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Tom Forbes, Senior Vice President – Investment Officer, Senior Fundamental Choice Portfolio Manager

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I really like Van Morrison. If I need to be lifted up on a Friday afternoon I’ll play a greatest hits album and will quickly be smiling. One of my favorite songs is Days Like This. You would expect when someone says “there will be days like this,” they are complaining about days when everything goes wrong and you just have to endure to the end, hoping that “the sun comes up tomorrow.” But this song takes a different tack:

When it’s not always raining there’ll be days like this
When there’s no one complaining there’ll be days like this
When everything falls into place like the flick of a switch
Well my mama told me there’ll be days like this
When you don’t need to worry there’ll be days like this
When no one’s in a hurry there’ll be days like this
When you don’t get betrayed by that old Judas kiss
Oh my mama told me there’ll be days like this

I had been listening to that song this morning and then walked into the exam room and was greeted with a big smile. She’s a widow in her early 70s who has been my patient for around 20 years. She takes care of her grandchildren, loves kids in general, and tries to keep active, despite significant arthritis in her back.

She is also valium for my soul.

Our discussion had a level of familiarity and friendship, her sharing about her granddaughter’s inquisitive mind and me returning stories of my son’s insatiable appetite for information when he was young (as a 4 year old he peppered me with questions about “welcome centers” for about 20 minutes). We both laughed at each other’s stories, and I took care of her medical problems and preventive medicine. She complained when I scheduled her colonoscopy. The visit ended with the inevitable hug, and an “I love you” from her.

There is something unique in the relationships I have with my long-term patients. I’ve practiced now for 23 years, and many of those who followed me to this practice were with me from very early on. There’s a level of intimacy when you know about a person’s health problems, live through emergencies and tragedies in their lives, and have the responsibility of medical care for a person. It goes beyond friendship and familiarity. It really feels like family, but without the complications family brings.

Being a doctor involves hearing a person’s narrative and working to direct it in the best direction possible. There are some people for whom I have become a significant part of their narrative, and others whose narrative I know better than anyone else. It’s a bond that doesn’t happen anywhere else.

The dangerous thing is to let the familiarity get in the way of the objectivity I have to keep to do a good job with them. But the depth of my care for these people can also serve as a motivation, as I want to keep them around as long as possible … for selfish reasons. Doing the job for this long, I’ve figured out that balance, but I’m always extra aware of my lack of objectivity with these people.

The opposite kind of patient, the ones who somehow find ways to get under my skin, pose an equal threat. I have to put aside my own emotions and give them all the best care I can give. Something about giving care to them will often ease the negative emotion. I guess it’s hard to feel bad toward someone while doing good for them. In truth, I don’t have many patients I feel negative toward. Compassion and judgmental attitudes aren’t good bedfellows.

But I do let my emotional walls down some with certain people. Some people just make me smile when I see their names on my schedule. It’s not that they are nicer than other patients (although that is often true); it’s more that they look at me with different eyes: eyes that are grateful, relaxed, and interested in me as a person. My blood pressure goes down after spending time with these people. They care for me and give me emotional care I am grateful for.

It’s one of the greatest privileges of my job.

When everyone is up front and they’re not playing tricks
When you don’t have no freeloaders out to get their kicks
When it’s nobody’s business the way that you want to live
I just have to remember there’ll be days like this
When no one steps on my dreams there’ll be days like this
When people understand what I mean there’ll be days like this
When you ring out the changes of how everything is
Well my mama told me there’ll be days like this

Rob Lamberts is an internal medicine-pediatrics physician who blogs at Musings of a Distractable Mind.
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To his patients at Mayo Clinic, Dr. Floyd Willis is an esteemed physician of the facility's family practice department for the past 25 years. But what fewer people might know, is that Dr. Willis also has a passion for community-based participatory research. Although his practice has always kept him very busy, he saw a need in medical research and has spent years helping to enrich biomedical studies with underrepresented minority presentation. One of his longest efforts has been his participation in community research projects with the Mayo Florida Memory Disorder Clinic. He also is an active member of the Mayo Florida Disparities Committee and works as a primary investigator on multiple studies.

Medical researchers have always strived towards discoveries and advancements that would better the entire community. But Willis says that, in the past, a very large number of medical studies shared a major flaw- their participants were disproportionately white, male, and often high-income. Significant effort and resources have been leveraged in order to correct this problem in medical research, but it was not an easy task.

Historically, a persistent barrier to African American's participation in medical research has been a cultural distrust of medical research activities. Minorities were taken advantage of in unethical medical studies even as recently as the 1970's, which bred wariness of community-based studies.

Towards the beginning of his time at Mayo Clinic Jacksonville, Willis says a colleague approached him with concern over the shortage of African Americans, especially from the South, in Mayo's dementia studies. Willis recognized the implications of this problem, and knew he needed to do his part to fix this flaw in medical research. After all, a patient's diagnosis and treatment is primarily decided using baseline data. If that data did not exist for African Americans, it could lead to that population receiving a lower quality of care due to inaccurate diagnosis. That knowledge was enough to inspire him to take action.

