Passion On and Off the Field: Dr. Stephen Lucie

Top North American Ski Resorts to Hit

A Physician Gives Trump Some Health Care Advice
Architecturally Preserved Masterpiece
SAN MARCO

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5 BEDROOMS/4 BATHS/4,480 SQ FT $975,000

EPPING FOREST
Private and Plush Living
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3 BEDROOMS/3 BATHS/2,580 SQ FT $699,000

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2017 Lincoln Continental

Soon, on the car market will appear a new series of cars Lincoln Continental. The new 2017 Lincoln Continental will have many changes and innovations inside and out. It is expected to be much more luxurious and will have more modern technology inside, while under the hood will have engines that will have many more power and it will be two of the greatest advantages of this new car, with which should attract a large number of new potential customers. It is assumed that this new luxury car will be a major competitor in its category, and perhaps even one of the leaders in the market.

2017 BMW M5 Redesign

You probably all know about BMWs model M5 because it is surely one of the finest, full-size sport sedan on the market, and definitely one of the best that Bavarian car producer have to offer. This time, newly announced, 2017 BMW M5 will definitely be even better because now, he’s going to be released with AWD mode which can make him faster and stronger without reducing his great appearance which he’s famous about.

We still don’t know all the information’s and precise details which will be placed on the exterior of new 2017 BMW M5 but we can hear what the rumors about it have to say. According to them, and according to the BMWs latest announcements, we can expect to see front fascia of new M5 getting almost complete new design with some new details added. Of course, they’ll continue to make that dual kidney-shape grille which made BMWs vehicles special. This time, headlights will be newly designed and they’ll be placed closer to that grille, it’ll be almost connected with it. Side grills, side air vents will be larger than before so we expect this new 2017 BMW M5 to be stronger than before since he’s going to need the engine being cooled better. On the back of new M5, there will be taillights which will be made in the recognizable L shape as on some other models. Small attached rear spoiler will also be there.

2017 Lamborghini Huracan

If you’re true car enthusiast than you know how available Lamborghini is to create new and powerful models. Latest product which will come out of their factory for 2017 year lineup is Huracan, one more super car that Lamborghini released. New 2017 Lamborghini Huracan will definitely be one of the finest and one of the fastest cars ever released on the market. This time, new Huracan will be released taking more care to his functionality so we know that his speed can be even more increased this time.

2017 Land Rover Defender

Land Rover, as one of the world’s, not just UKs finest car and especially SUV producer is ready to make their faithful and all the other customers thrilled. Now, they have announced that new 2017 Land Rover Defender will appear for the 2017 year market and that he’s going to look more classy than before, not forgetting his off-road abilities even for a second. Let’s see how will luxury and off-road driving can work together in new Defender.

2017 Corvette Stingray

When you hear the Corvette first thing you think is a great sports car with outstanding performance and design. The manufacturer has prepared just such a car for 2017. Which will have an amazing design and stunning performance, and it will be the new 2017 Corvette Stingray. This new car in ad-
dition to the phenomenal design from outside will be a very modern and attractive inside, while under the hood will find an extremely powerful engines that will blow your mind. It is expected that this new sports car will be a big competitor in the market, even cars such as Ferrari and Lamborghini.

2017 Jaguar XQ
It is more and more obvious that almost every car Company now wants to be remembered on the SUV market as well. Because of that, we have more and more SUV models daily. New, as refreshed one will appear from the British Company called Jaguar. It’s going to be 2017 Jaguar XQ and it’s definitely going to be bring some refreshment on the market. We are more than convinced that Jaguar’s customers will be thrilled with this new model to arrive on the 2017 year market.

2017 Lexus RX
It is getting powerful, razor-sharp and extraordinary; this is the new 2017 Lexus the vehicle we have all waited for. The Lexus Company has always been the leading producer of the high quality and luxurious models for all the segments and it never failed to make a successful model which was at the top of the list of the most wanted vehicles. Will it be the case this time, there is a great likely, but still let’s make sure for us is the new 2017 Lexus RX worth our attention.

2017 Audi A5
Due to its high popularity Audi has decided to release the information about the second generation of the 2017 Audi A5 which will be offered in convertible and coupe version as well and you wouldn’t be able to resist it. Though it will be impossible not to say to which family this magnificent vehicle belongs to we still cannot get enough of the Audi models and even the slightest change will make us quite excited. But will this vehicle reach the peak of its popularity we are about to see now.
The year is 1996. The Jacksonville Jaguars are in Denver, Colorado. There isn't much hope for the Jags; the Broncos are 13-3. Back in Jacksonville, fans gather around the television, watching as each play develops. But not Dr. R. Stephen Lucie. He watches from a prime spot along the sideline, serving as the first head team physician for the Jacksonville Jaguars.

“I think we had the best team in the NFL,” he said. “Going to all the championship games, and traveling was very rewarding, very fun, and very exciting.”

Bringing home the win had to have been even more exciting. The final score was 30-27, and it is believed by many that this game was the teams’ finest hour.

“We had flown back to Jacksonville and there were over 40,000 people in the stadium waiting for us at midnight to have a celebration and I think that was probably one of the best experiences I had with the Jags,” said Dr. Lucie.

This was just one of the many memorable moments Dr. Lucie experienced during his seven years with the Jaguars.

Being the head team physician during, in Lucie's opinion, the most successful years of the franchise had its perks. He was fortunate to work as the team physician during the Pro Bowl in 1999-2000. He also recalls helping design the team’s training facility and medical facilities.

Lucie was already heavily involved in sports medicine before he became associated with the Jags. His passion could have something to do with his love of sports.

Lucie completed his residency training in orthopaedics in Denver, Colorado. While in Denver, he was part of a group consisting of team physicians for the U.S. Olympic Team. Lucie also had the privilege of skiing with children who have cerebral palsy and amputations.

Lucie was also involved with the doctor ski patrol, which further enhanced his interest in sports. However, even though he enjoyed the mountains and the snow sports, something was missing. Lucie had attended college in North Carolina and medical school in Georgia, and missed the sunshine and waves he’d grown accustomed to.
Lucie moved to Florida and quickly got involved with both Jacksonville University and the University of North Florida. At JU, Lucie is currently the Head Team Physician. At UNF, he is the Orthopaedic Consultant.

Lucie also partnered with several high schools in the area to care for student athletes in Duval County schools. The result: In 1987, Lucie aided in the founding of the Jacksonville Sports Medicine Program, which hosts annual athletic screenings for student athletes prior to the new school year. The JSMP also organizes physicians to work on the sidelines at high school athletic events. The primary goal of JSMP is to make certain each high school in Duval County has access to a certified athletic trainer to individually manage the daily health care needs of the student athletes. The program runs off the hard work of physician volunteers, and even now you’ll still find Lucie on the sidelines.

