904 Mission
One Million Challenge Continues
Will Robots Ever Be Able to Perform Surgery?
Restaurant Review
Safe Harbor Seafood
SAN MARCO
Riverfront Elegance

Spectacular estate home in the heart of San Marco. Enjoy gentle breezes and expansive views from the St. Johns River from the pool, gardens or dock. Gorgeous architectural details and top quality finishes throughout the home. Walk to beautiful Gavin park right out of your front door. Walk to wonderful shopping and restaurants in San Marco Square.
5 Bedrooms/6 Bathrooms/5,375 Square Feet

JACKSONVILLE
Rustic Family Retreat

230 acre sprawling property surrounded by the Seaton Creek and Timucuan Preserve. The custom lodge home with private pond.
3 Bedrooms/4 Bathrooms/3,467 Sq. Ft. $3,995,000

AVONDALE
Historical Riverfront Estate

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NOCATEE
Vacation from home

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Contents

2  Microsoft Gears Up to Retake Classroom
4  904 Mission One Million Challenge Continues
7  Best Movies for Summer 2017
8  Property Showcase – 1090 Ponte Vedra Boulevard
10  Wine Talk
12  Assess the Financial Health of Your Medical Practice
14  Luxury Travel Playgrounds
18  Restaurant Review – Safe Harbor Seafood
20  Sometimes, Being a Doctor is Magical
21  Five Things You Can Do With The New Google Assistant
22  Finding Your Perfect Fit
23  Will Robots Ever Be Able to Perform Surgery?

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The tech giant is planning a renewed push into schools, aiming its Windows software and Surface tablets at kids as well as adults.

Pop quiz: Which tech company is the most popular in schools? Answer: Google, by a mile. And Microsoft hopes to change that.

The software giant is planning to hold an event in New York on Tuesday at which it's expected to talk about new software for schools, and even a new low-cost PC designed to compete on price with machines from other computer makers and on functionality with Apple's iPads.

What makes this move interesting is what Microsoft is going up against. Its key competitor isn't the latest trendy Apple i-device. Microsoft is fighting the Chromebook: a cheap, stripped-down PC that runs Google's Chrome OS software for surfing the web and often has a lower sticker price than many other computers.

To go up against these machines, Microsoft's new software to power school PCs will be a revamped version of the Windows operating system that typically powers PCs, but it will only run secure apps from Microsoft's app store, according to our sister site ZDNet's sources.

This may help make it easier for teachers and students to use Windows, by cutting down on the complexity and time administrators typically face when managing large fleets of computers.

Those typical frustrations are what helped Google break Microsoft's decades-long popularity in schools, said Patrick Moorhead, head of Moor Insights & Strategy.

It even happened in his own kid's school. Ten years ago, the institution was using Windows computers; then it upgraded to Windows-based tablets. Now it's moved to Chromebooks. Most people would assume that, being a school, cost would be the primary reason. But it wasn't.

“It was about the simplicity of it,” Moorhead said. Setting up and managing a bunch of computers that basically just use the web is much easier than trying to corral PCs that require separate software like the Office suite and virus protection.

It's probably no surprise then that Chromebooks have become a go-to device for schools in the US. More than half the devices purchased last year were Chromebooks, according to market researcher Futuresource Consulting, up from about a third in 2014.

Add that Google’s Gmail service is the most popular email service, with more than 900 million logging in each month, and that Apple's iPhone was still the most popular among teens last year.

Lower cost hardware and specialty software aren’t exactly a recipe for making a bunch of profit. So why would Microsoft bother with it?

For the software giant, regaining its toehold in the education market represents both a point of pride and, more importantly, an investment in the future.

The thinking goes that if kids get comfortable with Microsoft products now, they’ll demand them as they're growing up and -- here's where the money comes in -- when they join the workforce. After all, business and productivity software and services are where much of Microsoft’s growth comes from these days.

To be sure, Microsoft’s devices are more popular with schools outside the US. The company has also offered Word, Excel and PowerPoint software for pretty much all tablets and phones for the past couple of years. And its Xbox video game console has a devoted following of millions of gamers.

Now it'll be up to Microsoft to show it can make the grade with schools again.
Sweating for a Cause:
904 Mission One Million Challenge Continues

By Caroline Davidson, 904 Mission One Million presented by 904THIN Coordinator

75,000 pounds! That’s how much weight 904 area residents lost together over the past year through 904 Mission One Million!

904 Mission One Million is an initiative founded by the Duval County Medical Society Foundation (DCMSF), co-chaired by Jacksonville Mayor Lenny Curry and DCMSF President Dr. Sunil Joshi, to engage the community in better health. On April 7, 2016, Mayor Lenny Curry issued the 904 Mission One Million challenge to the citizens of Northeast Florida to collectively lose one million pounds.