“When a patient's tests were compared to what is normal, the 'normal' needed to be another set of normal African Americans, not someone outside the African American race or culture,” Willis said. “Because culture and race changed or altered the results on many of these tests.”
Willis said this was recognized by the memory experts, but resolving the problem required consistent participation by fairly large numbers of African Americans. Through what he called a “formidable effort,” Willis and his colleagues eventually succeeded in bringing 300-400 participants into their studies, many of whom they still follow up with to this day. The information gathered from these participants currently remains the largest group of neuropsychological data on African Americans in the southeastern United States.

“It helped move us down the path of correcting that potential problem of misdiagnosis,” Willis said. “And it got me involved in what I was, I think, destined to get involved with anyway, which is trying to close some of these disparities and gaps.”

Certainly, Willis has made that mission a priority throughout his career. With his most recent effort, the Health-Smart Church Center (HSCC) program, Willis represents Mayo Clinic and works with several other principal investigators to promote health and wellness through African Methodist Episcopal churches. Church members act as coaches who help to guide other members to a healthier lifestyle, and emphasize the importance of a balanced diet and regular exercise.

By promoting preventive habits, the HSCC helps to narrow these gaps and hopefully, one day, close them entirely. Funded by The Humana Foundation, the program is currently operating through six churches, but Willis says he would like to see that number expand to at least 75 in the future. And because weight loss is a key objective in the HSCC, he also hopes to eventually incorporate the program with the Duval County Medical Society Foundation’s 904 Mission One Million initiative.

“I have been introduced through the mayor’s office and, of course, through Duval County Medical Society, to 904 Mission One Million,” Willis said. “We really hope that we’ll be able to incorporate it into that, and tie all of this energy together, particularly in regards to weight loss.”

Along with his amazing success in both research and community-oriented areas of healthcare, Willis wears the title of past president of the Duval County Medical Society. He has also been a family practice physician at Mayo Clinic Jacksonville since the family practice department’s founding in 1992, and now has the longest tenure of any physician in that department.

With his noble accomplishments, Dr. Floyd Willis made an impact in his field by striving for equality throughout the community. His work has set a laudable example for future researchers and physicians in the community, and with more efforts like his, unfair health disparities can hopefully become a thing of the past.
Dr. Willis speaks with a patient at Mayo Clinic Jacksonville, where he has worked in the Family Medicine department for over two decades. Photo courtesy: Mayo Clinic

Dr. Willis and his family on the beach in Northeast Florida. Photo courtesy: Mayo Clinic

Dr. Floyd Willis (third from left) at the 2017 DCMS Foundation Future of Healthcare Conference with (from left) DCMS Chief Executive Officer Bryan Campbell, DCMS Past President Dr. John Montgomery, DCMS 2017 President Dr. Tra’Chella Johnson Foy, 2017 American Medical Association President Dr. David Barbe, and DCMS Past President Dr. Charles McIntosh.

Dr. Willis takes the oath of office to become the 2006 President of the Duval County Medical Society.

Dr. Willis presents an award at the 2007 Duval County Medical Society Annual Meeting.
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Best-Selling Travel Products on Amazon

By Dobrina Zhekova

When it comes to peer reviews, you can’t beat the world’s biggest online retailer. So when Amazon puts an item on one of its best-selling lists (which are updated hourly, by the way), you know the product: A) really works and B) is worth the money. In the travel accessories department, the absolute winner is an affordable, high-accuracy luggage scale that will help you save money in overweight bag fees. Other highlights include a sturdy travel backpack that lasts for years, according to Amazon customers, some of whom even considered purchasing a second one and travel wallets are also among the most popular products on the website, and that’s completely understandable. One of the worst things that can happen to you while abroad is to damage your passport in any way or lose your credit cards and cash. Something else that will ruin your trip? Unpacking your suitcase to find out your fragrance bottle has spilled all over your clothes. To avoid that situation, always place your liquids in water- and spill-resistant bags, and you will find a few suggestions on our list, as well. Check out these best-selling travel products on Amazon and put that Prime membership to use before your next trip.

High Sierra Loop Backpack $35
This versatile, multi-compartment backpack has received more than two thousand five-star reviews on Amazon and with over 25 color and print options, you are sure to find one that matches your style.

Etekcity Digital Hanging Luggage Scale $22
This compact easy-to-use scale will make sure you never ever have to worry about overweight luggage.

Samsonite Winfield2 28-inch Luggage $140
This sleek hard-shell suitcase has a side TSA-approved lock and an interior divider with separate compartments.

SimpacX Fabric Passport Holder $12
If you take your safety seriously, then you need an RFID-blocking passport cover that will protect you from identity thieves. This one has additional slots for cash and credit cards and comes with two matching luggage tags.

Heavy Duty Waterproof Hanging Toiletry Bag $20 (originally $50)
You will be seriously impressed with the storage capacity of this waterproof bag. It has padded compartments for everything — from your makeup to your toothpaste and brush.

YAMIU Travel Shoe Bags, Set of 4 $22
Packing shoes is always challenging since you don’t want to get your clothes dirty and this is where these shoe bags come in handy. The set includes two standard-size bags and two extra large ones perfect for bulkier footwear.
TSA-approved Cable Luggage Locks $12
Keep your belongings safe with these TSA-approved cable locks that are easy to set and come with a lifetime guarantee.

