Taking Action: A Spotlight on Dr. Steven Kailes

Breathtaking Pictures Taken By a Medic on His Travels

Restaurant Review: Jax Beach Brunch Haus
SAN MARCO
Architectural Masterpiece on the St. Johns River

Incredible detail and finishes throughout this amazing riverfront home. Entertain guests all year long from multiple covered porches and verandas. Just a short walk to fabulous shops and restaurants in San Marco square. Just minutes from downtown. Includes dock with covered boat lift and sun deck. 5 Bedrooms / 4 Full Baths 2 Half Baths / 6,214 Square Feet  $ 2,350,000

AVONDALE
Historic Riverfront Estate


5 Bedrooms/5.5 Baths/7575 Sq Ft $3,250,000

MANDARIN
Mature Riverfront Paradise

Build your dream home on this idyllic 2 acre property along the St. Johns River. Convenient location near schools, restaurants and shopping.

2 Acres/Vacant Land/Riverfront $1,275,000

SAN MARCO
Extraordinary Riverfront


5 Bedrooms/4 Full Baths 2 Half Baths/5,375 Sq Ft $3,450,000

SAN JOSE
Private Riverfront Paradise

Enjoy 225 feet of river frontage, features private road and protected park next door. Pristine and move-in ready.

4 Bedrooms/4 Baths/4,770 Sq Ft $1,799,999
Contents

2    Suiting Up For Your Body Type
3    Being a Latina, a Physician, a Mother and a Runner
4    Taking Action: A Spotlight on Dr. Steven Kailes
8    Breathtaking Pictures Taken by a Medic on His Travels
10   Key wet Scenes
11   Physicians Require Health Law Advice to Avoid Pitfalls
12   Wine Talk
14   Two New Medical Shows Premiering This Fall
16   Starling Senior Living's New Senior Community in Nocatee
20   Jax Beach Brunch Haus
22   Best Drones for Beginners

RJW

Media Brands
www.creativedevelopmentworks.com

RJW Media Brands develops and publishes several specialty magazines, periodicals and books.
For advertising information or to receive a complimentary subscription in digital form or by mail kindly contact our local management at 904-404-7857
or visit www.creativedevelopmentworks.com

Cover photography by Danielle Jolly

FAMILY LAW
For the Professional

Deborah Greene has been named to the 2017 Florida Super Lawyers List

Super Lawyers

904.359.5505
COMBS GREENE PA
FLALAW.PRO | cg@FLALAW.PRO
3217 ATLANTIC BLVD. JACKSONVILLE, FL 32207

Tim’s
wine market
904-686-1741

278 Solana Road (Winn Dixie Plaza),
Ponte Vedra Beach
Tues - Fri 10am - 7pm, Sat 10am - 5pm
mjc@timswine.com www.timswine.com
Each man has a different body type, which means what looks good on one man won’t necessarily work well for another. Due to these differences, it’s important to dress for your own body to ensure that you’re dressed to impress.

Dress for the Body You Have Today
Every year, we all aspire to lose weight or gain extra muscle, and those are worthy goals. When dressing, however, especially in the business setting, it’s imperative to dress for the body you have today — not the body you want to have eventually. Men are just as guilty as women of buying clothes in hopes of fitting into them before a particular event.

One of the best ways to ensure you’re dressing for the body you have now is by meeting with a clothier and purchasing custom-made business suits and tuxes. Custom clothing is more easily altered at a future time than clothes purchased off the rack. This is partially because higher-quality clothing has greater seam allowances.

As men experience weight gain or loss, most only need the waist of the pants altered, and even that alteration is typically only necessary if the weight changes more than 10 to 15 pounds. Clothes usually still fit well through minor body fluctuations because proportions remain the same even when the waistline expands and contracts.

Body Shape
Many men don’t realize it, but your body shape determines what you should wear, especially in a business setting. In the fashion industry, there are five commonly recognized body types, each with their own do’s and don’ts.

1. Triangle — If your body is triangle-shaped, your hips and stomach tend to be the widest parts of your body. Dress for success by focusing on your shoulders. You want to draw attention to and add bulk to your shoulders, which draws attention away from your hips. It’s important not to wear anything baggy in the hip area.

2. Inverted triangle — This is the shape of a bodybuilder. The struggle with this body type is that many clothing styles focus too much on the shoulder and chest, making your legs look smaller and leaving you looking cartoonish. If you aren’t careful, you can wind up looking very disproportionate. When dressing for business, draw attention to your shoes and pants using contrasting colors. Avoid skinny jeans and skinny dress pants, and stay away from jackets that come with padding.

3. Rectangle — If you have a rectangular shape, your chest, hips and waist are all a similar size. You may find that certain clothes make you look extra long. Choose business suits with some texture to break up the line so you don’t appear too thin.

4. Oval — Features of an oval shape include slimmer legs, bulkier arms and a thicker midsection. As an oval shape, you should strive to make yourself look leaner and taller by choosing a monochromatic color for your suit. Avoid pairing light-colored shirts with dark-colored pants as it draws focus to your midsection. Consider structured shoulder lines — like a broad, padded or roped shoulder — in your suit jacket instead of a natural shoulder, which can make an oval shape look more circular. Your goal should be to slim and frame your body.

5. Trapezoid — As a trapezoid, your arms, hips and shoulders are well proportioned with the rest of your body. A man with a trapezoid body shape should have a tailor in his corner to ensure crisp, clean lines. Remember: An off-the-rack suit may look “good enough” with your body type, but when you’re just good enough, you’re not dressed to really impress. Learning your body type is a crucial part of creating a business style and memorable presence. Don’t let the fit of your suit break a business deal; ensure that you always have several staple suits available that fit your body type perfectly.
To a runner, numbers are everything. It’s data. It’s workouts. It’s goals. It’s pace. It’s winning or losing. To a physician, numbers are everything as well. Before you get into medical school, numbers are your schedule, your GPA and your MCAT. In medical school, numbers are your grades, your board scores and your rank in the class. It goes on and on. As a practicing physician, it’s your patient’s lab results, your RVUs, your payments, your patient satisfaction score, and your bottom line.

1.8.

It’s a number that resonates in my head. It’s a really small number. It was the number of seconds that Apollo 13 lost data during their mission. It was my Creatinine after my last marathon. And according to the AAMC’s last workforce diversity study, it’s also the percentage of Hispanic or Latino U.S. women physicians. Yes, you read that correctly. 1.8 percent of the physician workforce is Hispanic women.

It is fairly accepted now that a diverse workforce is an imperative component to deliver quality health care. According to the last census data in 2010, 16.7 percent of the U.S. population identifies as Hispanic. I am biased in saying that our future (the Hispanic U.S. population is expected to grow from 16 to 29% by 2050) needs some more Latina physician role models. And I happen to know a few.