"I'm still very involved in sports medicine," he says, "and I'm still a consultant for the Jags. But right now I'm currently the head team physician for the Sharks, JU and Bolles. So I spend a fair amount of time on the sideline at sporting events, taking care of athletes."

Today, Lucie also finds himself doing a lot of higher performance joint replacement on his former sports medicine patients, such as students and athletes. He's still involved in sports medicine, but half his practice is now joint replacement.

Lucie was the founder of Jacksonville Orthopaedic Institute, and was one of few who started the merger of several practices to get JOI where it is today. There are now 35 physicians in five locations with 10 rehabilitation clinics that make up the practice.

Lucie doesn't just take care of athletes. He is also an athlete himself. He enjoys racing sailboats, competitive fishing, and running marathons.

Lucie started sailing at 11 years old. During those early years, he had the opportunity to sail with, and against, Ted Turner. They grew up in the same yacht club!
Lucie competed in racing championships as well as fishing tournaments. He has fished on the FLW Pro Kingfish Tour and was also a charter member of the Southern Kingfish Association.

“They were a lot of fun, but a lot of work. Challenging, but I still enjoy it. We are still hard at it even now,” said Lucie.

When he’s not fishing, Lucie and his wife remain active, participating in marathons all over the country. Between the two of them, they’ve completed 10 marathons.

Lucie can thank his love of sports medicine for helping him remain active. It also brought him to the Duval County Medical Society.

“When we put together the Jacksonville Sports Medicine program, the DCMS was a critical partner supplying the physicians to help with pre-participation physicals and be team physicians. So I was involved with the medical society as a chamberlain in sports medicine,” he explained. “I was attending board meetings and before long I was asked to get into leadership and ended up being president, which was a very enjoyable experience.”

Lucie tries to stay involved through Florida Medical Association meetings, talking to people about the Medical Society, and giving Continuing Medical Education talks at DCMS events.

On and off the field, Dr. Lucie can be found lending a helping hand. He has taken care of a wide array of patients, from students to professional athletes. Lucie’s goal is to help everyone he meets attain a healthy, active lifestyle. And he shows no signs of slowing down his practice in the near future.

Dr. Lucie covering the international high school football game between The Bolles School and Tec de Monterrey (Mexico).
In the past, stolen cellphones were usually resold to new owners at a cheaper price. But that was before our phones held so much personal information and now it's really easy to exploit this information to make more money off the stolen device. Data on your smartphone such as bank accounts, photos and emails could easily be used to commit crimes like identity theft. It's a good thing there's plenty of preventative measures you can take to secure your smartphone if it gets lost or stolen. If a thief gets his or her hands on your Android or Apple phone, you will definitely want these defenses in place.

**Android**

1. **Android Device Manager:** This is a free app you can download from the Google Play store. If you lose your phone, you can log in to your Google account from another device and see a map of where it is. Getting the phone back is great, but the real saving grace is being able to wipe the phone clean; this app allows you to erase all your phone data and reset your lock screen passcode.

2. **Fingerprint:** If you have the latest Android operating system, Marshmallow, then you can use your prints to buy and sign into apps and purchase things with Android Pay. If you enable this feature and your phone gets stolen, the thief won't be able to buy things through your device. To access this feature, open the “Settings” app. Under “Personal,” tap “Security” then “Pixel Imprint” or “Nexus Imprint.” Then just follow directions for scanning your prints.

3. **App-specific passwords:** You can assign specific passwords to apps that hold private information (i.e., mobile banking, document sharing and emails). AppLock is a free app from the Google Play store where you can set up passcodes for apps, photos and videos. Since fingerprint locking doesn't work on older Android phones, this is a great alternative.

**Apple**

1. **Find My iPhone:** This is a free app you can download from the App Store. If you lose your phone, you can log into your Apple ID account from another device and see a map of where it is. Getting the phone back is great, but the real saving grace is being able to wipe the phone clean; this app allows you to erase all your phone's content and settings.

2. **Fingerprint:** If you have the iPhone 5s or any newer versions, then you can use Touch ID to buy items from the App Store, iBook Store, iTunes Store, and use Apple Pay. If you enable this feature and your phone gets stolen, the thief won't be able to buy things through your device. To access this feature, open the “Settings” app. Tap “Touch ID & Passcode,” then enter your passcode. That will bring up a list of the where you can choose to enable or disable actions that require your fingerprint.

3. **Secure your Apple ID:** This account holds all the crucial information used to access the Apple services you use, including contact and payment information. Create a challenging password and change it every so often. Set up two-step verification so that there are two steps you must complete before getting into the account. To turn this feature on, sign into your Apple ID account and select “Get Started...” under two-verification in the security section of the page. Also, make the answers to your security questions hard to guess.

Please don't use Android Device Manager and Find My iPhone to retrieve a stolen phone by yourself. One young man was able to locate his stolen phone but the thief shot him twice when he tried to get it back. Please contact the police so that they can get your device and apprehend the criminal. Also, make sure your smartphone has the most recent software update. These updates could come with improvements to your phone's security.
Thinking About Leaving Practice? Read This First

The values you cherish most could be hard to fulfill in other lines of work. Here's how some doctors plan to make medicine fun again.

by Mark Crane

It’s no secret that many physicians -- perhaps even a majority -- become disenchanted with medicine sometime during their careers. The threat of malpractice, growing third-party interference, and escalating paperwork even cause some to look around—to consider switching into something else.

“Doctors who want out of stressful situations are hardly losers or incompetents,” says Celia Paul, a career consultant who teaches a course called “Career Alternatives for Physicians” at New York University. “The people in our classes are successful by traditional definitions; they have status and high income. But they’re unhappy, and they don’t feel obligated to subordinate their personal lives to the demands of the profession.”

Paul’s observations are supported by the flood of physician resumes sent to executive recruiting firms across the country.

“We receive almost 300 inquiries every month from doctors eager to leave patient care,” says Harry Graham, vice president of Sampson, Neill & Wilkins Inc., of Upper Montclair, N. J., a search firm that specializes in placing physicians in the pharmaceutical and biotechnology industries. “Sixty-five percent are from doctors between 35 and 40. Most physicians are nearing their peak in skills and earnings in those years, but some are being forced to look at alternatives.”