In its first year, 904 Mission One Million registered nearly 4,000 participants, who have logged more than 75,000 pounds of weight loss!

In celebration of its one year anniversary, Mayor Curry, along with Dr. Joshi, announced 904 Mission One Million’s success to date. Also announced was a partnership with 904THIN, rebranding the initiative as 904 Mission One Million presented by 904THIN. Dr. Rafael Foss, founder of 904THIN, joined Mayor Curry and Dr. Joshi for the partnership announcement on April 10 at Unity Plaza.

“904THIN’s goal has always been to make the First Coast the healthiest community in the world,” said Dr. Foss. “We are just so excited to be partnering with Mayor Curry and the Duval County Medical Society Foundation to support this incredible initiative by transforming lives one person at a time until we reach our One Million pound goal.”

904 Mission One Million presented by 904THIN is part of Mayor Curry’s Journey to One program. Journey to One is a comprehensive strategy focused on improving Duval County’s position in the Robert Wood Johnson Foundation County Health Rankings from 55 to 1.

“Establishing weight loss goals is essential to combating obesity, one of the contributors to quality health outcomes and rankings,” said Jacksonville Mayor Lenny Curry. “Mission One Million offers a collaborative way for people in our community to work together and motivate one another to make Jacksonville a healthier place to live.”

One of the leading factors impacting our community’s health
is weight. In fact, two out of three people in our community are overweight. But 904 Mission One Million presented by 904THIN is trying to change that statistic!

Since its launch last April, the program has worked to engage the community by the masses through the development of strong community partnerships with the City of Jacksonville, the Mayor’s Council for Fitness and Well-Being, the First Coast YMCA, Jacksonville University, First Coast Worksite Wellness Council, and Duval County Public Schools just to name a few. 904 Mission One Million presented by 904THIN has also been successful in establishing connections with local businesses, corporations, and organizations, such as JEA, Web.com and Brunet Garcia, through their internal wellness programs. Recently, 904 Mission One Million presented by 904THIN teamed up with Baptist Health for their 8-week “Dare to Lose” employee weight loss challenge. More than 200 team members from Baptist Health’s Metro, Nassau and Beach locations lost a combined total of 814 pounds over the 8-week period and that weight loss was contributed to the million-pound goal. This was just the first of several wellness challenges Baptist plans to launch and incorporate with 904 Mission One Million presented by 904THIN.

There has also been an extensive amount of outreach to the community through participation in a wide variety of healthy events including local races, employee health fairs, city events and public conferences. From the Gate River Run and Jacksonville Jazz Festival, to the Shamrock’n 5K, Orange Park Farmer’s Market and more, 904 Mission One Million presented by 904THIN team members have enjoyed meeting 904 residents and helping them get signed up for the cause.

In March, 904 Mission One Million presented by 904THIN teamed up with Orangetheory Fitness for a series of “charity burn” classes that helped raise money for the initiative. During each charity burn class, participants earned “splat points” based on the number of calories burned during their workout. For every two splat points earned, Orangetheory donated $1.00 to 904 Mission One Million presented by 904THIN.

Five local OTF studios – North St. Johns, Southside, Hodges Pointe, Fleming Island and Mandarin – participated in the charity burn fundraiser, earning a cumulative total of 5,903 splat points or $2,951.50!

The focus of 904 Mission One Million presented by 904THIN is to highlight existing healthy events and programs in our area, rather than creating new ones. With so many incredible healthy resources already available locally, the goal is to provide the community with access to these resources.
904 Mission One Million presented by 904THIN and the citizens of Northeast Florida have a lot to be proud of in the past year – but there is still a significant journey ahead.

Moving forward, 904 Mission One Million presented by 904THIN plans to keep the momentum going and continue to grow, develop more partnerships and expand its outreach to all areas of the community! There are plans to launch a new, more user-friendly website, as well as a phone app that will provide participants access to these resources right at their fingertips.

Our mission to lose one million pounds will simply not happen overnight. It is crucial that the entire community comes together around the common goal of improved health. If we all get out, get active and make healthier choices, we will accomplish our mission of one million pounds lost and put Northeast Florida on the path to a healthier future!

To learn more about the program and to sign up for 904 Mission One Million presented by 904THIN, visit 904missiononemillion.com.
Guardians of the Galaxy, Vol. 2 (May 5, 2017): Everyone’s favorite gang of intergalactic a-holes are back with some sweet throwback tunes, the continuing adventures of Baby Groot, and Kurt Russell as a sentient planet who definitely absolutely one hundred percent has a wiener. The sequel has some massive expectations to live up to, but then again it also has 100 percent more Sylvester Stallone than the first one and if the MCU was in desperate need of one thing, it was a Tango & Cash reunion.