With a small number like 1.8 percent, how did four Latina physician-mother-runners find each other to run a Masters Track and Field Championship relay? Social Media is supposed to make America great again. It’s bringing communities together and thanks to Facebook, connecting two-billion people around the world. I am not up to two-billion or two-thousand friends on Facebook, but I do have three new ones. Three other beautiful Latina physician moms who care for patients with “corazón” and who are making a comeback. After many, many years of working all-nighters — both at home with babies and at the hospital with sick patients — we are literally passing the baton and returning to the track. Four Latina mother physicians — all ex-high school or college track runners — are returning to the sport for two relays at USATF 2017 Masters Outdoor Championships in Baton Rouge, Louisiana.

Remember how this started talking about numbers? How many kids between us? 9.

How many years of post-high school training? 50.

How many specialties and subspecialties? 7.

How much distance between us? 2,000 miles.

How many years since our last track meet? About 20.

How do we do it miles away from each other and never meeting before? We define teamwork in 2017. Texting pictures and workouts, Facebook page “swelfies,” feedback on form and training plans, encouragement and grace. Especially since workouts have to happen around a full-time physician-mother schedule, which takes even more “corazón.” Running the stairwells while on call in the hospital. Running after a shift. Taking your kids to the track with you on a Sunday morning.

It’s a balance game, and it takes support and discipline and hard-work. Our goal? It’s beyond a medal and far from a personal record. It’s setting examples for those making a comeback in life. It’s showing other young Latinas that they too can be whatever they want to be. ¡Adelante! I promise you Aixa Alvarez, MD, Ana Lisa Ramirez-Chapman, MD, Rhea Johnson, MD, and myself will continue to give 101.8 percent!

Monica Verduzco-Gutierrez is a physiatrist.

Whatever you are, be a good one.

-Abramh Lincoln
Dr. Steven Kailes never planned for a career in medical politics. It was 1999 and Dr. Kailes was completing his medical training with the Marines at California’s Camp Pendleton base. His wife, Dr. Beth Kailes was studying pediatric dentistry at the University of California, Los Angeles. It was at her department’s holiday party where he ran into a member of California’s chapter of the American College of Emergency Physicians (ACEP).

When Kailes mentioned that he was pursuing emergency medicine himself, the ACEP member encouraged him to come to Sacramento, the state capital, and sit in on some ACEP legislative sessions. The sessions covered a wide range of topics including the Emergency Medical Treatment & Labor Act and the “prudent layperson” definition of an emergency, the latter of which Kailes says is still a hot topic of debate.

“I don’t know if I can say there’s one specific issue that interested me,” said Kailes. “It’s a learning process every time you go.”

Enthralled by the legislative process, Kailes decided to continue his involvement even after leaving California. In 2004, after completing his residency and transferring to Naval Hospital Jacksonville, Kailes begun to seek out members of Florida’s own ACEP chapter. From that point on, Kailes immersed himself in the political side of medicine.

Kailes doesn’t come from a medical family, and attended the prestigious Tufts University on a Navy scholarship. He debated between various career paths, such as orthopedics and physical therapy, before settling on emergency medicine.

Though he never planned to make it a career, Kailes did hold an interest in medical politics from the start. In medical school, he combined his Doctor of Medicine with a master’s degree in public health, and says he always found public policy to be the most interesting area of the field.

Kailes has represented the Florida College of Emergency Physicians (FCEP) a number of times at the state capital. One of
the most recent public issues he has tackled is a 2016 Florida law which effectively banned “balanced billing” - that is, when a patient is billed for the difference between how much a provider is charging for treatment and how much that patient’s insurance will cover. Since this law was passed, providers and insurers now must settle reimbursements amongst themselves.

Kailes spoke to Jacksonville’s WJCT last year about his concerns regarding the law, fearing that it might end up favoring insurers over healthcare providers. However, solving problems is one of the things Kailes does best. A solution he proposed for the potential downsides of the law was for providers and insurers to use an objective database, such as FAIR Health, as a guide in settling appropriate out-of-network charges.

"The way these things work,” Kailes explained. “Is that even after the bill’s passed, there’s still a lot of work to be done on the back end- making sure that it gets implemented properly, with the right rules and such."

Kailes admits that these kinds of public policy issues can be quite complicated. However, he still stressed the importance of doctors educating themselves on the political sphere. Being proactive, he says, is the only way for someone to have their voice heard.

“The problem in medicine is that doctors are very busy, and have a lot of loans after graduating,” he said. “Unfortunately, a lot of physicians tend to be focused on themselves and their family- understandably so- but they become disengaged with the whole interplay of the house of medicine with the rest of society.”

According to Kailes, many state legislators have a tendency to be somewhat disconnected with the reality of healthcare. That’s why he believes it is important to have practicing doctors in the room when such policies are being discussed, since doctors are some of the people who will be most affected by any decisions the legislators make.

“A legislator might have a background of being a dairy farmer, or insurance agent, or attorney, or whatever. They probably have no idea what we do,” Kailes said. "Most of the time we’re there, we’re just explaining their myths of what they think is happening, and giving them the reality of ‘this is how this really works’. Then you can try to tackle the issues.”

Kailes is the immediate past president of the Florida College of Emergency Physicians, and serves on the Duval County Medical Society Board of Directors. Kailes says that, previously, as an emergency physician, he felt disconnected from other local providers, despite often referring patients to them. He believes serving on the DCMS Board has helped him become more engaged with physicians on the local level.

This year he also served as a Duval County Medical Society delegate to the Florida Medical Association (FMA) House of Delegates. During the FMA Annual Meeting, he and other delegates from across the state convened in Orlando, Florida to review resolutions and set policy for the FMA.
Medicine isn’t the only way that Kailes has involved himself with the community, however. He is also the immediate former president of St. John’s Country Day School’s Board of Trustees. He says he felt the best way to improve the future for his own children, as well as others’, was to be proactive within their school.

Plus, Kailes just simply loves the school. Not only does he appreciate their academic excellence, but he is also grateful for the school’s emphasis on extracurricular activities, such as sports, art, and theater—something he believes he missed out on when he attended a much larger school. Kailes’ says his son has thrived in the school’s theater program.

If one thing is for sure, it’s that Dr. Kailes is driven and cares deeply about affecting change in many areas of the community. Sitting back and being an observer isn’t an option for him. While it may take a great amount of effort to make a difference, Kailes says the rewarding feeling of progress makes it all worth it.
Join Us for the Annual DCMS - Navy Dinner!