Older doctors want a change, too. “In the first class I gave,” says Celia Paul, “the majority of doctors were residents or new physicians who were under stress and worrying about building a practice. In subsequent classes, more were over 50-successful, but convinced they were in a rut.” Paul began her workshops two years ago, to accommodate the increasing number of doctors requesting career counseling services. The most recent class, held at NYU last spring, was comprised of 20 physicians, evenly divided between residents and established M.D.s. I sat in to hear why doctors are switching careers. Here were the most common complaints:

Premature burnout. After only one year in practice, a young pediatrician at a clinic in New York’s poverty-ridden South Bronx had developed a substantial discontent, even though she still enjoys working with patients. “I know I’m filling a real need,” she explains. “But what I find disheartening is the attitude of some clinic staff members. They scare patients away by treating everyone as a number. The bureaucracy is unbelievable. Even so, I’m not sure I’d be better off anywhere else. After the clinic, I just can’t see myself taking care of upper-middle-class kids with runny noses, nervous mothers.”

The seven-year (or eight-year) itch. A psychiatrist at a major metropolitan facility for the past eight years says dealing with hospital politics and cost-containment edicts leaves her exhausted. “The hospital is a constant battleground, with daily arguments about where to turf the patient,” she says. “That’s the name of the game. Push him onto someone else’s service, and then get him out as soon as possible. My work is challenging, but I feel agitated most of the time.”

Health problems. A 50-year-old internist who works at an ambulatory-care center claims that midlife crisis brought him to the class. “I feel as if this is the last chance I have to make a change in my life,” he says, “and I want to see what else is available. Then he confesses to a more immediate concern: “I’ve had some hearing loss, and it’s making my job more difficult.”

Wrong original choice. A resident in internal medicine concedes that he became a physician because of family pressure. “My father is a doctor, and it was just expected that I’d be one, too,” he says. “It’s embarrassing to admit this after all the time, effort, and money involved in my education, but I just don’t get the same charge out of patient care as my friends do.”

Does a doctor have it made? The biggest obstacle physicians face in making a career change is psychological, according to consultant Paul. “Once you’ve become a doctor, you’re supposed to have it made,” she says. “It takes real courage to break with everyone else’s expectations.”

At the class I attended, the Bronx pediatrician echoed that analysis. “I feel shame when I say I’m unhappy being a doctor,” she says. “My relatives and friends don’t understand. Admitting that you’re not satisfied with a career so many people still revere is like conceding you’re a failure.”

Does a doctor have it made?
To help doctors shift their focus from what's expected of them to what's right for them, Paul uses a 30-minute values quiz. She asks participants to rank the importance of various goals and values, such as income, intellectual stimulation, working in a congenial atmosphere, status, the feeling that work is socially useful, and autonomy. She then has the class write brief summaries of the jobs they most enjoy and dislike. “The exercises make people look inward and dig deeper to find out what's important to them,” she says. “What do you really want out of life? What price do you place on your happiness? Would you give up a high salary, say, to get what you say you want?”

Physicians don’t reach lasting conclusions about career objectives as a result of the exercise, of course. For most, the values analysis is the start of a process of clarifying goals. But for some, answers emerge quicker.

**New perspectives, fresh outlooks**

“I’ve learned that my current job doesn’t match with my skills,” says an emergency-room physician. “I’m at my best dealing with critical cases. I feel the most stress and least confidence when I’m dealing with minor aches and problems that so often turn up in the ER. I’m starting to think that I don’t need a real career change. This may sound strange, but maybe I need to work for a hospital in a seedier neighborhood where there’ll be more trauma work, more action.”

The psychiatrist who'd complained that her hospital is a battleground says the NYU class taught her she’s not yet ready to abandon it. “I enjoy taking care of patients there too much,” she says. “But to ease some of the burnout I feel, I’ll try to cut back to about 20 hours a week and find a part-time job working with the disabled in a non-hospital facility. The job I had most fun at was helping to write a training film for physicians on how to deal with AIDS patients. I’ll investigate doing more of that.”

The 50-year-old internist with the “midlife crisis” and hearing loss also decided to stay in his present job. “After listening to everyone else and looking at the alternatives, I found the values I cherish most are being met on my job,” he says. “I need to work more on dealing with my disability.”

The class uncovered some entrepreneurial leanings in one participant, a medical student. “I’ll hang in there to get my M.D., but I won’t go into patient care,” he says. “I’d like to work on the business side of setting up ambulatory health clinics, or home-health-care services for the elderly.”

For some doctors, discontent stems from their reluctance to market their practices. Several class members consider marketing little more than “hucksterism.” The remedy: Overcome that reluctance.

Paul pointed out that the old referral patterns have broken. “You can be the best doctor in the world, but until you put yourself out there, patients won’t know it,” she said. “Patient newsletters, speeches to PTAs, charity groups, schools, etc., all help build a practice. Sometimes all it takes to cure burnout is to get the practice growing again.”

**Where can an unhappy doctor turn?**

The class discussed some alternatives to direct patient care, including jobs in biotechnology, pharmaceuticals, medical advertising, and publishing. The range is as broad as you make it. “Some of the doctors I’ve counseled have merely switched specialties,” Paul says, “but others have gone into the restaurant business, real estate, or financial planning.”

Harry Graham of the physician recruitment firm told the class that most jobs in the pharmaceutical industry for M.D.s are in the clinical research area, but that there are openings in medical marketing as well. Entry-level salaries for physicians range from $68,000 to $105,000, depending on specialty.

“Right now, cardiologists and infectious disease specialists are in greatest demand,” he says. “But the industry is cyclical. A few years ago, gastroenterologists were the hot specialty when the new H2 antagonists and the prostaglandins were coming along.”

Although executive search firms can act as a buffer and negotiator between the doctor candidate and the client company, Paul warned the class of some hazards of conducting a job search exclusively with “headhunter” firms. “Since the employer has to pay a fee, you become a more expensive commodity,” she says. “And you’re not allowed to personally contact the firms the search company is working for, which means you can lose some contacts. So if you use a headhunting firm, tell them not to contact the specific companies you’d planned to interview with on your own.” The recruiters typically ask candidates whether they’ve submitted applications directly to potential employers so that duplication can be avoided, Graham says.

Paul also recommends using medical skills part time while searching for a new career. For example, the psychiatrist in the class I attended works for the federal government reviewing charts for people applying for disability benefits.

“They pay $50 an hour, and the schedule is very flexible,” she says. “I usually put in 10 hours a week in a very relaxed atmosphere. So even if I quit my full-time job, I’d have some income coming in while I was looking for another.”
In the early 20th century, a popular idiom evolved on the fairgrounds of America. Barkers on the midway would lure people to their stalls, then when the fairgoer barely missed the prize, the barker would utter “close, but no cigar.” The cigar, of course, being the prize. These wines come from regions that are very close to, but not in, some of Europe’s top wine areas. So, in the case of these features, close is more than acceptable. In fact, you may come to think of these wines as the real prize.