Alpha Keeper RFID Money Belt for Travel $19 (originally $34)
Unlike fanny packs, this RFID-blocking water-resistant belt remains flat so you can wear it underneath a sweater.

Itraveller Hanging Toiletry Bag $12 (originally $35)
People on Amazon are pleasantly surprised at how many products this water-resistant bag actually fits for its size. It has multiple compartments for all of your toiletries.

Gonex Compression Packing Cubes $21 (originally $43)
Packing will be a breeze with these three cubes that feature breathable top panels as well as convenient handles.

Tancendes Waterproof Travel Bag $9 (originally $31)
If you've ever worried that a perfume bottle will break and spill all over your clothes while you travel, then you'll surely appreciate this waterproof makeup bag.

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We are now rolling into Q4 2017 and the new year is just around the corner. Now is the time to start preparing your portfolio for 2018, so what are some of the best “smart money stocks” to buy that will line you up for 2018 in style?

I set out to pinpoint the 10 smartest buys in the market right now. I wanted to find stocks that have a glowing future ahead — in both the short- and long-term. To do this, I turned to TipRanks’ innovative ‘Most Recommended Stocks’ tool. Top-recommended stocks are selected based on a TipRanks’ developed formula, factoring in ratings made by the best performing analysts.

These are the analysts that have the highest success rate and average return. The best part is that you can order the results by upside potential — a crucial factor in assessing a stock’s growth potential. I also scanned the stocks to ensure that they have an overall ‘Strong Buy’ analyst consensus rating, making these stocks the smartest smart-money buys around.

Now let’s take a closer look at the top stock picks for 2018:

**UnitedHealth (UNH)**
I recommend keeping a close eye on U.S. health insurance giant UnitedHealth Group Inc(NYSE:UNH). The company is due to report revenue of over $200 billion this year. And over the last three months UNH has received 11 back-to-back buy ratings from analysts. No hold or sell ratings here.

One of these analysts is Jefferies’ David Windley. He is ranked a very impressive No. 13 out of 4,669 analysts ranked by TipRanks. Windley reiterated his UNH buy rating on Sept. 11 with a $215 price target (9.6% upside from the current share price). Analysts are busy tracking talks between UNH and Chilean healthcare company Bamedica SA. In early September, UNH confirmed it is in non-binding talks to acquire Bamedica for $3.47 per share. According to Deutsche Bank, the deal would be worth at least $3 billion once you include debt. UNH CEO Dave Wichmann is vocal about his plans to ramp up UNH’s international business — a valuable new revenue stream. Indeed, the company already completed a similar deal with its $4.9 billion takeover of Brazilian healthcare company Amil Participacoes back in 2012.

**Heron Therapeutics (HRTX)**
The following commercial-stage biotech company is extremely undervalued. Heron Therapeutics Inc (NASDAQ:HRTX) aims to address unmet medical needs, with a focus on developing treatments for cancer and pain. The stock has received seven back-to-back buy ratings from analysts in the last three months. These analysts are predicting huge upside for the stock of over 100% in the next 12 months. For example, on Sept. 27 four-star Northland Securities analyst Carl Byrnes initiated coverage of the stock with a bullish $40 price target. This works out at a whopping 149% upside from the current share price. Similarly, top Mizuho Securities analyst Difei Yang also started to cover the stock this week with a $28 price target (75% upside). The market is bullish on Heron’s HTX-011 product, which has the advantage of targeting both pain and inflammation post-surgery. According to Byrnes, HTX-011 is set up to become the best-in-class therapy for postoperative pain management. He likes the fact that the drug provides sustained relief for the first 72 hours, reducing the need for highly-addictive opioids.

**CBS Corp (CBS)**
Will this American mass media powerhouse become the next Netflix, Inc. (NASDAQ:NFLX)? Yes, says top Needham analyst Laura Martin. She recently reiterated her buy rating on CBS Corporation (NYSE:CBS) with an $80 price target (38% upside). According to Martin, CBS’s All Access streaming service and Showtime’s over-the-top channel will reach over 8 million subscribers by 2020. As a result, All Access and Showtime alone could generate revenue of $1.2 billion
for CBS in 2020. Martin believes that All Access will make five original TV series by 2020, of 10 to 13 episodes each. She says: “We expect that CBS will release one episode per week on its OTT services and start a new original series one to three weeks before another series ends. This maximizes the likelihood that consumers pay the bill every month for a year”. We can see that Martin has a strong track record with a 65% success rate and 15% average return across her stock recommendations. Overall, CBS has received 11 recent buy ratings and 3 hold ratings. But it is the average analyst price target on CBS of $75 that catches the eye. This translates into impressive upside potential for CBS of 31% in the next 12 months. Note that the stock has also just received its highest price target yet of $81 from top Benchmark analyst Daniel Kernos.