Aug. 29th - 6:00pm
NAS Jax Officers’ Club
Tickets: $50 each for members and non-members
To purchase: dcmsonline.org/event/navydinner

Registration Deadline: August 7
A Doctor’s Travels: Breathtaking Pictures Taken by Medic on His Journeys Through Indonesia, Iceland, Bhutan and Beyond

By Naomi Leach

Malaysian doctor, Marcellian Tan, 40 has captured a series of stunning images on his journeys around the world. Since taking his photography seriously five years ago he has visited China, Tibet, Indonesia, Myanmar, Italy, Iceland. Tan is inspired by beautiful lighting and rich communities and takes photographs of both people and landscapes.

Swapping his stethoscope for a camera, a talented Malaysian doctor, Marcellian Tan, 40 has captured a series of stunning images on his journeys around the world.

Tan’s photographs illuminate the dramatic beauty of the natural world from the barren volcanoes of Iceland to the sultry paddy fields of China. Tan told MailOnline Travel: "Traveling itself gradually made me take up photography; seeing different culture, different architecture, different landscape, different races makes me want to take good photos.

But it’s not only unique, untouched backdrops that inspires Tan. He says he is also fascinated by people and rich cultures and has taken candid images of Myanmar monks, Chinese fishermen and Tibetan farmers. He said he was most surprised to discover: ‘Generally people are very friendly; curious about what I shoot, many are shy.’

Although Tan still has regular patients in Sarawak, Malaysia, since taking his photography more seriously, five years ago, he has voyaged to China, Tibet, Indonesia, Myanmar, Italy and Iceland and has no plans to stop his adventures.

Here is a collection of Marcellian Tan’s incredible work.

Marcellian Tan is fascinated by people and rich cultures as well as the interplay of natural light on a backdrop. He has taken candid images of Myanmar monks (above)

Although a medical doctor by trade, Tan has honed his photography skills, taking them more seriously over the past five years and shoots on his travels
Tan’s photographs illuminate the dramatic beauty of the natural world. The above image was taken in Bhutan.

He has voyaged to China, Tibet, Indonesia, Myanmar, Italy, Iceland. The above image of locals walking with their horses was taken in Tibet.

“‘The Walkers’ at Qingyan Old Town, Guizhou: This dark and stormy image is one of Tan’s favorites he said.”

Icebergs on Jokulsarlon black sand beach in Iceland: To take this image Tan had to brave big waves which was quite challenging, he said.

---

We are the CPA Firm that Doctors and Healthcare Groups Trust for Tax Strategies and Accounting Services

Our practice serves many healthcare professionals and practices in the Northeast Florida area with our advisory & accounting-related services.

- Tax Strategies & Consulting
- Audit and Accounting
- Tax Services
- Virtual CFO – We can provide back office financial solutions as your virtual Chief Financial Officer

Balog + Tamburri, CPAs
Offices in Jacksonville and St. Augustine
904-945-1220
rick@flgacpa.com
www.flgacpa.com

Clarity, Experience & Innovation
Balog + Tamburri
CPAs, Consultants & Advisors
Key West Scenes
Physicians Require Health Law Advice to Avoid Legal Pitfalls

By Ericka L. Adler

Recently I met a client who started a successful business where he engaged licensed physician contractors to service nursing homes and provide patient certifications for home health agencies. The business was financially successful and, when I was approached, they merely wanted some contracts created. The client’s brother, an estate planning lawyer, had done all the legal work. This sounds like an extremely successful business, does it not? You might be surprised to learn that, in discussing this entity with my new client, I discovered some alarming information:

1. My client was not a licensed professional and yet was billing for medical services provided by physicians through a business entity, which had been credentialed with multiple payers, including Medicare and Medicaid. In most states, only entities that are owned by licensed professionals can employ or contract with other licensed professionals to render medical services. This is known as the “corporate practice of medicine” doctrine. Simply because an entity has a Medicare provider number and is able to bill, does not mean it is properly formed under state law. To resolve this issue, we needed to convert the existing business into a management entity and enter into new management and billing agreements with the physicians rendering the professional services.

2. The compensation methodology being used was to pay each of the contractor physicians 55 percent of their collections. Again, this presents an issue under the law of many states where fee-splitting is prohibited. Generally, fee-splitting prohibits a physician from sharing professional revenue with a third party that is not licensed. In some cases, fee-splitting may be linked to the making of a referral. To resolve this issue, under the new arrangements physicians were charged a percentage for billing (which may or may not be acceptable in all states) and a flat fee for all other management services.

Correcting these errors was complicated, expensive, and avoidable. Additionally, not a single physician with whom this client contracted had the agreements they signed reviewed by counsel, who might have recognized the issues involved.

Recently, I was presented with purchase documents for a medical practice by a young physician who asked me to take a “final look,” although the deal had been completely negotiated and drafted by counsel. In reviewing the documents, an issue was immediately obvious. The selling physician was to provide services for the new buyer and was to be compensated based on the volume of referrals which the selling physician was able to convince his referral sources to send to the new owner. These referrals would include federal patients, a violation of the Anti-Kickback Statute and, depending on the type of referrals, the Stark Law. This arrangement potentially violated state laws as well. Although these concerns were immediately clear to me, this multimillion dollar transaction was documented by non-health law counsel. We averted an illegal outcome in this case, but it is worrisome that many transactions are consummated without legal advice, and just as many are completed with improper legal advice.

Just as you would not go to a brain surgeon to have your gallbladder removed, similarly, in the legal profession, different lawyers specialize in different areas of the law. Finding the correct professional can make all the difference in obtaining appropriate advice.

Most importantly, physicians need to always be cognizant that every venture into which they enter, whether it is a lease, a new company, or even a medical director position, presents significant legal risk for a physician and should properly be vetted. Healthcare is highly regulated and is not like any other business. Violation of the laws mentioned above can jeopardize a physician’s license, close down his or her practice, and involve lengthy and expensive legal investigation. I’ve said it before and I’ll say it again — talk to health law counsel and make sure your arrangements are appropriate and legal.
Enjoy Your Wine Experience Even Better – Join One of Our Wine Clubs

Tim’s Wine Market has four wine clubs. The wines reviewed here all come from wine club selections. Stop by the store and ask about joining one of the clubs. There is a club to fit every budget.

Wine
Talk
By Emery and Jean Clance

I feel that I should from time to time expose customers to wines outside of the normal comfort zone. For example, my first boss used to prohibit me from drinking California wine, claiming they were too intuitive. He meant that just being a wine drinker would expose me to the wines, no need to “study” them. But then, there are lessons to be learned. This month we will examine the reason why it is time to consider California Merlot again. As this grape has been virtually ignored by customers for a decade, we are going to explore, why I believe that for less than $20 a bottle it is a more important category than California Cabernet Sauvignon. (Gasp!)