This wine from the isolated Alto Piedmont region of Italy and the historical village of Ghemme is the 2007 Rovelloti Ghemme “Chioso dei Pomi.” This is a perfect example of the style of wines produced in this zone, which lies an hour-and-a-half drive northeast from the town of Barolo. In fact, on driving maps, the village of Ghemme appears to be a suburb of Milan. In reality, this ancient village is a million miles from the hustle of Italy’s second largest city, high in the foothills of the Alps. Like most old Italian villages, Ghemme was at one time a fortress at the top of a steep hill. If you visit the area, you can still walk into the 10th century Ricetto, or walled compound, where inhabitants took refuge in times of war. The vineyards of Ghemme cascade down the hills to the south of the town, divided into four zones. Most of the grapes grown in the area are Nebbiolo, which like the vines in Barolo, requires an extremely long growing season. Although other grapes are grown, they are most often indigenous varieties such as Vespolina and Erbaluce, as well as Uva Rara, which has been identified as Bonarda. The Rovelloti family farm 15 hectares, or about 50 acres, divided across several areas and exclusively prime vineyards. It is not hard to imagine how this family has come to own most of the best sites in Ghemme. They trace their history in the village to the 15th century, and have been passing down vineyards for so long that they do not even know how many generations. The majority of their holdings lie in the Cru of Baraggiola, which is further sub-divided into four more growing zones. For the majority of the grapes in this wine, their entry level red, they come from Baraggiola Valplazza. They also own the neighboring block of oldest vines in the village, which is used for their Riserva. Since the 1980s, the Rovelloti family have worked with the University of Milan to eliminate the use of chemicals in their vineyards. Although they are not certified organic, no chemicals have been used on these vines for almost thirty years. To create their Ghemme “Chioso dei Pomi,” the grapes are hand harvested, as no machine can move up the steep hills.

The grapes are fermented in stainless steel tanks with extended skin contact after the fermentation is complete. The wine is then moved to large Slovenian oak tanks for twelve months. After that, the wine is moved to smaller 5000 liter barrels for an additional eighteen months. At that time, the final assembly is made, and 15% Vespolina is added in this case, then the wine is bottled and aged an additional nine months before release. When you open this wine, you will see why such time is needed to allow the full potential of this wine to blossom. Decant it for at least an hour, but I would even suggest the morning of the day you intend to drink it. The color is not very dark, but do not let that fool you into thinking it is a light wine. The nose offers you a strong scent of sour cherries and bitter, Italian plums with complex layers of grilled lamb fat, cinnamon, allspice, caramel and tarragon. On the palate, it is nicely deep and concentrate with long but obvious tannins and a lot of polish. Although good now, this wine will easily improve for up to decade.

The second wine reviewed is the 2013 Mauro Vino de la Tierra de Castilla is produced from a vineyard that lies just outside of the famed Ribera del Duero region of Spain. The grapes for this wine grow in the area of Tudela de Duero, which lies 19 kilometers southwest of the regional capital of Valladolid. When the boundaries of the Ribera del Duero region were drawn, they ignored this small valley that lies on the river due to the presence of some...
old vine Garnacha. This is despite the fact that the region was so respected that the history of wines date back to 1562, when Felipe II exempted the vineyards from paying taxes due to the high quality of their wines. It is also worth noting that when the Swiss pharmaceutical firm Novartis decided to build a winery and vineyard in the Ribera del Duero, they too selected this valley. The reason why this wine is worthy of a club selection is not just because it fits a quirky theme. Bodegas Mauro was founded by Marianna Garcia, who for more than thirty years was the head winemaker of Vega Sicilia. If you are not a devotee of Spanish wine, you may not recognize this name, but they are Spain’s greatest and most expensive wines. Garcia was such a believer in the potential of regions outside the Ribera del Duero that he led their expansion into the Toro, and their wine Pintia. In the 1970’s, he found this old vineyard and purchased the land along with partners Luciano Suarez and his cousin, Felix Choque. Suarez is also an architect, who specializes in the restoration of medieval monuments and so the winery, opened in 1980, lies within a 17th century mansion. Due to the proximity to the river, the 250 acres of vineyards of Bodegas Mauro lie on a complex combination of soils. There is a mix of sand, gravel, limestone and clay, and each is planted with a variety or in a technique that accentuates the best qualities of the grape. Almost all of the vines are Tempranillo, but they also grow Syrah and Grenache which are sometimes included in their blends. Since inception, the vines have been farmed using organic procedures, although they are not certified. I visited this area in 2007, and it was not lost on me that the vines had little growth, even in early May. The climate in this area is considered continental. This means that the summers are very warm and winters can be quite cold. My own experience was a day approaching 90 degrees after lunch, and the need for a sweatshirt shortly after sun down. The wide daily temperature swings of the area mean that the grapes ripen quickly, but harvest is delayed due to the cool fall. As a result, the wines have incredible color and concentration, which you will soon see. Winemaking at Bodegas Mauro is very modern. The grapes are hand harvested and sorted before going into the fermentor. Fermentation is done using indigenous yeast, and the wine is left on the skins for an additional twenty to thirty days. This builds greater color and also polymerizes the tannins to produce a softer and more approachable wine. Aging is done for sixteen months in a combination of 85% French oak barriques (225 liter) and 15% American barrels. Approximately 20% of the barrels in each vintage are new. The final blend for this wine includes 10% Syrah, which is handled the same way as the Tempranillo. When you decide to drink this wine, make sure to decant it for at least one hour before serving, and two would be better. The nose is extremely forward with notes of black raspberry jam, cooked blueberry, peach skin, vanilla sugar cookie, cola syrup, Luxardo cherries and cedar. In the mouth, it is quite dense and broad with a firm sense of tannins that appear right after the initial big wave of fruit, then soften into the finish. You can drink this wine now but it will improve for five to seven years.