Adobe (ADBE)
Software giant Adobe Systems Incorporated (NASDAQ:ADBE) is the creator of well known applications, including Photoshop and Acrobat Reader. In the last couple of weeks, Adobe has received multiple buy ratings from top analysts despite share price volatility. On Sept. 20, share prices slid due to a shortfall in Adobe’s digital marketing unit. However, overall, ADBE reported strong results for the fiscal quarter. So don’t be too concerned say analysts, who call the hiccup a “small speed bump.” Indeed, top Piper Jaffray analyst Alex Zukin recommends taking this “rare” pullback as a buying opportunity. He reiterated his buy rating on Sept. 20 with a $180 price target (22% upside). For investors still sitting on the fence, note that Zukin has an impressive track record with his ADBE recommendations with a 78% success rate and 24.5% average return. He is confident that Adobe has some of the best intermediate- and long-term fundamentals in the space. Plus Zukin points out that the Experience Cloud bookings miss is the result of a longer sales cycles and not a more fundamental issue such as a change of demand. In the words of CFO Mark Garrett: “The scale of our engagements is growing with customers increasingly adopting multiple Adobe solutions, which is leading to larger deal sizes but longer sales cycles.”

Micron (MU)
This exploding semiconductor stock has just reported another very robust quarter of earnings. As a result Micron Technology, Inc. (NASDAQ:MU) still has plenty of upside left even though it is trading at near-record prices. Goldman Sachs even says Micron ‘looks cheap’ at its current share price of $38.

Indeed, Micron has one of the best stock ratings out of all the 5,000-plus stocks on TipRanks. In the last three months, 20 out of 22 analysts have rated MU a ‘buy’. These analysts are predicting that in the next 12 months, Micron will reach $49 — a 33% upside from the current share price. Five-star Needham analyst Rajvindra Gill believes the stock can climb by an eyebrow-raising 106% in the next year. Gill ramped his price target by $26 to $76 on Sept. 27. The analyst, who is ranked 28 out of 4,660 analysts on TipRanks, explains:

“We believe this multiple is reasonable as we are simply applying a median historical multiple on a discounted earnings run-rate of $2.16 EPS /q (Nov. guidance). Currently, the stock is trading at a trough multiple on the perception of a “peak earnings cycle”. We assert it should be trading at a market multiple on ongoing earnings growth. We don’t believe we are at the peak of the cycle as end markets for DRAM are significantly more diverse than in years past; stabilizing the volatility of the pricing and perhaps lengthening the contracts.”

Expedia (EXPE)
A key smart money buy is this leading online travel company that has enjoyed stellar growth over the last year. Expedia Inc (NASDAQ:EXPE) is the name behind multiple websites, including Trivago and Airbnb rival HomeAway. Following the departure of former CEO Dara Khosrowshahi to Uber, Expedia has appointed CFO Mark Okerstrom to the head role. Given his financial background, Okerstrom is well-positioned to help Expedia manage its acquisition sprees. Recent investments include London’s SilverRail Technologies and Indonesia’s Traveloka. Five-star RBC Capital analyst Mark Mahaney gives this bullish analysis of Expedia’s prospects: “We expect the company will continue driving execution across its core set of global assets while investing aggressively in tech and marketing to scale up HomeAway.

We see a tremendous growth runway for HomeAway in particular, as the company grows its footprint domestically and pushes into International markets next year.” Expedia picked up HomeAway for a cool $3.9 billion in 2015. Mahaney has a buy rating and $175 price target on the stock — suggesting upside of just over 20%. This falls slightly above the $173 average analyst price target, which is still 22% above the current share price. In the last three months, 15 analysts published buy ratings on the stock vs one lone bear.

Alexion Pharmaceuticals (ALXN)
Global biopharma Alexion Pharmaceuticals, Inc. (NASDAQ:ALXN) has spiked in the last three months from $120 to $140. The good news is that the Street predicts that Alexion still has serious growth potential. Top analysts have an average analyst price target on the stock of $161 — close to 17% upside from the current share price. In the last three months, 11 out of 13 analysts have recorded a bullish sentiment on ALXN. Take, for example, top Leerink Swan analyst Geoff Porges. He reiterated his ALXN buy rating on Sept. 25 with a $182 price target (30% upside potential). Porges believes that Alexion’s Soliris for the treatment of blood disorders will show dominance all the way through into 2020. Even then, its biggest challenge will be from Alexion’s own next generation complement inhibitor, ALXN1210. So far Soliris is the only terminal complement inhibitor on the market, and it is more effective than any of rival offerings that have advanced to pivotal trials says Porges.

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Wine Talk

By Emery and Jean Clance

2013 Chalk Hill Estate Chardonnay Half Bottles

It's a great stocking stuffer. There are very few Chardonnays as iconic as this jewel from Sonoma County. Starting with the arrival of winemaking guru Dave Ramey in the early 1990's this has been one of the most popular and brilliantly made examples of Chardonnay, and at a very reasonable price when compared with so many of it's peers. We currently have these fabulous half bottles in stock-a size that is often demanded but rarely seen. To be clear, this is the ESTATE Chardonnay, not the Sonoma Coast which sells for considerably less per bottle.

For those unfamiliar with this wine, it is old school California Chardonnay. The fruit is harvested from the sprawling Chalk Hill estate vineyards, 100% barrel fermented and completely goes through malolactic fermentation. It is then aged in French oak, 39% new barrels for eleven months before being bottled without filtration.