King Arthur: Legend of the Sword (May 12, 2017): Look, I was just as surprised as the next person when I read that Guy Ritchie was going to try his hand at bringing Arthurian legend to life on the big screen with Charlie Hunnam in the starring role. But the Knights of the Round Table seem uniquely suited for a modern action-adventure franchise, so my fingers are crossed that this film is a worthy heir to the throne.

Alien: Covenant (May 19, 2017): Back before Ripley burst onto the scene, the Xenomorphs were but wee-no-morphs, which is not a cute term for a boner, and a human colonization mission went awry. Alien: Covenant is the story of that mission, which—spoiler alert—probably won’t end well for our intrepid crew. But considering our intrepid crew now contains Danny McBride as Space Kenny Powers, you’d better strap on your goddamn K-Swiss and get your butt to a theater for a chestburstin’ good time.

Baywatch (May 25, 2017): Finally a film is putting the old maxim of “anything David Hasselhoff can do, The Rock can do better” to the test. The 1990s TV series gets a raunchy, R-rated reboot with a cast including Zac Efron, Priyanka Chopra, Alexandra Daddario, and more. Expect plenty of dick jokes and copious amounts of slow motion running.

Pirates of the Caribbean: Dead Men Tell No Tales (May 25, 2017): Just when you thought it was safe to buy rum again, Captain Jack Sparrow (Johnny Depp) returns as a walking cautionary tale against the demon liquor’s foul influence. This time, Jack Sparrow finds himself targeted by his old nemesis Captain Armando Salazar (Javier Bardem), an undead pirate hunter with a ghostly crew and a plan to murder every pirate on the open sea.

War Machine (May 26, 2017): No, this isn’t the Don Cheadle solo Marvel movie you’ve been waiting for; rather, this is Australian writer-director David Michôd’s absurdist war dramedy about Brad Pitt as a vainglorious American general in Afghanistan who gets caught up in a journalistic exposé.
1090 Ponte Vedra Blvd
Ponte Vedra Beach, FL 32082

Welcome to one of the real gems on the west side of Ponte Vedra Boulevard! Stunning home built by a builder for himself & maintained in pristine, like new, move in condition by the owner. Short stroll past 5 homes to get to the beach entrance. The lot, approx 1.25 acres has 220ft frontage with no neighbors on three sides provides ultimate in discrete privacy. Experience for yourself gorgeous sunrises/sunsets through your 270 degree panoramic views of a groomed nature sanctuary in the backyard (room for a pool-see design). Extensive landscape design amidst soaring magnolia, oak and palm trees magnified at night with exterior lighting. The home exudes a luxurious feel after walking thru over-sized columned portico with mahogany double front glass doors, enter into a spacious open floor plan. Phenomenal 11 ft ceilings, 8 ft doors, arched picture windows, 9 archways. Dream chef kitchen w granite counters, Nicols cherry cabinetry. The kitchen has a prep island with sink. Subzero refrigerator, Dacor stainless 6 burner gas cooktop with 48" commercial hood/Dacor double ovens. For your entertaining pleasure there is a separate wetbar/wine cooler pantry with optimal entertaining layout between kitchen and living room. Downstairs master retreat is graced with an enormous custom closet. Master bath offers incredible views, a large Jacuzzi tub, supersized glass shower with separate rainfall shower-heads. All Kohler plumbing fixtures throughout. Dome lighting in entryway and wired for same in Master. Anderson low E insulated windows. 40 year architectural roof shingles, central vac and unique Infrared remote-control stereo system inside/outside. Oversized 3 car garage with nearly 1000 sqft. An elongated driveway provides extra guest parking. Prewired for outside spa. Exterior of house was painted in 2016. Decks painted in 2017. Newer 3 zone HVAC. 2 Gas water heaters. Newer window Tx, Digital home security installed. Preferred Membership Initiation Fee pricing for the Ponte Vedra Inn & Club and The Lodge & Club is available to the Purchaser(s)* of this listing. (*certain restrictions may apply)

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Kathleen Floryan, Broker Associate, Ponte Vedra Club Realty
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Nick Goldschmidt

“Winemaking has been a passion that has fueled our dreams and enriched our lives. Even our children have become involved, whether by pitching in during harvest and crush or by helping pack “dad’s” bags as I head off to New Zealand and Argentina several times a year.”

Although not as well-known as many cult winemakers, Nick Goldschmidt is, in my mind, one of the top winemakers in the world for Cabernet Sauvignon.

His body of work covers most of the great winemaking regions of the Americas and his knowledge of Napa and Sonoma county vineyards is unparalleled. To me, he stands out because unlike most California winemakers, who are only interested in producing $100+ bottles, he makes brilliant wines for $20, and hits several price points on his way over the $100 threshold. As you will see with the selections this quarter, the quality shines regardless of price point.