2010 Opolo Merlot

I am just going to say it, the state of value-priced American Cabernet Sauvignon is abominable. The change has been gradual so most consumers have not noticed, but for someone who tastes 4000+ wines per year, it is really obvious. Over the past two years, my impression of this category, which is wines under $20 a bottle, has gone from “not very interesting” to “is it even wine?” Let’s jump in the “way back” machine for a moment and examine how we ended up in this dark place. Most consumers do not remember, but back in the 1990’s Merlot was almost as popular as Cab. In fact, for a period in the early 2000’s it may have been more popular, but then vineyard owners got greedy. They started planting Merlot everywhere, in the wrong climates, and soils, erroneously believing it is as versatile as Cabernet when it comes to it’s growing environment. The problem is, it is not. Due to a high ratio of skins to juice, Cabernet cropped at high yields, and in very fertile soils, will ripen enough and produce a wine with decent concentration. The thinner skinned Merlot cropped at high yields will unfortunately produce thin, flavorless and often green tasting wines. For this reason, around 2003, we started seeing Merlot sales fall. I like to think that the examples we were selling were not the problem, but they were painted with the same brush as the terrible quality, Merlot by-the-glass offerings of the time. The high yield, mass production stuff killed the category. By the time Paul Giamatti’s character, Miles, in the movie Sideways, uttered his now infamous, but justified, line about Merlot in 2004, “I’m not drinking any f-ing Merlot,” the category was already dead. About that time demand for Cabernet started to grow, and supply met demand, so quality and prices were stable. Then came the “challenging vintages” of 2008 through 2011. Drought, and less-than-perfect weather, lowered crop yields each year, at a time when demand was slightly rising. There was also the recession, which put pressure on winemakers to keep prices low. Since there is nothing illegal in California about using additives, their only option was to “improve” the wines by using coloring agents, as well as techniques to artificially concentrate flavor. Winemakers started to build Cabernets like Frankenstein’s monster, in a lab. The winemakers, or really food scientists, carefully crafted them to have the right balance of acidity, residual sugar and soluble solids, using all the tricks in the bag. It really shatters the image of the winemaker, working with what nature gives them, to craft the best expression of vineyard and grape variety, doesn’t it? If you think I am wrong, then why do all the big wine companies, like Gallo and Constellation, who dominate grocery store shelves, fight like grim death at any suggestion of putting a list of ingredients on their labels? The big problem is that success breeds contempt, or envy, and other winemakers follow suit. Now the majority of value priced Cabernet Sauvignon, and Pinot Noir for that matter, is homogenous and not in an interesting way. Fast forward to 2017 and now we have another problem. With the recession over, demand is
at an all-time high, with successively smaller crops, again due to drought, in 2014 and '15. To maintain production levels, the big players in Napa, all those well known names you know and love, need to seek out grapes from other areas. This is legal as long as 80% of the final blend is from their appellation. So they head to Lodi, or Paso Robles, to buy good, if not exceptional quality grapes, to bolster their $50+ wines. The problem is this is where most of your $20 and under producers work, so it is sucking up the fruit they use, which now forces them to look elsewhere. The winemaker looking to make decent $10-15 wine has to buy grapes from high yield vineyards in the Central Valley, where vines grow next to celery and artichokes. I have even heard some less expensive wines are using a portion of table and raisin grapes in their blend. As a result they do not have much to work with, so here come the additives and color agents, to, as my Dad used to say, “put some lipstick on the pig.” The irony is that Merlot is now waiting in the wings. This segment has been so dead, for so long, that only those who really want to make the wines still do. Time and time again, in my tastings, the inexpensive Merlot outshines the Cabernet from the same winery. In fact, going over my notes for the past two years, there is not a single example of where the Merlot was not clearly the superior wine. Such is the case with the 2010 Opolo Merlot from Paso Robles. The story of the Opolo winery begins in 1996, almost three hours south of Paso Robles, in Camarillo, California. Neighbors Rick Quinn and Dave Nichols started talking one afternoon when Rick mentioned he just planted a vineyard on land he owns in Paso Robles. Dave was a home winemaker and the prospect of owning his own vineyard appealed to him. Especially since his source for grapes, Fratelli Perata, told him they did not have enough Merlot grapes to supply him in the 1994 harvest. Systematically the two started buying land and planting vineyards so today they own 280 acres of vineyards in Paso Robles. Although their primary business was, and still is, selling grapes, in 1999 they crushed their first commercial harvest. All of their wines are made from estate grown grapes, from 80 acres on the cooler west side of the appellation, and 200 acres located on the warmer east side. Their Merlot comes from the west side, Summit Creek vineyard. This site enjoys the cool ocean breeze of the morning and evening, while the vines bask in the sun and heat of the mid-day through late afternoon. As a result ripeness is no issue, even in the cool 2010 vintage, while acid balance is maintained due to the cool nights. When you open this wine, let it breathe about fifteen minutes in a decanter and give it a brief chill to 65 degrees. Once you do it offers an inviting combination of crushed blackberries, dried black figs, candied orange peel and a graphite/mineral quality on the nose. The palate is satisfyingly deep and broad, with a good sense of acidity and tannin that frames the ample fruit into a long finish. Wimpy Merlot? Not here, this wine will stand up to, and surpass, any Cab in the price range. Serve with robust red meat dishes like grilled tri-tip or carnitas.

**2013 Stephen Vincent Cabernet Sauvignon**

Longtime Orlando customers may remember when this was our “go-to” $10 Cabernet Sauvignon. Back in the early 2000’s the Orange Avenue store was selling over a hundred cases of this wine a year, as well as their Chardonnay. Then the price jumped and we moved off the wines. For the past few years Stephen Vincent has been sold exclusively to the Orlando Country Club as their by-the-glass pour, so to protect the price the distributor was prohibited from selling it to us. Recently their management decided to change the program and the supplier brought it to me. After a brief moment of deja vu, I jumped on the wine because it is the best under $20 Cab I have tasted in 2017. As inexpensive wines go, this one has great pedigree, being produced by Bob Goyette, one of the founders of La Crema winery. After Bob and his partners sold their Russian River winery to Jess Jackson, way back in 1986, he started consulting and landed with the group who have produced this wine ever since. After my long diatribe above, space does not allow me to go deep into the details of this wine, but I found two telling points in the technical data of it’s production. The first is that all of the other Stephen Vincent wines, Chardonnay, Merlot and Pinot Noir, carry a more specific appellation than “California,” most being Sonoma. The second is in the technical notes from the winery. “In this case our winemaker, Robert Goyette, pulled together the best wines he could find, from Paso Robles, Lake County and Sonoma County.” Not exactly a ringing endorsement for the quality available. To their credit, the wine is sourced entirely from good areas, 65% from Paso Robles, 22% from Lake County and the remaining 13% from Sonoma. They even aged the wine in oak barrels, 15% being new American wood, and the remainder a mix of French and domestic. For this price that is unusual. Most of the time they only receive oak in the form of chips in stainless steel tanks. The final blend of this wine is also 89% Cabernet Sauvignon, 9% Merlot and 2% Cabernet Franc. When you open this wine, decant it and give it a slight chill, but it is ready to go pretty quick. The nose begins with rich combination of a cherry pie filling, dark chocolate, creme de cassis and toasted marshmallows. In the mouth this wine pops with fruit, then the oak frames it up and slightly dominates the finish. Notice this wine is not quite as long and concentrated as the Merlot? Keep in mind this is the best Cab I have tasted this year for the price. Drink over the next year or two with everything from pizza to hamburgers.