The final wine reviewed for this month is the 2012 Vieux Chateau Saint Andre Montagne St. Emilion is known within the wine trade as an “insiders” wine. This is because it is owned and crafted by one of the world’s greatest living winemakers, but is priced for those of us in the trade who cannot afford his most famous bottling. Vieux Chateau Saint Andre, henceforth known as VCSA, is owned by Jean-Claude Berrouet. While not a household name, Berrouet was, for forty-four vintages, working for all the estates controlled by the Moueix family. Best known for his development of Chateau Petrus into a juggernaut, he also helmed the winemaking at Chateau Trotanoy and Magdelaine. In addition, he established the winemaking at Christian Moueix’s other famous Napa estate, Dominus, where he guided the winemaking from 1982 to 1993. Berrouet is best known as the world’s top winemaker of Merlot based wines, and often seen as a foil to the “other” famous consultant from Bordeaux, Michel Rolland. I would generally say that Rolland appears to craft the same wine from many different places, but his signature is always apparent. He was the prime target of the movie, Mundo Vino, which targets his homogenization of winemaking, regardless of soil or climate. By comparison, Berrouet believes the winemakers job is to coax the character of a site through the wine, without the appearance of being “made.” The wine region of Montagne Saint Emilion lies an hours drive east of the city of Bordeaux and immediately east of the town of Libourne. It is considered one of the “satellites” of the more famous Saint Emilion wines. These surrounding areas, which lie north of the Dorgogne River, share a similar climate and soil. Historically the area was ignored because of the relatively thin nature of the wines. With prices for Bordeaux escalating into the stratosphere, many chateau owners have purchased land here to create lesser wines. With their arrival comes expertise and investment, which is why now many savvy buyers seek out the wines of these region. The VCSA property is almost twenty acres of vines and is managed with his son, Jeff. Most of the property is planted to Merlot, which thrives in the humid climate and clay based soils of the area. Throughout the vineyard there are pockets of sand and they plant Cabernet Franc and a little Cabernet Sauvignon in those soils. Although he does not advocate biodynamic farming, Berrouet is quite “spiritual” and is known for his passion for mystic, earth energies. There is a story that he is so attuned to the Earth’s rhythms, that when planting the vineyards of Dominus, he insisted they fly Druids to the site to help focus positive energy on the vines. The winemaking at VCSA follows the process he laid out at Chateau Petrus. The grapes are hand harvested, then destemmed and fermented using indigenous yeast in large, concrete tanks. After the wine is dry, it is moved to small, French barriques, half new, and aged for sixteen months.

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
Someday, we may miss the quaint idea of going to see your doctor for your medical concerns.

I realize taking your children to see their doc is a pain. So is taking your car into the mechanic, waiting for the cable guy or going out for groceries. There are other things you'd rather be doing with your time. Can a quick phone call substitute for a doctor visit?

At least one huge insurance company thinks so. My family's health insurance comes from Aetna Healthcare (the letters of which can be rearranged to spell "At Heartache Lane"). They're really pushing me to try "Teladoc" (which, ironically, can be rearranged to spell "late doc" or "eat clod" or "led taco").

One of the many promo brochures they sent shows a sad-looking child in the background, with an app open on mom's phone in the front. "How would you like to talk to the doctor?" it says in big friendly letters. Holly, presumably the child's mom, is quoted, "One night, my child was running a high fever. I called Teladoc and the doctor prescribed a medication & plenty of fluids. Glad I avoided the time and expense of the ER."

24/7 doctors! What could go wrong?!

What Holly's mom should have done was called her own child's doc. Depending on the kid's age, health history and symptoms, it would have been appropriate to either: Stay home and give a fever medicine, then come in for an exam in the next few days if still feeling poor. Or if there was a chance of a genuinely serious medical issue, get evaluated right away. The child could have had meningitis, pneumonia, a viral infection or one of a thousand other things. But there could have been no way to know a diagnosis over the phone. What was needed was a risk assessment, not a prescription. Holly's story, to a pediatrician, makes no sense. It doesn't represent anything close to good or even reasonable medical care. A high fever means "call in a prescription"? That is completely and utterly wrong.

So why is Aetna pushing Teladoc? It's cheap. Aetna's payout to the telemedicine company is far less than what they'd pay for an urgent care or emergency room visit. Insurance companies aren't eager to spend money for people to see doctors. Cheap is good for insurance companies, but is it good for your children?

I couldn't find any studies in pediatric patients looking at the accuracy of this kind of service for making a diagnosis and prescribing medicine for acute problems over the phone. I emailed the Teladoc people, introducing myself as a physician whose patients might use their services. Do they track their accuracy or outcomes? Do they have any data showing that what they're doing is even close to good care? I got no response.

Though there are zero pediatric studies, I found one good study in adults, reviewed here. Researchers contacted 16 different telemedicine companies specifically about rashes. They uploaded photos and basically "posed" as patients. The results were abysmal – there were all sorts of crazy misdiagnoses. Many of the telephone clinicians failed to ask even basic questions to help determine what was going on. Two sites linked to unlicensed overseas docs, and very few of the services even asked for contact info for a patient's primary care doc to send a copy of the record.

I think I know why telemed companies don't bother to send records to primary care docs. I have gotten just two copies of telemedicine records in the last few years. They're frankly embarrassing. One was about an 8-year-old with a sore throat (who wasn't even asked about fever). It says the mom "looked at the throat and saw it was pink without exudate." (Let me mention here that throats are always pink. That's what's called the normal color of a throat.) Amoxicillin, in an incorrect dose, was called in for "possible strep throat." This is terrible medicine that contradicts every published guideline for evaluating sore throats in children. If this is the kind of Krappy Kare we've decided we want for our children, we ought to just make antibiotics over-the-counter and skip the pretending over the phone. The other telemedicine record I have was nearly identical, a 15-month-old also diagnosed with strep — amoxicillin called in. (More Krap Kare for Kids.)

There can be a role for telemedicine. I see it as a useful tool for follow-ups, especially for psychiatric or behavioral care where a detailed physical exam isn't needed. Telemedicine can also be an excellent way for physicians in isolated or rural areas to get help from a specialist for complex cases. And telemedicine technology is already being used successfully
to allow expert-level interpretation of objective tests, like pediatric EKGs and echocardiograms.

But current available technology — like this Teladoc service — doesn’t allow a clinician to really examine a patient, look in their ears or even assess whether their vital signs are normal. They cannot help decide whether a child is genuinely ill or just a little sick — and that is what parents need to know in the middle of the night. Calling in unnecessary antibiotics is cheap and easy. But it’s no substitute for genuine medical care.

Roy Benaroch is a pediatrician who blogs at the Pediatric Insider. He is also the author of A Guide to Getting the Best Health Care for Your Child and the creator of The Great Courses’ Medical School for Everyone: Grand Rounds Cases.
1. Hold your own review

The beginning of the year is a good time to pretend you’re a corporation and check your financial performance. Review your current portfolio and see if you need to adjust anything to keep your investments in line with your goals and objectives.

“Has there been a life event that changes the way you want your portfolio to work?” asks Thomas J. O’Connell, president of International Financial Advisory Group in Parsippany, New Jersey. A birth, death, retirement or a family member entering college can all have an impact on how you should invest during the new year.

2. Resolve to learn something

If you’re one of those people who thinks, “I have no idea how bonds work” or “What the heck is an ETF?” it’s time to educate yourself.

You don’t have to be Warren Buffett to gain a reasonable working knowledge of investments and retirement rules.

Just choose a couple of things you know you don’t understand and make it a goal to learn something about them. For instance, you might want to look up the difference between mutual funds and exchange-traded funds, because if you think 2017 will be a good year for the stock market, it may be the year for putting some ETFs in your portfolio.

Or, maybe it’s about time that you understood the relationship between bond prices and interest rates.

