacksonville’s newest BBQ restaurants is also one of its most delicious. The Bearded Pig has BBQ and sides available by the pound, pint, or quart, but you’ll have to pick it up.

**4 Rivers** (Southside, Orange Park)
Started in the Orlando area, 4 Rivers hit Jacksonville and Jaxsons never looked back. Fresh smoked meats, a variety of sides, a separate bake shop, and Cheerwine in the soda fountain, 4 Rivers has a lot to offer. They sell BBQ and sides in bulk by the pound or quart and they have a dedicated to go window. They are closed on Sundays, though.

**The Pig** (Orange Park, Westside, Northside, Callahan, Bayard)
The Pig is a local business with five restaurants all over town. We consistently hear from Pig customers how much they love it. We value family business and we also appreciate that The Pig has locations for virtually any Jax resident. Plus their family specials make it easy to feed a crowd.

**SUBS**
**D&LP Subs** (Beaches)
Located in Jax Beach, D&LP Subs has something for everyone—subs, wings, pizza, pasta. We love their subs and you will, too. The Extra Large sized subs are 18 long, so you can feed a crowd with a few of those. Or get a little of everything—pizza, wings, and subs!

**Angie’s Subs** (Beaches)
Angie’s is a beach legend that we’d be remiss to leave out. From the entertaining daily messages on their sign to their best-selling Peruvian sub, Angie’s has an ethos all its own. Subs from Angie’s will definitely make your guests happy.

**Surfwiches** (Beaches)
Surfwiches is a beach standby favorite and with their local sourcing of ingredients it’s not hard to see why. Two of their suppliers are their neighbors on Penman—Cinotti’s and Terry’s. I have to drive farther to put gas in my car than they do to get their bread. It’s hard to say what the best thing about Surfwiches is, but the fact that they deliver certainly doesn’t hurt.

**Blue Boy Sandwich Shop** (Arlington, Northside)
Blue Boy Sandwich shop has been baking fresh bread for their sandwiches every day since 1973. They have a huge menu full of hot and cold subs to choose from, plus you can order a party sub that will feed 30 people. They are open until 3pm daily and closed on Sundays, so schedule accordingly.

**SOUL FOOD**
**Soul Food Bistro** (Westside and East Arlington)
With two locations—one on each side of the river, and quick, delicious food, Soul Food Bistro is some of our favorite Southern cooking in town. They don't fit into one of our above categories, but they offer family meals and catering to satisfy the hungriest football fans.
Dr. Gary Herzberg doesn't think of himself as retired, although he gave up his medical practice in Sebastopol seven years ago and recently left a position with a health insurance company. At 68, the longtime family doctor still maintains his license to practice in 13 states and is itching to continue doing what he loves.

"I have my interests, but the point is many of us ... still have the skills and expertise and enjoy the practice of medicine," Herzberg said.

It is Herzberg and medical professionals like him that a San Francisco physician named Laurie Green had in mind when she conceived and co-founded the Maven Project. Her goal was to harness the energy and talent of volunteer physicians, particularly those who are retired, to help solve some of health care's most vexing issues: the lack of access to both primary and specialty medical care in under-served areas and a growing need for health services, spurred in part by having more people covered under the federal health law.

"We're hoping we can create a community to try to replace what you lose when you step back from practice or academia," said Green, a gynecologist.

The Maven Project is an acronym for the aptly named Medical Alumni Volunteer Expert Network. It relies on medical school alumni groups to recruit a national network of experts to lend their expertise, using telemedicine technology, to doctors and their patients in remote areas of the nation that lack that expert knowledge. Essentially, the technology would put these experts into the room.

Green, former president of the Harvard Medical School Alumni Association, came up with the idea after realizing that many of this country's retired and semiretired physicians — about 250,000 in total — want to stay active without the hassle of running their own practices.

"You don't necessarily want to go to Guatemala or Africa to volunteer if you're over 60," said Green, who serves as Maven's president and CEO. "Meanwhile, there's a massive need here in America."

Growing needs
The medical needs of an aging Baby Boom generation, population growth in general and the federal Affordable Care Act that expanded health coverage to more Americans have combined to increase demand for health services while, at the same time, the number of doctors is dwindling mostly because of retirement. Nurses and other health professionals can help but not replace the expertise of physicians.