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 Clancy. www.Timswine.com
Television regularly invites us to admire the achievements of humanity’s more talented and courageous members. Quite a few of these featured in Incredible Medicine: Dr Weston’s Casebook (BBC Two), a very watchable series about cutting-edge medical science.

Presented by surgeon and author Gabriel Weston, it was unusual in putting the focus primarily on the individuals whose unique physiologies and conditions have led to far-reaching medical breakthroughs.

Weston, previously seen on Trust Me, I’m a Doctor, was a congenial host, at her best putting across complex medical issues in easily decipherable terms. Why, for example, might isolating the one-in-six-billion genetic mutations responsible for an American woman’s ultra-rare connective tissue disorder provide a cure for more common conditions like osteoporosis?

Occasionally, the format veered towards the uncomfortable, such as the item on a seven-year-old Russian girl whose heart developed outside her rib cage, and could be seen beating like a supple ostrich egg on her tummy. Here, the camera’s lingering gaze felt distinctly voyeuristic.

But mostly the programme fulfilled its brief admirably. Neuroscientist V S Ramachandran’s discovery that the “phantom” pain felt by amputees in missing limbs could be treated simply, with mirrors was particularly affecting.

Most inspiring was the closing piece on quadriplegic Ian Burkhart who let a team of electrical engineers and neuroscientists implant a chip in his brain to test a pioneering new treatment for spinal injury. Footage of him regaining movement in his fingers and arm with the help of a computer was extraordinary. But what was truly astonishing was the idea that his courage could make the devastating disabilities caused by spinal injuries a thing of the past.

“The Good Doctor” Premieres September 25

Shaun Murphy (Freddie Highmore, Bates Motel), a young surgeon with autism and savant syndrome, relocates from a quiet country life to join a prestigious hospital’s surgical unit. Alone in the world and unable to personally connect with those around him, Shaun uses his extraordinary medical gifts to save lives and challenge the skepticism of his colleagues. The Good Doctor was announced as part of ABC’s fall lineup and will air MONDAYS 10|9c this Fall on ABC. The series is from David Shore (House) and Lost and Hawaii Five-O star Daniel Dae Kim.

The series stars Freddie Highmore as Dr. Shaun Murphy, Antonia Thomas as Dr. Claire Brown, Nicholas Gonzalez as Dr. Neal Melendez, Chuku Modu as Dr. Jared Kalu, Irene Keng as Dr. Sarah Chen, Beau Garrett as Jessica Preston, Hill Harper as Dr. Marcus Andrews and Richard Schiff as Dr. Aaron Glassman.
ATTENTION DOCTORS: LET US ASSIST YOU WITH OUR PROFESSIONAL VIDEO PRODUCTION SERVICES

HERE ARE A FEW WAYS VIDEO CAN BENEFIT YOU:

1. Develop Content to Present on Your Website or Social Media
2. Create Educational or Training Presentations (for Internet Streaming or in DVD Format)
3. Let Us Produce a Television Commercial for You and Arrange to Have It Broadcast With Our Turn-Key Market TV and Cable Ad Program

- Professional and experienced staff
- Video production arranged around your schedule
- Assistance available to develop scripts and other aspects of your production
  - We’ll handle everything for you!
- All productions are customized to meet your vision and needs - We never use “canned” templates
- Enjoy our wholesale rates available only to the medical industry

Contact us today for information on how we can move your practice forward with our professional video production services at 904-404-7857 or dakotastudios@creativedevelopmentworks.com

Trust Is About Perspective

“I have been serving affluent retirees and to-be retirees in North Florida for over 20 years. I love working with 3 and 4 generations of our clients’ families, while providing guidance about investments, tax-efficient strategies, estate strategies, social security and other custom planning needs. My father-in-law began our practice over 33 years ago and I am honored to carry on our tradition of serving some of the same families he began helping in 1984. We were both professional accountants before beginning in Wealth Management; so we bring a technical, professional and most importantly a personal approach to our advice and fiduciary responsibilities.”

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

FORBES, THOMPSON & GILHAM WEALTH MANAGEMENT GROUP of Wells Fargo Advisors

904-351-7643 • www.ftgwealth.com
One Independent Drive, Suite 2400
Jacksonville FL, 32202

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member FINRA/SIPC
Starling Senior Living, LLC is a Jacksonville-based privately-held company that owns, operates, and develops seniors housing communities in the Southeast. Starling continues to raise the bar with its resident-centered, new-generation communities by incorporating engaging environments, premier amenities, and the highest standard of service and care. The executives of Starling share a depth of senior living experience, having operated or developed dozens of senior living communities serving thousands of residents throughout their careers.

They are opening a new Starling community in Nocatee and we asked Scott Winans, the Chief Operating Officer of Starling Senior Living and Megan Kennedy, the Executive Director of Starling at Nocatee to talk to us about their new Nocatee community and the senior living community industry.

What are some of the factors that seniors or their families need to consider when looking at their options for making a housing transition?

“Location and quality are critical elements, as well as a company’s reputation. In addition to this, pricing certainly plays a role when narrowing the search. Amenities and programs that are important to the prospective residents should be weighed as well. We strive to surpass expectations by providing personalized services and premier amenities at simplified and competitive prices – all catered by a compassionate team of individuals dedicated to the highest standard of excellence.” – Scott Winans, COO, Starling

How is the market different now for Senior Living Communities than in years past?

“Thankfully, senior living has grown up since I started in the industry almost 30 years ago. In my early days, when the industry was still in its infancy, senior living was essentially an offspring of the nursing home model. Today, the lines between assisted living, memory care and skilled nursing have become increasingly less blurred. At Starling, we have a strong dedication to innovation to ensure our communities exceed the needs and desires of our residents and their families. We accomplish this through thoughtful design, luxurious environments, resident-centered services, compassionate care, and unwavering integrity.” – Scott Winans

What do you see as the biggest challenges for Senior Living communities?