Like most of us, Nick did not start his adult life thinking about wine. His first degree, which he earned in his native New Zealand, was in horticulture, and he expected to be a farmer of row crops. While studying organic and biodynamic farming techniques he became intrigued by the potential for growing grapes in an Earth-friendly way. Then an evening with good friends and a bottle of Vega Sicilia sparked a passion for wine that would change his course. After earning his diploma (bachelor’s degree) in Horticulture from Canterbury, New Zealand 1982, he moved on to another in Viticulture from Charles Sturt (Australia) in 1985 and then a post grad in enology from prestigious Roseworthy (Australia) in 1986.a) in 1986. He and his wife, Yolyn, fell in love with California in 1989, while working as an intern at Carneros Creek, and in 1990 he accepted a permanent position under Zelma Long at Simi. During his tenure at Simi he rose to head winemaker and then rode the wave of big corporate acquisitions. When hired at Simi they were owned by Louis Vuitton Moet Hennessy and later sold to Constellation. During this time he oversaw the winemaking at Ruffino in Italy, Cloudy Bay in New Zealand and Terrazas in Argentina, eventually directing the wines at Francisca and Ravenswood, just to name a few. From Constellation he moved on to Allied-Domecq, where he oversaw 40 wineries, including Gary Farrell and Mumm Napa, as well as Campo Viejo in Spain and Brancott in New Zealand. Eventually Allied-Domecq was bought by Beam Wine Estates in 2006, where Nick continued in his role. When the portfolio was gobbled up by Constellation in 2008 he jumped ship and began to devote himself full time to Goldschmidt wines. While working under Zelma Long at Simi, Nick learned the importance of making wines that speak of the place where they are grown. To this end he produces a number of wines under different labels, each showing the unique expression of terroir.

The 2014 Hilary Goldschmidt Cabernet Sauvignon “Napa” comes from the Charming Creek vineyard in the Oakville AVA of Napa Valley. There is little debate that the Oakville area of Napa is one of the world’s great places to grow Cabernet Sauvignon. The soils on the west side of the region were formed over millions of years of weathering of the Mayacamus Mountains, creating the bench land, which are alluvial fans of well drained gravel. The rest of the appellation, the area between Highway 29 and the Silverado Trail, is soil that has been formed by the Napa River. For undreds of thousands of years the river has flooded and shifted course across the valley floor, depositing clay, silt, and fine gravel. The Charming Creek vineyard lies in this area, between
Nickel and Nickel and Opus One. (Not bad neighbors for a wine that costs less than $50). The 2014 vintage conditions were ideal for ripening the Clone 7 Cabernet Sauvignon that is planted in Charming Creek. Clone 7 is also known as the Concannon clone, as it was originally sourced from the Montpellier Nursery in France by James Concannon (founder of Concannon Vineyard, Livermore, CA). At that time, he was looking to find clean vines to replant after California’s first phylloxera blight in 1893. Clone 7 was once a workhorse in Napa Valley, as a strong yielder, with good color. It fell out of favor in the 1990’s because at high yields it displays a faintly herbal note in the bouquet, which some critics see as a sign of under ripeness. In the age of ultra-ripe Napa Cab this trait is not always desirable, but to me shows varietal correctness. Since the vines in Charming Creek are 37 years old, yields are a moderate 3 tons per acre, so ripeness is not a problem, especially in years like 2014. Unlike many Napa winemakers, Nick does not rely on tricks to make his wines. The grapes were harvested on September 25th, a little early by the standard of his neighbors, but Nick takes pride that his Cabs are under 15% alcohol. After fermentation the wine was aged in French oak for 20 months, with 25% being new barrels. Like almost all of his wines this one is pure varietal, 100% Cabernet Sauvignon and it was neither filtered or fined before bottling. There were 4,100 cases produced. When you open this wine it will benefit from at least half an hour in the decanter. The color is a rich ruby, with good viscosity and faintly stained tears rolling down the glass. The nose shows classic Oakville qualities of black cherry and blackberry preserves, accented with menthol, cigar box, and cola syrup. On the palate, this wine is nicely rich and balanced, with smooth, polished tannins and nice length. I suggest drinking this wine over the next five to seven years.

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
Medical practice operations are being reviewed, analyzed and redesigned like never before. As the healthcare industry changes and over time, revenues can stagnate and overhead can continue to rise. This loss of profitability has definitely turned up the spotlight on medical practice operations. Every practice must strive for maximum efficiency. In addition to efficiency pressures, government and third party issues have brought coding and billing compliance pressures to bear. With substantial civil fines and criminal penalties risk, medical practice billing operations are under the microscope for compliance issues.