3. Know your tolerance for risky business

Say the market drops, and you look at your balance and it’s lower. “That’s going to happen,” says Will Branch, investment analyst for MillenniuM Investment & Retirement Advisors in Charlotte, North Carolina. If the mere thought makes you feel ill, imagine it really happening.

You might need to take some risk off the table. Branch recommends this rule of thumb to make your allocation more comfortable: Whatever your age is, take that number and use it as a percentage of your total holdings for safer, fixed-income investments like bonds.

4. No risk, no return

But if you think investing in stocks is too risky, consider this: Staying conservative to try to avoid market risks altogether can be a losing strategy, too. People who stepped out of the market and were afraid to return after the recession missed out on substantial returns, says Arian Vojdani, investment strategist, at MV Financial in Washington, D.C.

“The S&P 500 index has gone up by almost 13 percent in the last seven years,” Vojdani says. “You shouldn’t have all your eggs in one basket, but that gives you an idea of the return you’re missing out on.”
Staying out of the stock market also boosts your inflation risk. “The value of your dollar goes down over time as inflation rises,” Vojdani explains. Investing helps “your money (to) appreciate in value. If you just have money in a bank account you are not making any money on your money. Your money is losing value over time.”

5. Read up
Top tip for investing? Read, says Ethan Braid, a founder of HighPass Asset Management, a fee-only investment advisory firm in Denver. If Bill Gates can read 50 books a year, you can read six, he says.

Braid recommends several titles: “The Most Important Thing” by Howard Marks; “Stocks for the Long Run” by Jeremy Siegel; and “The Warren Buffett Way” by Robert G. Hagstrom.

Reading gives you a good foundation, a process to think about retirement and a way to view the world of investing, Braid says. “If a layperson could just accomplish 10 percent of what a Bill Gates does, you could really make a difference in your life,” he explains.

6. Know that interest rates will probably rise
Many experts will tell you that today’s rock-bottom interest rates will probably rise. At least a bit. If they do, two areas can challenge investors: bond duration and adjustable-rate loans.

“You’ll want to switch to shorter-duration bonds,” says David Fleisher, CEO at Firstrust Financial Resources in Philadelphia. He explains that they’re generally less sensitive to rising or falling interest rates than those with longer durations. And, if you hold a mortgage or other loan with an adjustable rate, you can expect your costs to rise.

If rates do go up, take heart. “It’s because economic growth is on the right track, unemployment is low and the economy is on the path to a solid recovery,” says Omar Aguilar, chief investment officer of equities at Charles Schwab in San Francisco. “I think the markets will respond very positively.”

7. What are you losing to fees?
In a workplace retirement plan, your investment fees should be plainly stated, but in many IRAs or after-tax brokerage accounts, you may have to look harder. Braid, of HighPass Asset Management, recommends carefully reviewing every statement.

Shifting to ETFs can be a way to reduce total expenses, because the fees are lower, says Kevin Stophel, a financial adviser with Kumquat Wealth in Chattanooga, Tennessee. The change can cut your fees by as much as a full percentage point, in some cases.

8. Don’t dis cash
Stophel recommends reconsidering cash as a specific asset class, because he says stocks are flying too high. “The debt-to-equity ratio is at a value above where it was before the Great Recession,” he explains. Amid low interest rates and expanded debt on company balance sheets, market valuations may be out of line with realistic future earnings.

In other words, it’s not a bad time to be conservative. Remember: “Only bet what you can afford to lose,” Stophel says.

In even simpler terms, we’re long overdue for a market correction after seven years of a bull market.

9. Master your emotions
People make the worst decisions when they’re under duress. “If the market’s dropped 600 or 1,000 points, you might as well just stay in and ride it out,” says Branch, of MillenniuM Investment & Retirement Advisors.

Investors who were in stocks in 2008 and rode out the crash by staying in did well over time, he says. “(The market) did bounce back. People in their 20s who are investing through a workplace plan should realize they’re buying their stocks on sale.” People who are closer to retirement need to make a plan and stick to it.

And whatever you do, don’t waste time trying to predict what the markets will do. “Forecasts have limited value,” says Adam Watts, a managing partner at EAM Partners in Dallas.

Instead, make sure your portfolio can perform in a range of market conditions.

Treasury inflation-protected securities, or TIPS, are one way to help offset potential losses. TIPS offer some protection against inflation because the principal increases with inflation and decreases with deflation.

10. Review your investment mix
When was the last time you looked at how your money is allocated? People often make investment choices and then do nothing for years, even decades, says Earle Allen, a partner with Cammack Retirement in New York.

If that’s your case, Allen recommends reviewing periodically — once a year is adequate. “Make sure the allocation mix still makes sense for (your) current life situation,” he says.
Key Takeaways
2017’s home design trends are all about creating lush spaces by taking traditional designs and making them modern with unique color, texture and material choices.

As far as color, experts suggest grays with warm beige undertones for living rooms and kitchens, and bold reds and rich caramels for bedrooms.

When it comes to remodeling, homeowners are favoring upgrades that make day-to-day life more convenient and luxurious.

In the new year everyone is looking for ways to improve their lives — whether it’s shedding a few pounds, taking on a new hobby or completely revamping their living space for renewed inspiration.

Take note: The next year’s home trends call for lush colors, plush textures and modernistic takes on traditional designs that make the perfect environment to create a “new you.” Here are the trends:

Traditional kitchens with a twist

1. Built-in bars
Bring the party home with a sleek built-in bar. The trend, which is a twist on 2016’s bar cart trend, is the perfect addition for homeowners who love to entertain. The bars add instant pizzazz to an otherwise traditional kitchen, plus offer built-in shelving for cocktail fixings, drinks, glasses and everything you’ll need for a ritzy night in.

2. Contrasting islands
Is a built-in bar a little over-the-top for you? Then a colorful island is a simple substitute that offers extra room for mixing drinks and whipping up tasty snacks for family and friends. The key to nailing this trend and making it modern is choosing a contrasting color. Have a kitchen with a lot of warm hues? Choose an island in a cool shade, as seen in the photo below.

3. Colored island plus colored fridge
Feeling colorful? Add a 1950s-style fridge in a vibrant hue to your kitchen.

4. Hexagonal tile backsplash
It might have been “hip to be square” in 2016, but 2017’s tile designs are all about experimenting with other geometric shapes — namely, hexagons. Go for a cool, monochromatic look as seen below, or choose a few complementary colors for a punchy focal point.

5. White and wood kitchens
If complex geometric shapes and bright colors aren’t your cup of tea, embrace a simple style with white accessories and wood countertops for a modern twist on country chic.

6. Wall of tile in kitchen
See a pattern here? Clearly, 2017’s kitchen style heavily relies on tile to create focal points and direct the overall vibe of a kitchen. Homeowners who think a backsplash isn’t enough are covering their kitchens with full floor-to-ceiling and wall-to-wall tiles.