The Association of American Medical Colleges predicts doctor shortfalls of up to 31,100 primary care doctors and 63,700 specialists by 2025. Meanwhile, 31 percent of practicing U.S physicians are age 60 or older, according to a study published in the Journal of Medical Regulation.

The Maven Project is not the first effort to tap into the underutilized potential of retired physicians. Individual health centers and organizations such as Volunteers in Medicine, a South Carolina nonprofit that has opened more than 100 free clinics in 29 states during the past 18 years, draw on both active and retired health professionals to staff local centers.
Amy Hamlin, Volunteers in Medicine's executive director, said a national network based on the use of telemedicine could fulfill many unmet health needs. "Leave it to California to come up with the idea — the technology megacenter of the world," Hamlin said.

Physician recruitment for the Maven Project is well under way and the group plans to start a pilot project at three clinics next month, two in Massachusetts and one in Yuba City (Sutter County). The Massachusetts clinics have received a donated telemedicine software program and Yuba City's Ampla Health will use its existing system.

"We have the clinics. We have volunteers now. We need to make sure everything with the volunteers goes smoothly … and we're working out logistics on the technology side," said Lisa Carron Shmerling, Maven Project executive director. Hundreds of potential volunteers from Harvard, Stanford, Tufts, UCSF and other medical schools and training programs have expressed interest in Maven's program.

Plenty of interest

Dr. Ken Bermudez, president of the alumni association at UCSF and a practicing reconstructive and cosmetic plastic surgeon in San Francisco, said he's had no trouble generating interest among his colleagues. "I haven't heard a negative response," he said.

The project helps provide affordable medical malpractice insurance and works with doctors to ensure they meet the proper licensing requirements in their states, Shmerling said. Some states even offer a special license for retired physicians. Active physicians, not just those who have retired, can volunteer their time and expertise to help colleagues in areas that lack specialists.

At 45, Dr. Rick Loftus, a UCSF Medical School alumnus, wants to offer his experience as an HIV specialist even if he doesn't have many hours to give.

Loftus, director of the internal medicine residency program at Eisenhower Medical Center in Palm Springs, also works at a free clinic in the Coachella Valley. "It's not just a job for us," he said. "We take an oath and recognize we have a role in society."

For Herzberg, who practiced for 33 years in Sonoma County, the project offers him the opportunity to combine his growing interest in telemedicine with his love of working in the safety-net clinics. "As a volunteer, you have a lot of freedom and the motivation is internal, not external," he said. "I am anxious to do some work and I'm anxious to do this kind of work."
The story of Vinum Cellars begins at UC Davis when Chris Condros and Richard Bruno met while earning their degrees in oenology. They became good friends who shared, among other things, a dedication to the not-very-popular varieties. After graduation, they each entered the wine business, Chris working at Pine Ridge and Richard at Bonny Doon. Shortly after they made their first wine together, a Chenin Blanc called Pointe Blanc which was the genesis of Vinum Cellars. Since then, they both have become big-time consultants who are well-known in California. Chris now oversees production at Kathryn Kennedy Winery in the Santa Cruz Mountains as well as the one he shares with his wife Suzanne called Horse and Plow. Richard is best known to most of you as the former director of winemaking for Michael Pozzan, including Annabella, Matthew Joseph and Dante as well as consultant for Niebaum-Coppola. Although Vinum is a “moonlighting” job for both the wines do not reflect any part-time commitment. The main reason that the wines of Vinum Cellars are so stunning is the vineyards sources from where the dynamic duo buy their grapes. Over the years the two have developed a great network of growers, from Napa to Paso Robles and as far east as El Dorado county in the Sierra Nevada Mountains. Each vineyard is selected for the specific character of its grapes and with these two, the more unusual the better. Winemaking at Vinum is also something in which they take great pride. All of the white wines are fermented in old, neutral French oak barrels with extended lees contact. All of their red wines are fermented in small, open top fermentors where the cap of skins is hand punched down. They also believe in long post-fermentation maceration on the skins to soften the wines and develop deep color. These techniques are time consuming and more expensive but the results are evident in all their wines, from the stunning values of the V-Series (Chardonnay, Pinot Noir, Chenin Blanc and Petite Sirah) through to their more expensive wines. Their 2013 Red Dirt Red pays tribute to the wines of Chateauneuf-du-Pape. The grapes for this wine are grown in Paso Robles where the warm daytime temperatures allow them to achieve complete ripeness but cool nights help them to retain acidity. All of the grapes for this wine are hand-harvested and fermented as mentioned above. The wine is then aged in small French oak barrels of which 10% were new and the remaining 90% were one-year old. The final blend of grapes for the 2013 is 51% Syrah, 32% Mourvedre, and 17% Grenache. There are 1,600 cases made of this vintage.