These pressures, as well as good management principles, dictate a closer look at medical practice operations. This usually leads to the need for an objective review of operations. This is commonly referred to in the industry as a medical practice assessment and evaluation.

An assessment can happen for many reasons: (1) an operational problem, (2) acquisition, (3) merger, (4) creditor review, (5) efficiency concerns, (6) compliance issues, (7) good business sense, (8) embezzlement, and (9) change in management. In some situations, the manager or the practice owners might want an independent verification of how well the practice is really doing and what, if any, can be done to improve it.

There is usually a call for an assessment and evaluation when a problem is suspected. Simple causes include when receivables begin to grow unexpectedly, cash flow slows down or decreases, there are concerns about practice production and growth, or when some operation issue is brought before practice management. For example, problems at the front desk could result in an assessment and evaluation of not only this particular area of the office, but its entire operations as well.

So what is a medical practice assessment and evaluation? Think of it again as when a person goes to his or her family doctor for a complete physical checkup. Think of it as the owner taking his car to the dealership for its annual tune up. Think of it like getting your car tuned up each year and whatever problems there are, they get fixed. A medical practice evaluation is a comprehensive diagnostic review of all aspects of a medical practice, or as you will see throughout this book, any specific aspect of office operations.

So instead of working in the dark, use the time now to assess your financial success or lack thereof. Last year is closed so now is the perfect time to do some analysis. Compare the following statistics/numbers to the prior year – did you do better? If worse, investigate and correct. When looking at numbers, be sure to not only look at them at the practice level but at the individual provider level as well. Also, compare to national benchmarks (MGMA, AMGA, etc.). The MGMA book about Better Performing Medical Practices should be on your reading list. I’ve included my personal benchmarks as an initial guide as you look at your numbers.

**General**
- Gross Collection Percentage
  [Benchmark: Better than last year]
- Net Collection Percentage [Benchmark: 95-99%]
- Days in A/R [30-45 days]
- A/R in excess of 90 Days Old [18-22%]
- Clinical/Procedure/Ancillary Encounters
  [Better than last year]
- Provider Work RVUs [Better than last year]
- Charges and Collections by Payor
- Referring Physician by Physician
  [Increased referrals from new referral sources]
- E/M coding comparisons
  [Look for the undercoders and overcoders]
- New to Established Patient Ratio [Better than 1.0]
- Average Wait Time in Reception Area – Customer Service!!!
  [15 minutes]

**Overhead**
- Operating Overhead as Percentage of Revenue
- Five largest Overhead Accounts Compared to Prior Year
- Personnel costs, personnel per FTE physician, overtime costs
- Are Vendors Paid on a Timely Basis
  (Aged Accounts Payable List)
Revenue Cycle
- Front desk collection percentage [90% collection rate for any patient who can pay $1.00 at the time of the visit]
- Copayments
- Patients that come in with A/R balances
- How quickly visits/procedures are billed [Next day for office visits; 5 working days for all other services]
- How long does it take to get paid by payors [30-45 day average]
- Percent of scheduled patients vs. available visit/surgery/procedure appointment times
- Percent of insurance eligibility verifications vs. total scheduled patients
- Recall visits vs. recalls available [95%]
- Percent of denied/rejected claims vs. total claims filed [Less than 5%]
- Percent of denied/rejected claims appealed successfully vs. total denial/rejections [95%]
- Average days between receipt of payment and payment posted [1 day]
- Average number of unpaid claims resolved by day per collector [25-30]

Managed Care
- Individual Payor Assessment
- Gross collection percentage
- Days in A/R
- A/R aging
- Analyze reimbursement rates
- Compare rates to Medicare rates (what % Medicare)
- Compare rates to other payor rates
- Compare to prior year

Finally, Signs of Financial Problems in Your Practice
- Sudden Change in A/R Tendencies
- Falling Collections
- Failing to Reach Benchmarks
- Sudden Changes in Production by Provider
- Escalating Overhead Costs
- Doctors Holding Their Paychecks
- Cannot Pay Vendors Timely
- Borrowing Money

Reed Tinsley, CPA is a Houston-based CPA, Certified Valuation Analyst, and Certified Healthcare Business Consultant. He works closely with physicians, medical groups, and other healthcare entities with managed care contracting issues, operational and financial management, strategic planning, and growth strategies. His entire practice is concentrated in the healthcare industry. www.rtacpa.com

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The very rich, as F. Scott Fitzgerald so famously said, are different from you and me. And perhaps no place is that more evident than in the anything-goes world of the billionaire’s vacation. The exclusivity of the travel experience -- and that refers as much to the destination as to the choice in accommodations -- is key to the billionaire’s holiday.