When you open this wine it is a good idea to let it breathe for a few minutes so the bouquet can fully develop. Then you are rewarded with a rich nose of toasted hazelnuts, grilled sour dough bread, baked red apples, peach preserves, vanilla pastry cream, nutmeg and coriander. On the palate it is rich, with a faint frame of acidity that keeps the wine in balance into the insanely long finish.

Gancia Prosecco Brut

$15 per bottle

These two are great for holiday cocktails. Aperol Spritz traditional recipe

Start by adding ice into the glass then pour in the Prosecco, the Aperol and add a splash of soda, top with a slice of orange. This serving avoids the Aperol settling at the bottom. Start by adding ice into the glass then pour in the Prosecco, the Aperol and add a splash of soda, top with a slice of orange, a twist of lemon, or a Luxardo cherry.

One of my earliest memories of tast-
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

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When you serve this wine, make sure it is chilled but not ice cold, as the flavor will be muted. When you pour a glass it immediately reveals a nose of lemon grass, dried pears, honey taffy and green melon. In the mouth it is nicely balanced, with soft acidity and a dusting of talc/minerality on the finish.

**Gancia Americano**

This style of aromatized wine is catching fire in the US, driven by the popularity of cocktails such as the Negroni and the Spritz. Similar in style to Campari, except not as medicinal tasting, and drier than Aperol, the Gancia version is the perfect Americano to produce a wide range of cocktails.

They make this by taking bittering components like wormwood, and orange peels, and macerating them in an alcohol base. Then they add cinnamon, clove, sandalwood and nutmeg, just to name a few spices, and mix with a neutral white wine. It is then sweetened to balance the bitterness and the result is a classic ingredient you can serve with soda, or mix into your favorite cocktail.
With Thanksgiving quickly approaching, we’re locking down our menus. This year we’re thankful for photographer Karen Mordechai’s amazing new cookbook, Sunday Suppers, named for her blog and the Brooklyn cooking center she founded. Not only does the book include breathtakingly beautiful photos, but the recipes are delightful, ranging from perfectly scrambled eggs to salted crème fraîche ice cream to a Thanksgiving feast sure to please picky tots and foodie friends alike.

Since we have a thing for scene-stealing side dishes, we thought we’d share three favorites perfectly suited to the holiday table (you can bet they’ll be on ours!). Don’t be surprised when your guests ask for seconds—or even thirds.

### Wild Mushroom and Brioche Stuffing

**Ingredients**
- 4 tablespoons (½ stick) unsalted butter, at room temperature, plus extra for the baking dish
- 2 shallots, minced
- 4 cups sliced leeks (white and light green parts only, ½-inch-thick slices)
- 1 pound king trumpet or cremini mushrooms, chopped or sliced
- 2 cloves garlic, minced
- Salt and freshly ground black pepper to taste
- ½ cup dry white wine
- 4 sprigs fresh thyme
- 3 large eggs, lightly beaten
- 1 cup shredded Comté or Gruyère cheese
- 6 cups cubed brioche
- ½ cup chopped fresh parsley
- 1 cup chicken stock, plus more if needed

**Directions**
1. Preheat the oven to 350°F. Butter a 9 × 13 baking dish. Melt the butter in a large saucepan over medium heat. Add the shallots, leeks, mushrooms, and garlic; season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened, 5 to 10 minutes. Add the wine and thyme sprigs, and cook until the wine has evaporated, 3 to 5 minutes.
2. Transfer to a large bowl and remove the thyme sprigs. In a large bowl, whisk together the eggs, a generous pinch of salt and pepper, and the cheese. Add the cooked vegetables, brioche, and parsley, and toss to combine. Mix in ½ cup of the stock. Continue to add more stock just until the stuffing is moistened but not wet (there should not be any liquid in the bottom of the bowl). Transfer to the prepared baking dish, cover with buttered aluminum foil, and refrigerate.
3. When you remove the turkey from the oven and set it aside to rest, place the covered baking dish in the oven and bake until the stuffing is warmed through, 25 to 30 minutes. Then uncover and bake until golden, about 15 minutes.

### Cranberry-Apple Relish

**Ingredients**
- ½ lemon, rind and flesh diced into very small pieces
- 2 cups water
- 1 apple, peeled, cored, and cut into ½-inch cubes
- 3 cups fresh cranberries
- 1 cup sugar
- ½ teaspoon ground cinnamon

**Directions**
1. Combine all the ingredients in a saucepan.
2. Bring to a boil over high heat, then reduce the heat to low and partially cover the pan.
3. Simmer gently, stirring occasionally, until the sauce thickens, the apple is tender, and the cranberries have burst, about 10 to 15 minutes.
4. Allow to cool before serving, or refrigerate covered.