“Our once niche industry has, in many cases, been consolidated into large corporations that simply aren’t designed to meet the dynamic and unique needs of its residents. It’s our sincere belief that senior living should be highly-localized. Though it should go without saying, our residents are individuals with unique needs, interests and desires. At Starling at Nocatee, for example, we offer anytime/anywhere dining. Gone are the days of ringing the bell at 5pm for dinner. Instead, we offer dynamic menu options prepared by a gourmet chef across multiple restaurant-style dining venues, including an elegant full-service dining room, a casual bistro & bar, private dining, outdoor dining, and even room ser-
vice. Today’s residents want choice, so it’s paramount that we offer experiences as unique as our residents.” – Megan Kennedy, Executive Director, Starling at Nocatee

Where are the opportunities for a company like yours in the marketplace?

“We believe senior living is amidst an exciting and transformational period as we all look to stay ahead of the changing and growing demands of today’s and tomorrow’s growing population of seniors. We believe our charge to innovate and personalize allows us to ‘wow’ our residents. So, we find opportunities in constantly improving upon the small things that make our residents happy and our communities thrive.” – Scott Winans

What questions should a person ask when considering a move into a community such as yours?

“We urge all prospective residents to ask lots of questions and consider other options because it’s our hope and belief that such process validates what makes us different. For some reason, our industry has evolved into one that is unnecessarily confusing to consumers. We dispel this concept by offering optionality and clarity. For example, at Starling at Nocatee we offer multiple lifestyle options at two simple pricing plans: (i) a la carte and (ii) all-inclusive. This way, our more independent residents save money by choosing only what they want when they need it, and our more dependent residents know exactly what they’re getting at one all-inclusive rate. As far as we know, everyone else in our region offers multiple ‘Level of Care’ plans based on the ever-changing acuity of their residents which is nearly impossible for consumers to understand and leads to unpredictable price increases over time. We are here to improve lives, not add stress – so, we take out the guess work.” – Megan Kennedy

Please describe the Starling business model for developing these communities. “We spend an arduous amount of time meticulously designing our communities, programs, and culture to withstand the test of time. We are privately-held and long-term focused. Our business model is simple – surpass expectations in all we do.” – Scott Winans

What makes your senior communities different from the others in the market?

“We’re unique on many fronts, but I’ll focus on a few. For starters, our communities are stunning because we want our residents to be proud to call Starling at Nocatee their home. We also pride ourselves on our wellness offerings. Starling at Nocatee has an expansive wellness suite complete with a resort-style spa, salon, nail bar, and a private massage room, as well as a state-of-the-art fitness studio. In addition to providing 24-hour services and care, we offer on-site therapy and rehab, a dedicated office for visiting physicians, and a medical director that visits with residents on a weekly basis. We also utilize sophisticated technologies specifically designed to make our residents’ lives simpler, healthier and more engaging. Further, our social and culinary experiences are unmatched. Even more exciting, all of our residents have access to all of Nocatee’s amenities.” – Megan Kennedy

Please tell us about the Starling Living community now being developed in Nocatee.

“Starling at Nocatee offers three lifestyle options, including Concierge Living, Assisted Living and Memory Care. Our community is a rental and does not require a ‘buy-in’ fee. Our apartments are spacious and well-appointed with high-end finishes, including stainless steel, full-size refrigerators, stone countertops, and zero-entry tile showers. All our one- and two-bedroom apartments even feature washer/dryer units. Starling at Nocatee is conveniently located directly across the street from Nocatee’s main amenity center, which includes Splash Water Park, the Fitness Club, and Crosswater Hall, and is just a stone’s throw from Nocatee Town Cen
ter, which boasts a large and growing list of shopping, dining and wellness destinations.” – Megan Kennedy

What are your plans for the company in the future?

“Through our work in Florida and Tennessee and we will soon be expanding into other markets across the Southeast.” – Scott Winans

The Sales Center is located on site of the new Nocatee community at 99 Crosswater Pkwy., Ponte Vedra, FL 32081
SELL YOUR HOME
WITHOUT A REALTOR

We provide you with all the tools you need.

- Web site presentation of your property
- Brochures and Flyers
- Yard Signs
- Internet advertising and promotion to target market
- Video Tour
- Step-By-Step Marketing Guide
- Research data on comparison sales in your neighborhood
- List of local professionals for title and legal work to close

Please contact us for details:
904-404-7857
propertyproductions@creative-developmentworks.com

Village Arts Framing & Gallery

CUSTOM PICTURE FRAMING
Bring us pictures, painting or posters so we can complete their look with the frame you choose

MENTION THIS AD AND RECEIVE
20% OFF ANY CUSTOM

ENTER TO WIN $200 OFF ANY PAINTING
no purchase necessary to enter drawing

904.273.4925
155 Tourside Dr. Suite 1520 • Ponte Vedra Beach (Sawgrass Village)
VILLAGEARTSPVB.COM
When reflecting on the grandeur and eloquence of a quality first-meal, dubbed “breakfast” by the plebeians of our culture, it’s hard to capture all the nuances. From the way the Lucky Charms gently bob to and fro in the almond milk that one can’t convince a mother not to buy, to the way the s’mores Poptarts smell after you toast them to a gentleman’s medium rare. Because of its paramount importance, we consider ourselves fortunate enough to have first-meal alternatives other than the imminent sugar coma that our poor choices lead to. There are a number of establishments in the 904 that do breakfast alright, but why have alright when you can have Jax Beach Brunch Haus?

We try to live our lives on the edge so we decided to scope out the joint on opening day, which is always an interesting choice because often times a restaurant still has a lot of tweaking to do. We can say that Brunch Haus is doing a lot of things right. The feel is incredibly relaxed due to the very casual feel of dining area, and the outside seating had a cool vibe as well. An element of innovation is the bar that you have the option to dine at, which pairs well with the Haus’s abundance of breakfast beverage choices. On the flip side, there was some confusion walking into the restaurant. The first of the party to arrive stood around uncomfortably for a few minutes waiting to be acknowledged by a server or hostess. Turns out (at least this particular day) it was seat yourself so their awkward leaning back and forth on one leg and attempting to make eye contact was in vain. And because of the dynamic tandem that we are, we are comingleing our dining experience for our reading pleasure. But, we have two different mouths (if we didn't that would be weird as hell) so the below items are marked with an (Evan) or a (Brittny) to denote the eater and descriptor of the foods.