“The high net worth set doesn’t want to holiday somewhere near the encatchment area where a low-cost carrier deplanes or embarks,” says Farhad Heydari, a luxury lifestyle editor and journalist. “They want to be as far away from the masses as possible.” Think private islands, private estates and private villas -- in short, places that have a limited supply of rooms that fill up months or years in advance.

While most of us can hardly afford to vacation like that fraction of the 1 percent, sometimes just knowing where they venture is enough to stoke the wanderlust. Start lusting -- our roundup of the world’s top billionaire playgrounds awaits.

Islands Apart: Where the Ultra-Rich Town Down
While commercial flights descend in droves upon mainstream Caribbean destinations like Montego Bay and Nassau, the ultra-rich touch down on private runways in far more remote locales.

Trending amongst the elite is staying at a private island resort in the British Virgin Islands composed of a collection of Balinese-style abodes, set on 74 acres with a fringing coral reef, submarine available for charter and a 32-person Jacuzzi among the diversions. Exclusive rental rates for the property start from $42,500 per night for up to 16 people.

And just a short private jet hop away, on the Out Islands of the Exumas in the Bahamas, is David Copperfield’s Musha Cay, with its stunning sandbar that materializes for just a few hours a day, open-air theater on the beach and 5 plantation-style guest houses -- each hugging their own private beach. The property can accommodate up to 24 guests, with rates starting from $37,500 per night for up to 12 people.

Half a world away in Fiji, the CEO of Red Bull owns another favorite private island frequented is Laucala Island is a largely sustainable property surrounded by coconut plantations and turquoise lagoons where each of the 25 butler-serviced villas has a full-size swimming pool and yoga pavilion.

And on the island of Kuda Hithi in the Maldives, guests arrive by private yacht at Coco Prive and have a personal dive master among their dedicated staff. There’s a master villa and 5 offshoot villas for a maximum of 12 guests, and rates for 2 people start from $8,000 per night.

The sky is quite literally the limits at places like these, says Bruce Wallin, editorial director at Robb Report: “If you want to fly in your own Broadway cast to put on a production --
and people do that -- it might be extra,” he quips.

“Africa is hugely popular,” says Stacy Small, owner of LA-based Elite Travel International. “These trips appeal as they typically include stays at small exclusive posh safari camps, and private planes are the standard mode of transfer.”

In an iconic African safari destination like Kenya, the uber-rich might choose to rent out an entire luxury camp such as Cottar’s 1920s Camp, with 10 decadent tents set in a private conservancy with its own landing strip near the Masai Mara.

But that was before the opening here of the even more exclusive Cottar’s Homestead -- a 10,000-square-foot home with 5 bedrooms and terraces overlooking grasslands covered with wildebeest and serviced by a staff of 8, including a private wildlife driver and additional wildlife spotter, as well as a chef and security guards.

In the world of villa rentals, France delivers some of the most bespoke travel experiences for those who can afford it. On the slopes of Courchevel, France -- the most jet-set village in all of the Alps -- the sounds of helicopter blades chopping Russian tycoons to their villa hideaways cut the cool mountain air.

Other high-rollers hole up in the apartment suite at the legendary ski-in/ski-out Cheval Blanc hotel, where a private elevator whisks them from the apartment to a dedicated ski room and directly onto Europe’s most privileged slopes.

At Chalet Pelerin in Le Miroir, France, A-listers and industrialists are flown in from the airport in Geneva to spare them the 2.5-hour drive to this 5-bedroom chalet, where days are spent heli-skiing off-piste in nearby La Thuile, Italy.

"Begin to see yourself as a soul with a body rather than a body with a soul."

Wayne Dyer
With nary a second to feel the chill of sitting on a chair lift, guests can relax in the chalet’s private après-ski cabin in a spectacular off-piste setting. The chalet’s wellness facilities are as decadent as at any world-class spa, with a steam room, sauna, outdoor hot tub and saltwater pool. And a private ski guide, chef and guest photographer are all part of the package.

High Life on the High Seas
And if you’re wondering where the elite really get culled from their domain, it’s at sea. “Chartering a mega-yacht is really in the realm of the billionaire rather than just the standard millionaire,” says Wallin of Robb Report. “It’s potentially the most exclusive travel experience you can have.”

Wallin points to the mega-yacht class of ships -- hired anywhere from $200,000 to $1 million per week -- as where the opulence factor slips into the stratosphere. “It’s like a floating mansion or palace basically,” he says, “with the helipad, water toys, the private movie theater and a crew taking care of everything.”

And the superyacht Nirvana, says Wallin, inspires particular awe -- the 6-deck, 290-foot-long ship hosts 12 guests, with a crew of 26 tending to their every whim and has such amenities as a 3-D cinema, full gym, multiple jet skis and water ski boats and 2 vivariums populated by water dragons and bearded lizards!