When you are ready to serve this wine, decant it for a half-hour before serving. Given the appropriate amount of time for aeration, this wine shows an enticing nose of red cherry jam, muddled blackberries, wet clay, rosemary stems and eucalyptus. On the palate it has good weight, with smooth, moderate tannins and a refreshing sense of acidity that keeps this wine light on its feet. Serve with sausages, smoked pork loin or tuna poke bowl.

Grapesmith Crusher Cabernet Sauvignon With prices for California Cab starting to shoot up like gasoline pump prices before a hurricane, it is a good thing that Washington state is not in the same position. Increasing supply and moderate growth in demand means that prices are stable for the time being. This wine comes from an importer/distributor in the New York area called Communal Brands. Led by the passionate Melissa Saunders, they pursue wines made from grapes farmed in sustainable ways, by people who put quality ahead of quantity. For this wine they were looking for a variably correct, well priced
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

Hill, bragged about the incredible quality of grapes they receive from their Slide Mountain source. There are not many vineyards there so they are probably one in the same. To make the wine the grapes were fermented in stainless steel, then pressed to French oak barrels, 40% being new. When you are ready to drink the wine, allow it to breathe for up to an hour and it will reveal deep notes of cooked blackberries, blueberries, milk chocolate, Kenya AA coffee beans and a lifting hint of hibiscus flowers in syrup. On the palate it is fairly plump, with the dark fruit notes framed by a fine grain of acidity and moderate tannins. Drink over the next three to five years with grilled lamb chops or braised beef.

Cabernet Sauvignon and found it easier in Washington State than the Golden State. Their source for most of the grapes is Milbrandt Vineyards, who not only make wine under their own label, but are also one of the most important growers in the Columbia River Valley sub-AVA of Wahluke Slope. The Wahluke Slope, which has been the source for a few other NWR picks, is the area east of the city of Yakima, between the Saddle Mountains and the Columbia River. This area has been described as a 13 mile gravel bar, created by the Missoula floods at the end of the last ice age. Unlike some areas in the Columbia River Valley where the massive rush of water deposited rocks that had tumbled from farther east, here the flood create the Corfu slide. This happened as the rushing water undercut a significant piece of the Saddle Mountains, and the part of the mountains collapsed, creating a very deep bed of gravel. This poor soil medium is ideal for grape growing and the southern exposure means they receive plenty of sunshine for ripeness. For the remaining grapes, Communal Brands looked to Slide Mountain, at the far western edge of the Columbia Valley AVA. Unlike most vineyards in the state, Slide Mountain sites are well above the plains affected by the Missoula floods. Here the vines are planted in ancient, weathered basalt at elevations of 1300 to 1500 feet above sea level. Lying close to the Cascades the vineyards receive very little rain, so grape yields are naturally low. In early August, when I was in Oregon, one of the wineries I visited, Lady

I am not a saint, unless you think of a saint as a sinner who keeps on trying.

Nelson Mandela
Private practice physicians who are looking to open their own practice face the dilemma of whether to own or lease a medical office space. The decision to lease or buy will depend on your business objectives as a physician, as it will impact your practice finances and possibly affect your relationships with associates.

Buying a building can help physicians build their wealth, but the purchase of a medical space can be risky, and sometimes it’s just not a large enough advantage over renting. Three factors are of particular importance when determining whether to lease or buy:

**Expenses**
Monetary concerns are usually of primary importance when a physician decides to open their own practice. The amount of business expenses you are comfortable incurring will be a primary factor when considering whether to buy or lease.

At an initial comparison, the math is simple – leasing is cheaper in the beginning. To lease, you do not need as much money upfront, as the first payment is typically the building’s first monthly rent check, a security deposit and any extra tenant-improvement dollars over your allowance. However, your monthly rent is a variable cost that could change when the lease expires depending on the climate of the market.

On the other hand, purchasing a practice upfront is a much bigger initial investment. A building purchase could include loan fees, building inspections, an appraisal and several other soft costs. On the upside, purchasing a building means your monthly payments will be fixed, giving you a better understanding of what you’ll pay year after year.