7. Marble surfaces
Is tile simply not for you? If so, opt for marble in shades of white and light gray for countertops, flooring, tabletops and home accessories, such as serving platters and vases.

8. Go Greenery
Recently, Pantone released its 2017 color of the year, Greenery. Greenery is bright, lush and perfect for homeowners who want to bring the outdoors indoors.

9. Opt for Shadow or Poised Taupe
Brodnax favors Benjamin Moore’s color of the year, Shadow 2117-30, and Sherwin-Williams’ color, Poised Taupe SW 6039, both of which are neutral tones that add understated warmth to a room.

10. Beige is in
If gray is a little too dim, consider using a palette of beige-based neutrals to create a warm and cozy atmosphere.

11. Don’t forget the color!
With all these neutral tones taking stage in 2017, it’s important to add pops of color to keep your space from looking “blah.” Designers and homeowners alike are favoring saturated jewel tones (such as emerald green and sapphire blue) in artwork, furniture and other home accessories.

12. Velvet aboveground
Another way to add color and texture to
a space is with a velvet statement piece. Designers are adding the lush fabric on sofas, throw pillows and even curtains for a sultry look.

13. You're so vain
Vanities are making a comeback, and instead of reaching for pre-manufactured designs, homeowners are getting crafty by using chests of drawers, old file cabinets and vintage consoles to make one-of-a-kind pieces.

14. Black steel (and glass)
Take your shower to the next level with black steel and glass doors. The result is an understated chic space that allows plenty of natural light to come through.

15. They hang brightly
Instead of table lamps, consider hanging pendant lights in the bedroom to create a whimsical style. This option works especially well in small rooms where there's no space for nightstands (or where you want to use your nightstand space for something besides a lamp).

16. Time for romance
While neutral tones will be popular for living rooms, kitchens and bathrooms, warm, romantic colors will rule bedrooms. According to Houzz, colors like raspberry pink, deep ruby red, caramel and even black are the perfect shades to make a room that Cupid will want to stay in all year long.

Let me upgrade you
HomeAdvisor Chief Economist Brad Hunter says 2017 will be about lifestyle renovation projects that make day-to-day life convenient and more luxurious. “The kinds of projects that were deferred during the recession, and for several years after the recession ended [will be popular],” says Hunter. “People decided back then to be very judicious with their money, and so they put off some of the enhancements.”

17. Multi-room remodel
Hunter expects to see more multi-room remodels and other major remodels. People waited until their home’s value was well above previous levels before embarking on lofty projects.

18. Human docking stations
Hunter says that since Wi-Fi allows homeowners to work anywhere within the home, there’s less of a need for a home office. He notes there does have to be a place to store printers, file cabinets and so on, but in 2017 homeowners will opt for “docking stations” made out of a small equipment cabinet with a drop-down or pull-out desk surface to tackle quick tasks.

19. Garage remodels
Garages are notoriously misused as storage spaces, some with barely enough room for a car.

Hunter says garages can be put to use by converting them into mother-in-law suites or as a guest room for family and friends.

20. Shedquarters
“The term ‘shedquarters’ has been used to refer to a small structure that is on the property, but outside the house, often utilized for home-based businesses,” says Hunter.

“This is a spinoff of the ‘tiny house’ movement, and one that will see more interest in the next couple of years. We expect to see more of these planned for ‘flex’ or ‘hybrid’ use, such as [an] office/party room.”

Yulia Grigoryeva / Shutterstock.com
All listed trends were sourced from Zillow, Houzz, HomeAdvisor and RESA.
Dear President-elect Trump,

You have stated that one of the first things you will do in office is to overturn Obamacare. You state that you will keep coverage for pre-existing conditions and children to age 26 but beyond that is unclear. Speaker Ryan said it would be “patient centered” but what that means remains to be seen. You now have a former surgeon as head of HHS. If I may, I would like to offer a perspective from a physician who over the course of 40 years has seen a lot of very poorly thought out health reform cause more harm than good.

Part of the reason I voted for you is that you are someone from a business background and therefore will re-think how the country’s problems can be solved. Having the country being run by career politicians has certainly not turned out as planned and nowhere is this more apparent the health care where we aren’t able to even define what is the problem properly.

The main issue with health care has always been exploding costs. Quality was not an issue until costs and quality were tied together. The main drivers of health care costs have been this: The second half of the twentieth century saw an explosion in health care technology. When Medicare was established in 1964, there were no transplants, kidney dialysis, trauma centers, or NICUs, etc., all addressing problems that existed before but nothing could be done about therefore not costing anything. By some estimates, Medicare’s costs were off by a factor of ten. To add to the problem, the country’s extreme reluctance to ration care led to pressures to make these same technologies available to everyone. Pressures from the legal system that came down hard on any provider if it was perceived that care was being withheld certainly did not help.

Here’s where we went off the rails. Sometime around the late 80s the idea became established, especially in political circles, that costs were getting out of hand not due to technology, but because the health care system was providing an inordinate amount of high cost, low-quality unnecessary care just to make money. A vendetta started against the fee for service system to replace it with a more controllable quality based reimbursement system. It remains to this day. Whether the politicians did this because they actually believed it or because of political expediency, only they know, although with politicians being politicians I strongly suspect the latter.
Although this was true on a small scale (name me any business where this does not exist) it was nowhere near the amount necessary to justify the types of poorly thought out reform plans that have failed in the past, are failing today, and will fail in the future. Being in private practice has always been competitive and providing a lot of expensive, unnecessary care is not a good way to keep your customers happy, a fact that I know you would appreciate coming from a business background.

From Hillarycare to the private capitation plans of the late 90s and beyond, all these plans failed for the same reason. Obamacare is no exception. Although it did not get a lot of press, and was likely the reason for Obama’s initial claims that families would save money, there were a considerable number of “quality” based health reforms, based on the same false premise that money could be saved if all of that “high cost, low quality, unnecessary care” could be wrung out of the system. Of course, being not true, the exact opposite occurred, and premiums went up. Here are just a few of the other problems that have occurred:

1. The number of health care administrators has exploded compared to the number of providers. This bled money away from actual patient care.

2. Electronic medical records being pushed out prematurely to monitor physicians behavior, causing more problems than it has solved.

3. Increased government interference in the patient-physician relationship where it does belong leading to making problems worse. The opioid crisis is a good example.

4. Physicians avoiding complex, difficult, high-risk or uncooperative patients in an attempt to get better quality scores

5. Physicians becoming more super-specialized as they will only do what they are comfortable doing.

6. Increased physician retirement, burnout, and suicide as they try to deal with an ever changing, sometimes conflicting, set of rules and regulations.