### Buttered Brussels Leaves

**Ingredients**
- 2 tablespoons unsalted butter
- 2 cloves garlic, smashed and chopped
- 3 pints brussels sprouts, pulled apart into leaves, cores discarded

**Directions**
1. Heat the butter in a large sauté pan. Add the garlic and cook until barely browned, 1 to 2 minutes. Remove the garlic from the pan and set aside.
2. Add the brussels sprouts leaves to the pan, and sauté until bright green, about 5 minutes. Add the garlic, toss, and serve.
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Mexican restaurants are a dime a dozen. And unfortunately, more often than not, they all tend to be the same; menus consisting of “combo” meals, ground beef hard shell tacos, etc. Not that there’s anything wrong with that, but for today, I wanted something more than Combo #5 with a side of rice and beans. So I drove around, trying to find the perfect place to get my Mexican food fix. I drove down Atlantic Blvd towards the beach on a foggy, misty Saturday evening, when the bright lights of Cantina Louie caught my eye. I had no foreknowledge of this place, no one recommended it, I didn’t Google it or Yelp it. What caught my attention were the brightly lit front patio area and the vibrant purple sugar skull sign – it seemed so fun and energetic. I pulled into the parking lot, hoping the food matched the energy of the décor.

As I pulled open the door, I was immediately met with the cool interior with bright oranges, reds, and purples. It has a very Dia de los Muertos feel to it, with huge murals of skeletons and sugar skulls chotckies. We were greeted warmly by the host and seated quickly. It was busier than I expected for an “early dinner” time. We arrived at about 4pm and the place was bustling. Foodie ProTip: It’s always a good sign if a place is busy during a “non-traditional” eating time.

For an appetizer, we decided to start with Mexican Street Corn, the quintessential definition of Mexican Street Food. Cantina Louie only serves their street corn on the weekends, so I definitely jumped on it. Cantina Louie’s version was served on the cob, slathered in mayo, queso fresco, and chile piquin (as kind of a powder/salt) for a little heat. I’ve had a few street corns since arriving in Jacksonville, and I have to say, this version was by far my favorite. It was done simply with minimal ingredients. The corn was sweet and cooked perfectly – tender with a bit of crunch. The mayo wasn’t overpowering and added a bit of coolness to the chile piquin. I couldn’t stop eating it. Bits of corn were getting stuck in my incisors, as they do when you eat corn on the cob, but they yelled, “Keep going, we’ll be fine. You can pick it out later!” I was going at it like an old style typewriter. This was a fantastic first impression of Cantina Louie.

Our server arrived shortly after we were seated and presented us with our menus. I was so happy to see a sizeable lack of combos one would normally find at a Los Mexicano Generico Restaurante. What I found instead was a glorious collection of authentic tacos (no hard shells here), burritos, quesadillas, and other entrees. But for those still looking for combo meals, there was a small corner of the menu with a “Pick 3” combo dinner, consisting of tacos, burritos, enchiladas, etc.

I decided to continue the theme of street food and ordered two different tacos and a sope. All of the tacos are made on a traditional corn tortilla or flour tortilla. The first taco was a Taco Fresco. The Taco Fresco was made with a corn tortilla, filled with grilled skirt steak, topped with fresh lime pico de gallo, and queso fresco. Skirt steak is a tough cut of meat. Cooking and slicing correctly can turn an otherwise inedible piece of shoe leather into a succulent, beefy, price choice of cow. Cantina Louie did a wonderful job cooking their skirt steak. It was tender and easy to chew. The lime pico de gallo tasted fresh and the shredded queso fresco added a light, creamy note. It was a delicious taco.

My second taco was a server’s recommendation: The Surf & Turf Taco. It’s served on a flour tortilla and filled with skirt steak and shrimp, then topped with avocado and a drizzle of
sriracha ranch. The sriracha ranch was fantastic. It really tied the taco together. The heat from the sriracha crept up on you, but was soon balanced out by the coolness of the ranch. I was able to get the flavor of the sriracha without all of the heat. The avocado had a nice creaminess against the slight snap of the well-cooked shrimp. The skirt steak was the same as my other taco; tender and juicy. Both tacos were fantastic.

My final street food selection was the sope. A sope is a handmade corn patty (think corn tortilla, but much thicker) topped with refried beans, skirt steak, field greens, tomatoes, sour cream, and queso fresco. It had good flavor, but I preferred the tacos to the sope. The corn patty seemed tough. It was hard to cut through and chew. I did eat it last, so it's possible that not eating it right away while it was hot and pliable may have played a factor. I'll probably pass on it the next time I go, but luckily, Cantina Louie doesn't lack in menu options.

My dining partner decided to play it traditional and went with the Cantina Quesadilla. It's a basic quesadilla stuffed with cheese and grilled chicken. It is served with a side of lime pico de gallo, guacamole, sour cream, and field greens. This was a monster of a quesadilla. Most quesadillas are a bit on the thin side, but Cantina Louie's was very thick, with what seemed like two full chicken breasts worth of diced chicken and melting cheese dripping and bubbling down the sides. The tortilla was grilled nicely, adding a bit of crunch and texture. I was very thankful the chicken was well seasoned and not bland. The cheese added flavor instead of being the only source of flavor like so many other chicken quesadillas I've had at other places.
Of all the great Cinderella stories, Dr. Alfredo Quiñones-Hinojosa’s tale truly stands out. His story is heartwarming, heart-wrenching, inspiring, and undeniably remarkable. Like most fairytaleesque stories, this one begins with “Once upon a time …”

The oldest of five children, Dr. Q – as he is now affectionately known – was born in a small village outside Mexicali. In 1987, at the tender age of 19 and with a voracious desire for a better life, young Alfredo crossed the border fence between Mexico and the United States. He did not speak English at the time and had no education to speak of. Young Alfredo immediately started working on California farms, and he eventually saved enough money to take English lessons. Some 12 years later, Dr. Q graduated from Harvard Medical School, was class valedictorian, and became an American citizen.