**Tax Advantages**
As the owner of a building, you may have the benefit to deduct the depreciative value of real estate, as well as the purchase loan, property taxes and other qualifying expenses. For a lease, most rent and related occupancy costs are deductible currently against taxable income instead of deferred to future periods. By and large, the tax advantages of the transaction tend to be a secondary consideration and not a driving factor behind the decision.

**Expansion & Location**
Every physician wants to be successful in their private practice. What if your business is flourishing and your building is too small to keep up? As an owner, you would have the advantage of adding to your existing space to meet the growing needs of your practice. Unfortunately, if you’re leasing a building, you will likely have to get permission from your landlord for any substantial changes made to the property, depending on the cost of the additional space – if it’s even available at all.

Before deciding to lease or buy, you want to make sure you’re keeping your long-term plans in mind. If you are opening a practice in an area that is not your desired longstanding location, you should consider seeking a rental property and avoid purchasing a building.

**The Big Picture**
The verdict to lease or buy basically comes down to a financial decision, so it’s important to understand all of the potential costs of both scenarios. Being the owner of a building will require more expenses to maintain your practice, but it will allow you to build equity and spread out the costs of building improvements and operating expenses over a longer period of time. However, if you expect to outgrow your space within the next five to 10 years, leasing a building would probably be the more suitable option. This will allow you to spend more time focusing on building your patient base without having to worry about unexpected building costs and repairs.

Ownership of a medical space can be a great investment, but it may not be an ideal arrangement for every physician. Do your research and don’t hesitate to get help from commercial brokers, building inspectors, accountants, financial lenders, contractors, etc. for further information. Establish and review your objectives, and run your numbers to guide you toward the most informed final decision.
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If you’re looking for a Thanksgiving family getaway, here are 8 resorts across the country to consider for your holiday gatherings. With the help of Traveling Moms, these resorts include different sleeping options to accommodate various family sizes and plenty of activities for hosting your multi-generational family holiday while keeping everyone in your party happy.

Thanksgiving is the most traveled long weekend of the year. But I have a confession. With the rush and difficulty of actually getting there and/or getting the house ready for family, I lose some of my steam when it comes to cooking dinner. To make life simpler, my extended family (15-20 people) is trying something slightly different and considering a Thanksgiving family getaway that can host us all.

The Thanksgiving Family Getaway
Knowing all the different members of my family, here are the most important things I’m looking for in a resort to host my family:

• Activities that appeal multi-generationally. With ages ranging from my baby boomer parents to toddler niece, as a family we have almost every decade covered.

• Different options for sleeping rooms. Each individual family has their own needs for space and amenities they require. My parents need less space than my brother with his family of five.

• Unique holiday experiences. It is a long weekend getaway but it is also a Thanksgiving family getaway, and we want to have some traditional aspects, like a full-service Thanksgiving Dinner.

• Easily accessible by airplane. Because my family lives everywhere from the Southeast to the West Coast, I didn’t limit the location. But I did rule out locations that would require difficult travel such as commuter planes or long car rides from an airport.

Where to Go for Thanksgiving?
With the criteria set, the challenge for me now is where to go for Thanksgiving? Using my fellow Traveling Mom’s experience as a starting point for our family vacation ideas, here are a few of the resorts that I felt would be a good fit for making our Thanksgiving family getaway the best family vacation. Good news is that if we don’t make it this holiday, we can make plans for the future since these resorts are great year round.

Alisal Guest Ranch – Santa Barbara, CA
The Alisal Guest Ranch And Resort in California’s Santa Ynez Valley, right outside of Santa Barbara is a Thanksgiving tradition for lots of families. The 10,500-acre ranch offers more than 73 cottages, over 50 miles of horseback riding trails, two golf courses, and a 100-acre spring-fed lake.

The cottages range from studios sleeping 3 up to 1 bedrooms sleeping 5 and can be combined for larger groups.

Some of the highlights of a visit include egg gathering (from
live chickens!), horseback riding, family bingo, talent shows, and the Breakfast Ride. The latter is riding on a hay wagon or horse to an adobe for an outdoor breakfast over campfire. Gwen, Healthy Traveling Mom, has even more details for the Alisal Guest Ranch Resort.