To make matters worse, the old problems still exist, such as our runaway legal system, an aging population, and the effects of irresponsibility. As someone who can now bring a different perspective to the health care problem, maybe you could consider some realistic and workable reforms, such as dedicating 100 percent of sin taxes to health care or instituting loser pays to our civil tort system.

If single-payer is the answer, then most physicians would go along as long as we have a trade union as they exist in other countries. Given your background, I feel we have the best chance we have had in years of solving our problems honestly and objectively and come up with real, workable solutions.

*Thank you and the best of luck for your new administration. Thomas D. Guastavino is an orthopedic surgeon.*
The Blue Typhoon recently opened in the former “Nippers” location on the Intracoastal Waterway at Beach Marina. Here is a summary of several comments by patrons posted on the Trip Advisor web site.

“NOT IMPRESSED”
capt jeff
Looks like a great bar but the restaurant needs help, I’m a delivery boat captain and stop at a lot of places but not impressed at all, had to ask for my salad twice and the steak I got looked and smelled great but it was so salty and the vegetables were the same.

“Great after sail spot”
Hud B
This place just recently opened after changing name and management. I think they are still getting their act together but we had a great time. We had spent a hard day sailing out of Jacksonville with a crew of 6. The weather was great and it was an awesome day topped off by some great food.

“Friday fun”
johnmeeks1974
I enjoyed my first experience here after being invited by them via Twitter. I don’t normally spend time on this side of the “ditch” but I was pleasantly surprised by the attentive staff and the professional service. Stephano was my server and he made my trip worthwhile. I had the calamari, the cod and shrimp, asparagus, grilled mixed vegetables.

“Total bummer”
gbeee08
This place has a cool atmosphere and it’s in a great location, but the food and drinks are awful. I had the Mahi tacos and was so disappointed. The fish was dry, and the only topping was coleslaw with no taste and a single slice of avocado. The salsa served with it was simply watery mashed tomatoes.

“Great waterfront atmosphere, good food!!”
ShirleyD246
I had two appetizers, both were very good! The atmosphere is wonderful, sitting with a view of marina. There is outside seating but it was too windy that day for my friend and I; I hope to go again and experience the open sky along with the waterfront.

“Good Food & Water View”
chefmaster
Went for lunch and had a very good experience. Our server Abbey was very helpful and attentive. I like Ceviche and noticed they have 3 different ones on the menu. She recommended the Salt Water Ceviche which I tried. Amazingly very good with plenty of good size shrimp, scallops, and calamari. The fresh chips were also good.
“Don’t waste your time”
Susan P
We had high hopes for this restaurant when it reopened with new owners. Very disappointed! Atmosphere outside is wonderful. They usually have a band and you get to enjoy the outdoors looking at the open sky and boats. Our server Justin was amazing! I wish I could give this a 5 just because he was such a good server! We had the fish and crab nachos they were horrible! I like fish but this tasted like it was out of date. Extremely fishy. Justin was such a wonderful server my hubby didn’t want to send them back, so he kept picking at the chips. I ordered the ditch fries, they were better than the nachos but not by much. If we ever go back again, it will be for beer and atmosphere. Not the food.

“Great music and drinks!”
WorldTraveler12
Visited Blue Typhoon for the first time last night! We sat outside and had drinks. The music was awesome and the atmosphere was really nice. Our waiter Andrew provided exceptional customer service. The food at other’s tables looked great. We will definitely be coming back for dinner next time! Sitting outside with a view of the marina was beautiful.

“very bad experience”
BerkeyFL
We live in Jax Beach and used to go here often when it was called Nippers. This was our first time here under the new name and new ownership. The atmosphere and location is good. Located off of Beach Blvd. and on the water. On this visit, we waited forever for our food, well over an hour.

“Excited to have a place on the water with live music!”
Meritage101
This is a multifaceted 2 story restaurant on the Intracoastal with large outdoor upstairs/downstairs deck with tiki bar, live music, Sports/Casual dining room inside. I went here today (and they are still in their soft opening stage) for lunch and some drinks to check it out as very excited to have a place on the water to eat and listen.

“Being powerful is like being a lady. If you have to tell people you are, you aren’t.”
—Margaret Thatcher

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The 10 North American Ski Resorts To Hit This Season

La Niña is anything but guaranteed this year but with that said, the chances of a La Niña affecting North America this season are still favorable (albeit just above 50%). We’ve compiled a group of resorts you should consider checking out this season.

10) Jackson, Wyoming
While summer winds down in Wyoming, locals are starting to check the most recent ENSO updates like clockwork. And while a La Niña event is not guaranteed, Jackson Hole typically benefits from systems from both the north and south, making it mostly weather neutral. Still, if the sister does show up, Jackson can expect steady, cold snowfall from the north.

9) Steamboat Springs, CO
During January of this past year, Steamboat Springs looked more like Japan than Colorado and locals are hoping for more of the same this season. If La Niña shows up, look for the northern Colorado ski resort to receive the lion’s share of CO’s snow.

8) Grand Targhee, WY
Like Jackson, Grand Targhee benefits from both northern and southern systems. But unlike Jackson, the ‘Ghee gets even more snow on its western slope year-in and year-out.

7) Bridger Bowl, MT
This down home ski area had a slow but eventful 2015-2016 season and locals are hoping for much more of the famed “cold smoke” this upcoming season. Either way, hiking to goods @ BridgerBowl makes for some of the best resort-based adventure skiing in the lower 48. Just remember to bring your beacon.

6) Crystal Mountain, WA
When it comes to the PNW, Crystal Mountain offers the most vert for your buck. Also, WA is heavily favored during La Niña years and when it comes to resort skiing, Crystal stands out as the favorite.

5) Mt Bohemia, MI
While the east coast is projected to have Equal Chances of an average winter, the Upper Peninsula of Michigan is forecasted to receive a crazy amount of lake effect snow. Don’t think of Mount Bohemia as just the another midwestern ski area— it’s not.

4) Revelstoke, BC
Since being added to the Mountain Collective, Revelstoke Mountain Resort is now the new bucket list item for skiers across North America. Also, the interior BC resort boasts the biggest vert in North America as well as the most time spent riding vs. riding chairlifts.

3) Mt Baker, WA
When the last La Niña rolled through, Mt Baker walked away from the season with over 857 of snow! Fingers crossed.

2) Whistler, BC
Whistler Blackcomb, like Mt Baker, is a perennial favorite during La Niña winters. Also, people are looking to get in the last local season before Epic Pass holders invade by the thousands.

1) Big Sky, MT
With two crucial lifts being replaced this upcoming season, Big Sky is turning the corner as one of the premier resorts in North America.
The older you get, the more quiet you become. Life humbles you so deeply as you age. You realize how much nonsense you've wasted time on.

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