Dr. Q’s story does not stop there. In fact, it just gets better. After completing his residency in neurosurgery at the University of California, Berkeley, Dr. Q headed to John Hopkins University, where he is now a professor of neurosurgery and oncology. His focus is on the surgical treatment of primary and metastatic brain tumors, with an emphasis on motor and speech mapping during surgery. In April, the Mayo Clinic in Jacksonville, Florida, hired the accomplished 48-year-old Dr. Q as the William J. and Charles H. Mayo Professor and chairman of neurologic surgery.

Dr. Q’s recruitment to the Mayo Clinic is part of the clinic’s strategy to establish itself as the goto medical center for the Southeast United States and Latin America. In March, Mayo in Jacksonville announced it would begin $100 million in major development projects later this year. That includes the construction of a destination medical building to provide integrated services for complex cancers and for neurologic and neurosurgical care, Dr. Q’s specialties.

Dr. Q’s areas of expertise can be found in the more than 50 book chapters he has authored, the several textbooks on neurosurgical techniques and stem cell biology he has penned, and in his riveting autobiography, Becoming Dr. Q: My Journey from Migrant Farm Worker to Brain Surgeon, which earned him an International Latino Book Award in 2012.

“I admit I never imagined my life would turn out this way,” Dr. Q told Latino Leaders. “I feel like I am living a dream and sometimes I worry that I will wake up from it. I grew up in extreme poverty. Often we did not even have food to eat. Yet while we were poor in economic means, we had richness in other ways. Our roots are steeped in wonderful history, and our family was tight. My mother was the pillar that kept us all together and connected.”

Dr. Q admits there were dark times, especially when he first arrived in the United States. But he quickly learned that America offers many opportunities, and with hard work, he could succeed and thrive. That knowledge ignited the passion in him. It did not matter that he was simply picking tomatoes and cotton. He was passionate about being the best worker in the fields. His employers...
saw that determination and drive. They encouraged him to do more, they believed in him, and they mentored him. While the stakes are much higher now, Dr. Q maintains that this unwavering passion still burns inside him with the same rich intensity.

"I recognize that my story is deemed a kind of rags-to-riches tale, but I live my life in a simple way. And I still have so many dreams left to dream and so much that I still need to do," he said. "That is what motivates me. I get up every day with a fire in my belly. My patients are always on my mind. They trust me with their lives. That is a great responsibility, as well as a great gift. That is what gives me strength no matter how sore my body is or how tired I am."

Topping Dr. Q’s tireless to-do list is finding a way to eradicate brain tumors. The brilliant brain surgeon believes we are on the cusp of achieving that milestone. Dr. Q’s voice quickens, his eyes dance, and his excitement is palpable as he speaks of the prospects.

"My research team and I continue to push the frontier of brain surgery," Dr. Q explained. "We continue to unravel the great mystery of the human brain. We are constantly learning new things about how the brain develops, how brain cancer migrates, how we can identify the proteins that cause the disease, why they do not die, and how we can one day soon cure the condition. My team and I are indeed pioneers in the space."

— Aristotle
Pomegranate and Lemon White Wine Spritzer

Ingredients
- 4 oz Dry White Wine (Pinot Grigio, Sauvignon Blanc)
- 2 oz Club soda
- 1/2 oz Pomegranate Juice
- Lemon Wedge

Tools
- White wine glass
- Ice cube tray
- Bar spoon

How to Mix
In a wineglass with ice, combine white wine, soda and pomegranate juice
Squeeze a lemon wedge in the glass and stir gently
Enjoy

Smashing Pumpkins

Ingredients
- 3 tbsp (1.5 oz.) Azuñia Reposado Tequila
- 1 tbsp (.5 oz.) St. Elizabeth Allspice Dram
- 1 tbsp (.5 oz.) Giffard Vanille de Madagascar
- 1.5 tbsp (.75 oz.) Red Pumpkin Puree
- 1 tbsp (.5 oz.) Heavy Cream
- 1 Egg White

Instructions
1. Dry Shake (No Ice)
2. Shake (With Ice)
3. Double Strain
4. Top with Garnish

Cinnamon Blueberry Old Fashioned

Cinnamon Simple Syrup Ingredients
- 1 cup water
- 3/4 cup coconut sugar or brown sugar
- 2 cinnamon sticks

Blueberry Old Fashioned Ingredients
- 1 ounce bourbon
- 1 ounce blueberry juice (mash 3/4 cup defrosted frozen blueberries through a fine mesh strainer using the back of a spoon)
- 1 ounce cinnamon simple syrup
- 2-3 dashes bitters
- 5-6 frozen blueberries
- Sparkling water to top off the drink
- Ice

Cinnamon Simple Syrup Instructions
1. In a small saucepan over medium high heat, whisk together water and sugar; add in cinnamon sticks.
2. Bring the mixture to a boil and continue to boil for about 5 minutes or until syrup has thickened slightly.
3. Remove syrup from heat and let cool.
4. Extra syrup can be stored in an airtight container in the refrigerator.