Sea Island – Sea Island, GA
Sea Island is right off the coast of Georgia, between Savannah, GA and Jacksonville, FL and the resort harkens back to an era of formal elegance. The close proximity to both cities means that we’ll have plenty of travel options and additional areas to explore. Accommodations range from rooms at the Inn at Sea Island through seven bedroom homes for rental. I love that their holiday traditions include everyone for a formal Thanksgiving Feast before the grand Christmas tree lighting on Friday evening. My children will even have their own fun in Camp Cloister with the Turkey Tie-Dye experience and kid’s night out program.

Paws Up Resort – Greenough, MT
Active Traveling Mom, Kimberly shared her family’s adventure in Montana and it made me want to visit right away! Since as a whole we’re not quite as active as Kimberly and her family, The Resort at Paws Up, seems like a great choice. It offers a luxury ranch-resort travel with the choice of staying in either a vacation home or luxury tent (glamping!) with a private butler and chef services.

This Thanksgiving family getaway offers dedicated children’s programming and everything that you’d expect from a ranch vacation. A sample of the activities included horseback riding, fly-fishing, river rafting, game nights, paintball wars, and even chuck wagon rides.

During the week of Thanksgiving, they’re hosting a special Thanksgiving Day Festival. Choose from a grand Thanksgiving Dinner at resort restaurant Pomp or privately served in a luxury home prepared by the executive chef. The holiday weekend has an amazing line-up of special programs; among them: crafting, spirit tastings, and a mini-rodeo. With all of these activities, you can’t help but create life-long memories.

Sanderling Resort – Outer Banks, NC
The Sanderling Resort in the Outer Banks of North Carolina is the only full-service resort in the Outer Banks providing the luxury with options ranging from vacation house rentals to single rooms in their Inn. Activities range from indulging in spa services, horseback riding on the beach, guided kayak tours, and even a vineyard tasting tour.

Because the Outer Banks area is the home of the first flight, they have a number of activities that allow families to explore the air.

When parents are looking to have quiet time, they offer in-room babysitting services and drop-in services at a child development center.

During the week of Thanksgiving, they will host a special Thanksgiving dinner as well as evenings around the fire-pit with their dedicated s’mores cart.

The Osthoff Resort – Elkhart Lake, WI
Midwest Traveling Mom Andrea shared her experience with the Elkhart Lake area of Wisconsin which placed The Osthoff Resort on list.

The Osthoff has condos of up to 3 bedrooms available. The Osthoff has a variety of lakefront activities including fishing, canoeing and guided cruises that showcase the natural beauty of fall in the area. Their spa is one of the Top 100 Spas by Spas of America and the L’ecole de la Maison Cooking School is offers special classes for amateur chefs.

For their Thanksgiving brunch, part of the bounty will come from their onsite 2-acre organic garden; an opportunity to explain farm-to-table for my children.

Sunriver Resort – Sunriver, OR
Renting a house in the Sunriver Resort was perfect for Military TravelingMom, Meagan and her family. During the holiday season, Sunriver Resort hosts their Annual Traditions Celebration with more than 150 different activities and events beginning Thanksgiving. They’re even hosting a Grand Illumination Parade with a tree lighting and fireworks.

They offer plenty of options for different accommodations for families. The onsite activities range from outdoor fun include snowshoeing tours, holiday traditions, gingerbread cookie decorating, and full spa treatments.

Kingsmill Resort – Williamsburg, VA
Kingsmill Resort was the location of the first Thanksgiving in 1619 and would make a great choice this year as well. The Williamsburg, Virginia area resort is steeped in traditions and history while offering the most modern and luxurious accommodations.

The activities for families include tennis, fishing in the James River, hiking, and a full-service spa. Kingsmill has a kid’s program and dedicated Kids Night Out programming. Shuttles are provided to the nearby Busch Garden’s theme park and Colonial Williamsburg to explore more of the area as Texas TravelingMom Rebecca and her family did.

Nemacolin Woodlands resort – Farmington, PA
The Nemacolin Woodlands Resorts is just an hour outside of Pittsburgh and offers a true resort over 2,000 acres. A wide range of accommodations include three different hotels, townhouses and rental houses that can sleep up to 20 people. Guests can choose from over 70 different activities ranging from the serene, like touring the art collection of more than 1,000 pieces, or the most extreme by hitting the expert level slopes at Mystic Mountain.
The Series 3 Apple Watch with LTE was the surprise announcement at last week's Apple event. I didn't expect to see LTE come to a smartwatch smaller than a dinner plate this year, and I didn't expect decent battery if it happened. But Apple has managed to add LTE without increasing the size of the Watch or hurting battery life.