The horizon is pretty much the limit on yachts like Nirvana. “You’re in a completely private environment and you can go out in the middle of the ocean and hang out, go to a beautiful cove to have all to yourself, or dock in Monaco and get in a tux and go to the casino for the night,” says Wallin.

The more I learn about people, the more I like my dog.
Mark Twain
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Safe Harbor Seafood- The Past, Present and Future of Seafood on the First Coast

Written By: Lisa Watterson, jaxrestaurantreviews.com
Photography By: Lisa Watterson

Safe Harbor is the seafood market and restaurant we know and love out of Mayport. Originally a wholesale seafood market (and still one of the best around), Safe Harbor opened in the late 80s. It wasn’t until 2013 that Safe Harbor opened the restaurant portion of their business in Mayport. Despite limited hours- they close at 6pm on weekdays- business was booming. Diners were flocking to get their hands on Safe Harbor’s fish dip, fresh catches, and scrumptious Mayport shrimp. Only three years after opening the restaurant inside their fish market, Safe Harbor opened a second location. This one is a dedicated restaurant with larger capacity and longer hours to satisfy the droves of seafood lovers. Safe Harbor can be found on Ocean Street, just down from the ferry in Mayport, or in Jax Beach on 2nd Avenue North, right by the Jax Beach Boat Ramp.

Fresh Fish/Party Animals

The new location in Jax Beach is much larger than the market with a restaurant stuffed inside in Mayport and despite its shiny new appearance, has the feel of a true locals place. The deck has garage doors that close for those few spurts of winter that show up every now and again. But there are still huge windows to enjoy the views of wildlife, water, and boats coming and going. There are utilitarian picnic tables and regular tables and chairs for seating options, with plenty of staff delivering food to tables and checking on guests. If you are trying Safe Harbor for the first time, may I humbly recommend avoiding peak hours? Go for a late lunch or an early dinner so you can take it all in- the menu, the space, the view, the food. Longtime Safe Harbor patrons will be delighted with the restaurant. It is exactly what they have been wanting: the same fresh and deliciously prepared seafood but with more space and longer hours. On our trip to Safe Harbor we had Strickland Cheese Spread ($3), Gator Tail ($8), Mayport Shrimp Basket ($13), Captain Walter’s Combo- 2 Ways ($16), and a dozen Raw Oysters ($14).

Raw Oysters

Starting with the appetizers, the gator tail was perhaps the best gator tail we have ever had. It’s a dish that tends to be on the chewy side, and realistically southerners will eat anything fried. Safe Harbor’s gator tail was not chewy. It was fresh and yes, fried, but was so pleasant without the typical chewiness. If you want to gross out a house guest by making them eat gator tail, you will have a much better chance of making them eat their words with Safe Harbor’s gator tail. With the Strickland Cheese Spread there is more than meets the eye. I have said before (and I know I will say again) how much I enjoy dining with my father-in-law, a lifelong Jacksonville resident. While eating our garlicky cheese spread he said, “You know this is from Strickland’s right? This is what they were known for. People would go just to get this and their smoked fish dip and take it home.” At first I thought he was talking about Strickland’s Landing, the old water park on Kingsley Lake. Nice try, Lisa. Strickland’s was a nice seafood restaurant out in Mayport next to Singleton’s. It was white tablecloth, and it wasn’t the kind of place you just stopped by. It was a dining destination. The smoked fish dip you see at so many local seafood restaurants comes from Strickland’s, as does this cheese spread that grows on you with each bite you take. I would never have known or thought anything of Safe Harbor offering Strickland Cheese Spread on their menu, but I love this nod to local history. And the cheese spread is ridiculously good.

Our three entrees came out shortly after our appetizers. I went with raw oysters because they are delicious and also I am trying to fit into my jeans. I had heard from a friend that her raw oysters at Safe Harbor were mucky the last time she went, to the point that she sent them back. I knew it was a gamble to order them, but I was thinking of my jeans. When they came they were big and beautiful. And also I scraped pieces of shell out of every single one before eating them. That was incredibly disappointing, but at least I was prepared for that to be a possibility.
exactly where they came from and I didn’t ask (sorry!). As far as quality goes I would be happy ordering them again. Do I want to clean my food before I eat it? Not really.

Picking shell pieces out of my oysters
The shrimp basket came with two sides and my dining partner chose black eyed peas and cole slaw. The shrimp themselves were fabulous. Is there a more perfect shrimp than a Mayport shrimp? They have such a meaty, sweet taste. They were lightly breaded and fried. The shrimp in the shrimp basket speak for themselves. The cole slaw was decent, pretty average. The black eyed peas were not your grandma’s black eyed peas. They had onion, bacon, and…..rosemary in them. The rosemary was an interesting choice. It’s one of those herbs people tend to love or hate. Rosemary can be a bit overwhelming. The black eyed peas were not bad, but were definitely out of left field. My dining partner would not order them again because they were not his preference. Others may love them.