**Breakfast Cocktail**
Once seated, our server was chipper and had some really great recommendations about the menu. I would strongly recommend asking your server about the menu rather than making assumptions, as there are some real hidden gems worth finding out about. The menu options are abundant and it’d be easy to be overwhelmed by having to choose between classics and innovators. In particular, we are referring to the “Brilliant Brunch” section of the menu. You choose the actual menu item you’d like, such as an omelet, a hash, a wrap, etc, and then you choose the topping combination. Definitely ask the server’s preference as well, because I was recommended the Hash ($7), Haus style (+ $5), and it didn’t disappoint. I was a little nervous about getting a hash and about corned beef with it, primarily because I had a bomb Mexicali Wrap at the previous establishment. However the choice I made turned out to be both more flavorful and more of what I think a great breakfast dish is than what I was originally considering. (Evan)

You are given starch options for the hash and I’m a straight home fries kinda guy. I requested my egg over-easy for that yolk factor. My one speedbump was that when the egg came out it was much more over-medium and the yolk didn’t run. That being said, both the server and the owner came to check on us and both offered to bring another egg correctly cooked, which is reassuring as a diner. Regardless, the dish was great. The way the corned beef added to the flavors opened a new wormhole of breakfast possibilities, and it was a very filling and tasty dish. (Evan)

---

**Hash**
But because of the monster I am in the morning, I got a pancake as well. The hash had turned into an even more wonderful choice because it typically comes with a side of bread, but I was told I could upgrade to pancakes. I am still a little ashamed at the ridiculous amount of joy that informa-
tion brought me and of the look of child-like wonder and joy that burst across my face (Side note from Brittny, he truly was more excited than I've ever seen him), but I am not ashamed of destroying that pancake like Jason Myers destroying the dreams of Jags fans. Honestly, everyone kind of has the idea that you can't screw up pancakes. But holy crap guys, this was a good pancake. Like, just overall quality. If loading your body full of carbs is wrong, than I don't want to be right. I also want another stack of those pancakes right now… (Evan)

Pancake!
Alright lovelies, it’s my turn to talk about my breakfast items and the great choices I made off Brunch Haus’ impressive menu. I judge all establishments by their Eggs Benedict because every ingredient is an opportunity to show love and respect to the diner with homemade components or to scare the diner off with mass produced premade components. Listen up people, Brunch Haus is doing it right. There are 5 "Bodacious Benni" to choose from at Brunch Haus. I opted for the Smoked Salmon Benni which included the obvious smoked salmon, poached eggs, hollandaise, capers, and red onion ($14). Let’s build this benni. Step 1: the English Muffin. Too often English Muffins are toasted to becoming mouth razors and are difficult to cut much less chew. This was crisp but soft, both Evan and I were enamored with the level of toasty-ness. Step 2: the Smoked Salmon. This was abundant, flavorful, and tender. It was thinly sliced enough where it was easy to make bite size and covered the entire English muffin, which shouldn’t be a concern but many places skim. Step 3: The Poached Egg. Unlike Evan’s egg, mine was perfectly poached. My best friend jokes I’m going to go to jail over assaulting someone over an incorrectly poached egg, and she’s likely not wrong. Brunch Haus knows how to poach an egg, which should be Breakfast 101. Step 4: The Hollandaise. Thank you Brunch Haus for making your own and not using jarred or packet. Thank you. THANK YOU. Expect creamy yolky not too acidic heaven on these bennis. Step 5: Capers and Red Onions. Both were heavy, which results in my only complaint. Red onion destroys the flavor of all things when in excess. These should be cut thinner and more evenly and the quantity reduced slightly so as not to overpower. I went the route of knocking them off the top with my fork. (Brittny)

Smoked Salmon Benni
For side options, I ordered the grits ($3) and the vegan chorizo ($4). Evan despises grits (I know, I know. Take it out on him) so I got to eat them all and they were delicious. They had great stand alone texture which means they’re tended to correctly when cooking, they had a light mild nutty cheese flavor, and were creamy and comforting. Anything you could want in grits, really. The vegan chorizo is made by Zen Butcher company, who is killing it in the vegan game right now. The texture is remarkably similar and was seasoned exactly how chorizo should taste. It was missing the bite of sausage, which is hard to recreate. It’s an excellent substitute for our vegans out there who want to brunch so hard. They also offer vegan breakfast sausage links from Zen Butcher. (Brittny)

Grits
Because of how swanky our posse is, we tried a couple of the big-boy breakfast beverages as well. What I would say about their alcoholic beverages is: regardless of what you get, it will be delicious, and the alcohol will be poured generously. And both of those things are rad. What I can note about mine was that is was fruity and sweet, and the mint provided a refreshing twist. (Evan) Mine was citrusy in a way all Florida restaurant beverages should taste without being overly sweet like many fruit concentrates lend. (Brittny) The drinks average around $6 and are well worth it for the amount of alcohol mixed in.

Overall, much like Count Chocula is a must-buy at Halloween time, Brunch Haus is a must-try brunch staple in the Jacksonville area. They’re locally sourcing a refreshing amount of their ingredients from our amazing Jacksonville businesses including Zen Butcher, Bacon Farms, Azar Sausages, and Volcanista Coffee so not only are you supporting a local restaurant, you’re extending your support to our local farms and growers. Go check out Brunch Haus, and a quick pro tip, buy a bottle of champagne and the boss man will legit sing opera to your table. And not in an annoying way, in a stop-what-you’re-biting-and-listen way. He’s classically trained and it’s amazingly beautiful. That’s gotta at least be worth a visit. They are located at 610 Third Street South in Jacksonville Beach.
Drones have never been as popular as they are nowadays and that is only going to change for the better. But, what most people don't realize is that you can't just buy the most high-end model like, for example, the Phantom 4 and start making awesome videos after the first 5 minutes of flight. Or, opt for the most expensive racing FPV model, like the Walkera F210, and expect to instantly do flips and fly under bridges at insane speeds.

The chances are that you will first get stuck with calibrating the damn thing, or programming the transmitter, or burning the $100 battery because you overcharged it. Even if you manage to get through that painful initial setup process, once you are in the air for the first time, you can easily lose orientation and panic, and land your $1000 toy straight on the nose, full speed…

So, what are your options? It’s easy… Buy a cheap model that is praised by everyone and learn how to control it. Even if you crash it, which you definitely will in the beginning, the spare parts are cheap or you can simply buy a new one. If you manage to find one that even comes with a camera, even better. But don’t expect the footage to be 4K quality for that price. The best you will find is a camera that records 720p, which is more than enough to record the funny moments of your initiation in the world of drones. Only after you get really comfortable with your bird, and have a decent amount of flight time under your “Wings” (or propellers in this case), only then can you start thinking about a serious, high-end drone model.

Luckily for you, the Chinese manufacturers have taken the job of making all kinds of cheap drones, seriously, and in that sea of models, we have picked a few that are simply among the best for a beginner drone pilot. But, before we start naming them, let’s see what are the most important things that you need to keep an eye when looking for a drone that is suitable for beginners.

The main features that matter for a beginner
Just like when looking for a new car, you need to know what you want, and what to pay attention to. So, pay attention to what you are about to read.