At launch, the LTE connection is only used for a few small tasks, but they're exactly the tasks you'd want if you were taking the Watch on a run: fitness tracking, music streaming, and the ability to call or text someone while you're out. When you add Apple Pay to the mix, you can finish a run with a coffee as well.

Making a call on the Watch works well. I was able to hear the caller just fine even using the tiny little speaker built into the Watch, but of course the experience was much better when paired with those goofy-looking but incredibly convenient AirPods. Any headphones that support Apple's W1 chip, which at this stage is just the AirPods and a select few Beats headphones, will automatically switch from your iPhone to your Watch without any effort on your part.

Right now only Apple Music has the ability to stream songs directly to the Watch. Apple Music is perfectly fine as a service, and I re-enabled it for this review, but I hope to see other music streaming and podcast services come on board too. At this stage, Apple's own Podcasts app doesn't support streaming over LTE.

Apple Music will stream by default at 64kbps, I assume to save battery as much as anything. You can flip to 256kbps, but the better quality will eat through data and battery life on the watch.

If you don't want to stream, you do have the option to sync music with watchOS 4 from local music stored on your phone. The Watch grabs a random mix of songs based on your favorites and most played, and Apple Music subscribers will also get personalized mixes from the cloud. This happens overnight, automatically, and is probably the better option for most people, even those with the LTE model.

Battery life on the Series 3 is excellent. The Watch cleverly defaults to the most efficient connection available; when nearby your phone it'll use bluetooth, move away from the phone and it'll switch to any available known Wi-Fi networks, disconnect from those and LTE will take over. In my usual day, that meant by the time my Watch was back on a charger at night, it still had around 70 per cent battery left.

Apple Watch Series 3 with LTE looks almost identical to the previous version, but with a red dot on the crown. I took the Watch for a quick run using GPS to track while listening to Apple Music at the default setting, and battery did take a hit. I dropped about 20 per cent in 40 minutes, but even then that should be enough for a fit person to run the City-2Surf with just their Watch, and still have battery left over to pay for beer and order an Uber home.

The Apple Watch Series 3 with LTE starts at $559, while the version with no cellular capabilities starts at $459. At this stage Optus and Telstra have announced their subscription plans, both $5 a month to share the voice and data of your current phone plan, which I think is reasonable. Vodafone users will have to wait, but expect Watch support before Christmas. For all other MVNOs, your guess is as good as mine.

Peter Wells
With compatible wireless headphones, you can stream music directly from the Watch when your phone is out of range. The only other watch with LTE capabilities in Australia right now is the Huawei Watch 2 running Android Wear. Huawei’s Watch has the rounded look of a somewhat chunky sports watch, and is compatible with both Android and iOS, but far more integrated into the Android platform. Because it uses a separate physical sim, rather than Apple’s eSIM, it requires a separate number to your main phone, and users will need to jump through hoops to forward on their number to their wrist. Apple’s solution is far more elegant, handing off calls to your wrist whenever the phone is out of range.

The Series 3 is fast. There is no lag at all now when tapping on a watch face complication, or launching an App from the dock. Most impressive for me was the lack of lag when using the watch as a remote control for your phone. Tap pause in the Now Playing window on the Watch, and the podcast or song on your phone will pause automatically.

This sounds trivial, and I guess it is, but a second of lag on previous versions was enough to make the interface feel sluggish, and even make you wonder if the watch was working or not. And those moments of waiting or wondering add up, and eventually convince you to reach for your phone instead.

The speed increase has come the faster connection to the Watch via the W2 chip, and a much faster processor inside. Not much is known about the mysterious W2 chip, but it seems to switch between Wi-Fi and Bluetooth, and seems to do more direct Wi-Fi transfers than previous Apple Watches. I’m basing this only on how fast the Apple Watch was to set up, as previous Watches have been painfully slow to configure out of the box.

There’s still so much unknown about the Series 3 and watchOS 4. Will the LTE connection become available for third party apps like Spotify and Pocket Casts, to enable streaming of music and podcasts on the go? I hope so. Do these third party developers get access to caching behavior like Apple Music, that can sync songs overnight to the Apple Watch? Again, I’d hope so. I’d love to see Spotify’s Discover Weekly come across every Monday.