Blueberry Old Fashioned Instructions
1. For each drink, fill a highball glass with ice. Pour in the bourbon, blueberry juice, 1 ounce cinnamon simple syrup, and bitters; stir until combined.
2. Add in frozen blueberries and top with sparkling water. Garnish with cinnamon stick, if desired.
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Duval County Medical Society is hosting a tailgate party located in Lot X at Everbank Field for the Jaguars vs. Indianapolis Colts Game. The Tailgate begins at 10:00am and includes food, drink and entertainment!

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10 Smart Home Gadgets to Make Your Life Easier

By Michael Benninger

If you want to start controlling your surroundings from the palm of your hand, here are 10 smart home products to upgrade your abode without taking your bank account offline.

**Appliances**

1. **Smarter Coffee** ($239)

Why bother waking up to make coffee, when this clever caffeine machine can brew the perfect pot while you spend a few more minutes in slumbertown? Sure, coffee machines have had timers for years, but how many let you use the smartphone on your nightstand to adjust the strength, flavor and amount you'd like made? This beast even cleans itself, so you don't have to worry about any unsightly stains. At close to $250, this java generator isn't exactly cheap, but seeing as the average American spends more than $1,000 at coffee shops each year, it's still more cost-efficient than grabbing some joe to-go.

2. **Belkin WeMo** ($49)

Crank up your appliances' IQs with this smart outlet adapter that gives you the power to remotely control which of your plugged-in devices receive electricity. The Wi-Fi-enabled WeMo works with just about any product that plugs into a standard outlet, so you can turn on fans, turn off lights and play master of your domain with just a few taps on your smartphone. The mobile app even lets you see how much juice each appliance is drawing, which could help you lower your electricity bill.

**Atmosphere and Ambience**

3. **Nest Learning Thermostat** ($249)

Not only does this game-changing device let owners control their heating and air conditioning from wherever they are, but based on your smartphone's GPS, it also knows when you're home and when you're not, and it learns what temps you like based on your habits. Another big bonus: The thermostat can pay for itself by letting you know when a small temperature adjustment can shave bucks off your electric bill. How long it takes for potential savings to outweigh the cost of the Nest depends on a number of factors, including where users live, how much electricity they consume and how effectively they use of thermostat. Most users, however, can expect to see a return on their investment within 2 years.

4. **Philips Hue Lightbulbs** ($49)

Take your living room to the next level by installing a set of these futuristic bulbs that emit any color light you like. Make your floor lamps match your mood or your outfit, or sync them up with your TV for more immersive entertainment experience. The bulbs can even flash your favorite team's color after they score, or imbue your room with opposing shades depending on how the stock market's performing. And since Hue can be controlled from your smartphone, it's simple to save money by switching off lights when no one's home.

**Security and Monitoring**

5. **SmartThings** ($99)

After launching as a Kickstarter campaign in 2012, this smart home system was acquired by Samsung in 2014 and continues to exist on the cutting edge of the IoT. At the center of this ecosystem is the SmartThings Hub, a white box slightly larger than a hockey puck. It connects with a variety of sold-separately sensors and other smart-home tech to help you keep tabs on pets, water leaks, and unexpected activity when you're away.

6. **Nest Cam** ($199)

The Nest Cam (formerly Dropcam) is among the most feature-rich Wi-Fi enabled home cameras out there. This little guy doesn't just let you see what's happening, it understands the difference between a falling branch and a masked intruder, and will only notify you of likely threats to your home. The newly launched outdoor version is equally effective and fully weatherproof.

7. **Kevo Smart Lock** ($149)

Much like our grandparents did 50 years ago, most of us are still digging around in our purses and pockets for keys that grant us access to our pads. Made by inveterate keymaker Kwikset, the Kevo Smart Lock changes all that by using Bluetooth technology to detect when your smartphone is near. All you have to do is touch the lock, and then it's open sesame. You can even use the app to grant others one-time access to your home.
8. Ring Doorbell ($199)
Ding dong; the future’s at your door. This ultra-modern doorbell lets you use your smartphone to find out what's happening just outside your place. The real-time video transmission lets you see whether it's a delivery guy dropping off your goods, or a criminal casing the joint. You can even talk to whoever's out there to give them the impression that you're home, or to tell 'em to bugger off.

Smart Speakers
9. Amazon Echo ($179)
Commonly called "Alexa," this cylindrical smart speaker might creep-out some due to its always-on microphone that can hear you from across the room, but it can also save you a ton of time (and provide hours of entertainment) by answering your questions and obeying your commands. Alexa can even save you money by helping you find Amazon's best deals. Visit Echosim.io to test out Alexa before buying one.

10. Google Home ($129)
Debuting later this year, this is Google's answer to Amazon's Alexa. We'll likely have to wait until the holidays to see everything that this device has in store, but if you already use Google products and are on the fence about the Echo, this gadget might be worth the wait.

Along with being able to control them from your phone, many of these ingenious gizmos also play nicely with each other, or can function as part of larger smart home systems including Apple HomeKit. Better yet, nearly every one of these modern marvels integrates with the online service, IFTTT (If This, Then That). Interested in learning more about IFTTT, check out our post on easy ways to automate your life.
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