Flight Performance
Before you buy a certain model, you need to get more familiar how it behaves in the air. This is where the user reviews come in handy. Check what other people say about the model that seems interesting to you. If most reviews are like “Too sensitive, can’t control it”, or “Drifts sideways even after trimming”, skip that one and move on to the next. The ideal choice would be a model that is not too sensitive on the commands, and, on the other hand, not too soft and slow as you would have a hard time controlling it and going in the direction you want it to go.

Battery
All beginner drones are not known for their long flight times. In fact, the most you will get on a single battery charge is some 7 to 10 minutes. But, when looking for your first drone, pay attention to its battery capacity. The higher the mAh, the longer it will stay in the air, simple as that. Also, ordering a few more
spare batteries is never a bad idea because it really isn't fun when you fly for 7 minutes and then wait for an hour or so while the battery recharges. With a few more full, spare batteries in your pocket, the fun lasts longer.

**Durability**
You might hear from other “Experts” that, you need a drone that has a great range, powerful motors, and modes like Follow me, Point of Interest, and Return to Home. The truth is, none of these things matter when you haven't flown a drone before. What you need is a cheap, durable model that won't break into thousand pieces the first time you hit a wall or the ground with it, because even though your wallet won't complain about you ordering a new one, you will have to wait for it to be delivered to you and that is a bummer.

**The Best Quads for Beginners**

**Syma X5UW**
The ‘fresh out of the oven’ X5UW is by many, the sexiest ever model of the Syma's X5 series. It is also their most well-rounded toy-grade model, and not just theirs actually! The design is sleek and durable, and it offers great flight performance as well.

This little drone even has altitude hold, and, unlike other Alt-Hold models, it performs flips exceptionally well. You will even get a not so bad camera with it, in fact, the best ever camera from the X5 series, shooting HD 720p videos (real 720p). Even though the transmitter doesn't have an LCD status screen, it feels nice in your hands and we definitely love the design.

**JXD 510G**
The successor of the 509G model, the 510G is pretty much a carryover, but with a slightly redesigned body and added barometer for altitude hold, which makes controlling it much easier. With a price of under $100, this quad had quickly become one of the most wanted beginner drone models on the market. Oh, one more thing, it comes with a camera that allows you to fly in FPV on 5.8G, which is awesome if you pair it with a pair of cheap FPV goggles.

**JJRC H36**
This is an amazing little speedster with protected 3-blade propellers. This means that you don't have to think about spare props and you can hit all the walls you want, and you can't hurt anyone. Most users claim that it's easy to control and goes really fast in High-Speed mode. You can also turn it into a micro FPV racer by adding a 5.8G camera on it.

**FuriBee F90**
The 90mm busy little bee is the most advanced beginner model on our list and even comes with its own 5.8G wide angle FPV camera. But, the most interesting feature that it comes with is its SP Racing F3 Evo flight controller for brushed motors. If you are not that familiar with what you just read, ask any experienced drone racer and he will tell you that they all started with that “Drone Brain”. Even though this model will bring you hours and hours of fun around the house if you pair it with an FPV headset, we need to let you know that it isn’t quite an RTF model because you need to buy a compatible transmitter separately and bind it with the drone. This might slow down your fun for a half an hour or so while you find the tutorial on YouTube, but once you do that, the real fun starts!

**Final Thoughts**
There you have it, now you know what to keep an eye on when choosing, and you have a few of the best 2017 beginner drone models to choose from. It’s all up to you. And remember, you can’t become a pro after a few days, and don’t get discouraged if you hit the walls some 28 times on your first day. Just keep practicing and you’ll get better before you know it!
i-lipo Introductory Packages...
40% Off this month

i-lipo offers the latest technology for non-surgical fat reduction, cellulite smoothing and body shaping.
i-lipo emits low levels of laser energy, which create a chemical signal in the fat cells, breaking down the stored triglycerides into free fatty acids and glycerol and releasing them through channels in the cell membranes.

Fat Reduction i-lipo
- recommended as a series of 8-10 treatments
Combine Fat Reduction with Skin Tightening
- also available at 40% off

i-lipo DELUXE PACKAGE (paired with Venus Freeze)
i-lipo PLATINUM PACKAGE (paired with Thermage)

* Discounted Vibration Plate Sessions with every purchase
  - 10min = 1 hour of exercise

LIQUID FACE LIFT - $2199
Includes 50 units of Botox, 1 syringe each of Vollure, Voluma and Volbella

NON-SURGICAL FACELIFT also 40% Off
Thermage® Face, Neck and Eyes
One Treatment and NO Downtime

*Specials valid with any other offers or prior purchases exp 8/31/17

Discover Your Fountain of Youth...

Call today to schedule a consultation!

904-273-6286
www.youthfulmedicalspa.com

150 Professional Drive Suite 700
Ponte Vedra Beach, FL 32082
1/2 BLOCK SOUTH OF TARGET, OFF A1A & JTB
Open Monday Through Saturday
Dr. Leonard Spillert, Plastic Surgeon
We’ve designed the exclusive Doctor Loan Program with the specific needs of physicians in mind, offering special benefits to dedicated medical professionals like you.

Get the conversation started today.

Richard Ricci
Doctor Loan Specialist
904.994.0847
richard.ricci@suntrust.com
suntrust.com/richard.ricci
NMLS# 659699

1Available only in AL, AR, DE, FL, GA, MD, MS, NC, SC, TN, VA, WV, DC and select counties in PA to licensed Residents, Interns, Fellows in MD and DO programs and licensed Physicians and Dentists (MD, DO, DDS, DMD) who have completed their training within the last ten years. Doctors with over ten years post training need to be members of SunTrust Private Wealth Management or belong to a practice that is part of Private Wealth Management to be eligible for this product. Ten year restriction does not apply when refinancing an existing SunTrust Doctor Loan. Other program restrictions may apply, please consult your Loan Officer for details.

Jacksonville Boat Club can provide you with an exclusive fleet of boats to enjoy the boating lifestyle without the high cost and hassle of owning your own boat.

Being a member of our club gives you many advantages over owning your own boat:

- It’s much more cost-effective
- You can choose from our several different types of boats to suit your needs – from deck boats to twin cabin express yachts
- You don’t have to clean the boats after you use them or keep them maintained – so you have no drain on your time or your cash.
- No loan payments.
- No insurance payments.
- No storage fees.
- No towing – or waiting in line at the ramp.
- Our exclusive valet service (including water toys and ski vests) removes all the frustration and aggravation so you and your guests can fully enjoy your day on the water.
- Membership includes using the express yachts for overnight stays for romantic getaways and family outings.

Make boating a part of your life the easy way. Please contact our Director of Business Development at 904.477.9794 for information on our individual, family or corporate memberships and visit us at jaxboatclub.com.