The developers I’ve spoken to aren’t sure whether streaming or caching will be available to them. But even with these unknowns, they’re excited to take a fresh look at their Apple Watch apps. It’ll be interesting to see if this new always-on connection will re-invigorate the watchOS App Store.
What do you want people to experience when they look at your art?
It depends on the subject. For landscapes, I want them to experience the same sense of awe and wonder I feel when I’m surrounded by the beauty of nature. My soul is at peace as I paddle the rivers and streams that I paint, and I strive to get that feeling to come across. In wildlife and what I call peoplescapes, I want to create a narration that draws the viewer into the painting. And with my pet portraits, showing the unconditional love our furry family members show us is my goal.

Do you have a specific way of describing what you do as far as your artistic expression?
Both my oils and watercolors are detailed and realistic, but definitely not photorealistic. I love the interplay of brush strokes and colors that create the illusion of realism. Creating textured fur and glassy eyes is just too much fun to rush, and I enjoy the process of adding detail. Folks have said that my work is photographic, but I endeavor to go beyond the confines of a photo and be creative with colors, hues and composition. Get closer and every brush stroke is obvious.

How did you get started with your art and how did you learn your craft?
Watching the TV show “Bewitched” in the ’60s inspired me to become a commercial artist. It wasn’t until a trip to Paris and Vienna with the Mandarin High School band as a chaperone in 2001 that I was inspired to try painting. Up to that time I had only worked in pen and ink, using thousands of tiny dots to build up the drawings. Looking through art books when I returned, I decided to try watercolors. I fell in love with them right away and began entering shows soon after. In 2005, after having a painting accepted in the annual Florida Watercolor Society exhibition, the editor of American Artist magazine contacted me about doing an article focusing on my transition into painting, having had no formal training. Well, that opened all sorts of doors into other shows, awards, and eventually, teaching workshops. In 2006 I began painting in oils too, and switch between the two, depending on the subject.

Where does your inspiration come from for creating new work?
I tend to work in series, so each one has its own genesis of inspiration. I recently completed a series of 12 watercolors based on mission trips that I and friends have taken. Although they depict great poverty, there is also a sense of dignity and hope. I always hope the viewer experiences some of the emotions I felt when painting these.

My latest series is of wildlife painted in oils, including a tiger, lion, raccoon, deer, alligator, egret, Florida panther, jaguar, and more. Several have won awards and some have hung at the Jax Zoo. I’ve always loved animals, and it’s exciting to depict them using strong shadows and highlights that make them seem to come alive.

And of course, there’s no greater joy for me than to paint someone’s pet that has either passed away, or that is still enjoying their companionship. These portraits become family heirlooms as much as a regular portrait, and it’s an honor to paint them.

Tell us a little bit about yourself
I’m married to my high school sweetheart for 42+ years and have 3 wonderful sons and 6 grandchildren. My graphic design business is 40 years old this year, and I led music at my church for 37 years. I often joke that having that longevity record must translate into a boring life. Far from it! I currently play bass in a Surf Rock band, enjoy kayaking, teaching workshops, painting, and most of all, playing with my young granddaughters. I look forward to all the future holds, and am forever thankful for the gifts I have been given.

Some of my work is currently at the Village Arts Framing and Gallery and you can visit my website to see more at www.Ted-HeadFineArt.com
How to Throw an Adult Halloween Party

The kids have their trick-or-treating and stock piles of Halloween candy, but adults are somewhat left in the dark on Halloween. If plastic skeletons and ghosts aren't your things, throw a classier Halloween party for yourself and all your friends with these spooky fun ideas.

Look at drinks differently
With a twist on a classic garnish, these delicious pumpkin martinis transform into lively libations. Make these ahead or set the skewers out in a cup for easy assembly as your guests arrive at the bar. You can even swap out the flavors and colors if you like certain drink recipes better. Make eyes out of stuffed green olives and squeeze a few drops of food coloring into a vodka martini for a more savory rendition.

Make your snapshots spookier
These particular images are a great example of what you can do to your household picture frames on All Hallow's Eve. If you don't want to wreck photos, simply layer some black lace over the top for an aged and creepy feel. Or, swap them out for photos you print off of the internet. Even trading gilded frames for black matte ones will add an element of frightening good taste to your evening.

Have fun with your cocktails
These are incredibly delicious milkshakes with a frightening makeover. Pour them into martini glasses if you prefer to sip or keep in double shot glasses if you prefer a quicker guzzle. The existing recipe doesn't call for any alcohol, but if you'd like to make them an adult beverage, try chocolate liqueur or vanilla vodka. It'll feel like a night at a spooky ice cream shop when you make these dreadfully delicious drinks.

Embrace blood red
Red velvet has never looked so sinister. This classy and delicious cake takes on a spooky feel with just a few creepy techniques. Leave a sharp knife in the top for added effect, drizzle red frosting down the pristine white sides, and cut a sliver out before your guests arrive so they can see the blood red interior. It's refined and terrifying all at the same time.

You could also add some red candy as garnish to up the ante.

Hypnotize your guests with good taste
These swirly pops are the perfect party favor for your Halloween bash. Wrap the sticks in black ribbon and make custom labels with whatever haunting message you like most. Then, set them out in a mug, cauldron, witch's hat, or poke holes in a pumpkin to make a bouquet. These black and white pops will set the mood and give your guests something to enjoy on the way home.

Wear heels
Even if you're not big into dressing up, you can inject a little more Halloween fun into your outfit while remaining sophisticated. These skeleton pumps go with anything since they're black and white and would look great with a little black dress or jeans. Order yourself some of these high heels or cut out white tape to stick to your own black heels. It all depends on how crafty and motivated you are to be best dressed at your Halloween party.

Ditch the bar cart for a pumpkin
You can add an element of Halloween to your bar too with this pumpkin cooler. The tricky part is finding a pumpkin that allows you to slip one of your bowls into the hollowed out center. However, they're waterproof because of their outer...
skin, so you can skip this step and just add some ice directly into the pumpkin if you’d like. Then, stuff it with whatever refreshments you want to sip on all night long and enjoy your guest’s reactions to your ingenuity.

**Go black and white for a sophisticated look**
Black and white candy in clear glass jars will automatically add a level of Halloween sophistication to your party. What you stuff these jars with is totally up to you, but they’d be great for a desert table, party favors, or even appetizers. We particularly like the black and white candy idea so you can integrate a little adult trick-or-treating into your party, but the choice is up to you!

Colored bulk candy like Black Tie Jordan Almonds would work well here. As well as classy gummy penguins wearing their tuxedos.

**Paint instead of carve**
Not only will you spare yourself a big mess of pumpkin guts, but by painting your seasonal gourds, you’ll also get a much more mature look. Try herringbone, chevron, a diamond pattern, or simple stripes or polka dots. Just try to stick to black, white, and orange to keep the spirit of Halloween alive at your party.

**White is the new orange**
Little pumpkins take on a much trendier style with a little bit of white and black paint. Use spray paint for quick coverage or whip out a paint brush for an afternoon of painting. Then, either use a stencil for the lettering or your own artistic hand. You can spell out “wicked” or try words like “boo” and “Happy Halloween.” This decorative idea will add class and chicness to your adult Halloween party.

**Give your guests a hand**
This idea can be copied and used for any punch recipe you want. The only thing you’ll need to do is buy a rubber glove, fill it with water, and freeze it. Then, once it’s solid cut the rubber away and you’ll have a zombie hand that will chill both literally and figuratively.

**Think vintage**
You don’t always need to opt for monsters on Halloween. Instead, why not set up a scene that possesses a creepy vintage vibe? Using a skull, crow, and sepia toned maps and photos, you can attain a refined and eerie look. Just see what’s in your attic or at the dollar store and get creative with your Halloween scene.

**Put out props**
Just because you’re all grown up doesn’t mean you can’t have fun! Since everyone loves selfies so much these days, why not give your guests something to pose with? Either use these fun printables and glue them on popsicle sticks or draw up some of your own. You can leave them by the door or set up a photo booth to encourage some silliness among all the adult conversation.

**Create creepy candelabras.**
Instead of glowing jack-o-lanterns, turn old wine bottles into ominous candelabras. All this craft requires is a black matte paint, black candle sticks, and wine bottles. Then, you’ll be good to go! Arrange them up as a grouping, line them up on the mantle, or use a few with differing heights down the center of your dining room table for a Halloween dinner party.

These ideas are going to set off my Halloween party in style this year. Which of these ideas do you like the best? Leave us comments! And if you have other ideas, post them below and let’s build the ultimate guide to the best adult Halloween party!
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