Shrimp Basket
Captain Walters Combos come with either 2 ($16) or 3 ($20) seafood options. A fresh catch option is a $4 upcharge. My dining partner chose 2: grilled redfish and fried calamari, with fries and coleslaw. The redfish was a new fish for both of us. It is a heartier fish than say mahi or grouper, but not as firm as swordfish. The flavor is mild and slightly sweet, which is due to redfish living in and around reefs. The redfish we ate was well prepared, and there was plenty of it. The fried calamari was good. It was all rings and no tentacles, which is the more delicious part anyway if you ask me. It was not the best calamari of my life, but it was a solid choice.

Captain Walters Combo- 2 Ways: Grilled Redfish and Fried Calamari
Safe Harbor is a First Coast gem- you can go to the Mayport location to get the freshest seafood to take home and some deliciously prepared food while you’re there, or go to Jax Beach and let the folks there cook some incredible and fresh seafood for you. While Safe Harbor’s popularity can at times mean waiting and lines, the people at Safe Harbor work hard and work as a team to make sure every guest enjoys the fruits of the ocean. We are so lucky to live where we do.

View from the deck
There are parts of medicine that are horrendous. Moments too painful to recount, and events that will break even the most innocent participants.

And then, there is unspeakable magic.

I live for the days when a patient comes to the office with a particularly vexing set of symptoms. Specialist after specialist bows their head in disagreement. Laboratory values whisper falsehoods with jeering tongues. Symptoms are transient, physical exam signs inconsistent and in the midst of head scratching, an answer mysteriously appears. Maybe a common presentation of a rare disease or a rare presentation of a common disease.

Explaining with words so fast that sentences jumble — ideas merge. The patient shakes their head enthusiastically less because of deep understanding, and more because they know that my excitement means that finally the answer will unfold like a blossoming flower selflessly bearing its pollen. I will eventually slow down enough to present a cogent explanation. And things will get better.

It lifts me up when a patient sits down beside me after yet another round of chemo. When, at the end of the day, I have a sparing moment to settle in for an intense conversation. I bite my tongue, become quiet and listen. I hear of hopes and dreams. I hear of pain and suffering, joy and fear. We talk like doctor and patient — like friends, like family members.

We get past the intangibles of life and death and move on to the more palpable like dignity. Upon finishing, we leave the room in strength. We leave the room with resolve. We leave the room with tears in our eyes — all of us.

And I love when an unwitting pattern is recalled from the deepest depths of memory. The clock is ticking. Heartbeats rise and fall rapidly. Knowledge accrued from past struggles presents itself at the most opportune time, and a life is saved.

On the triumphant drive home from the hospital, with the radio blaring, I remember the patient whose back such lifesaving knowledge was attained.

And I rejoice that all their suffering was not in vain, and neither was mine.

Jordan Grumet is an internal medicine physician who blogs at In My Humble Opinion. Watch his talk at dotMED 2013, Caring 2.0: Social Media and the Rise Of The Empathic Physician. He is the author of Five Moments: Short Works of Fiction and I Am Your Doctor: and This Is My Humble Opinion.
How in the world did we manage to survive for a millennium without voice-activated virtual assistants? I mean, it wasn’t that long ago that we drove around without being able to ask our phone for driving directions. Yet, now, the idea of not being able to do that is downright scary.

More recently, if we needed to find a fact, we typed in our search. Now that seems outdated. You typed into Google and thousands of answers popped up, almost instantly. If you wanted to read reviews for movies or restaurants, tap tap tap. Type your search and get answers.

But just a few years after iPhone’s voice-activated Siri came onto the scene and spawned other voice-activated assistants like Microsoft’s Cortana and Amazon’s Alexa, everyday life without our virtual assistants seems, well, hard.

If you’re an Android phone user, great news. There’s a new way to get help. Google Assistant, the voice-activated assistant you may already be using on Google Home and other devices, is rolling out to hundreds of millions of Android phones. It has been available on Google’s Pixel phone. But now it’s expanding to other Androids. Some systems require your phone to be running on the Android Marshmallow operating system or the upcoming Nougat operating system.

So, what’s all the buzz about Assistant? Here are five things Google Assistant can do that’ll make you love your Android even more.

Note: To activate Google Assistant on your Android, hold down the home button and say, “OK Google.”

1. **Manage tasks**
   If you use your phone for everything from texting, to setting your alarm clock to using its calendar so you can time block your day, you probably have sore thumbs. For many smartphone users, you still have to type in many of those functions. With Google Assistant, you can talk to text, set reminders and more. “Google, I parked in Lot 3 section 4S.” “OK. I’ll remember that.”

2. **Plan your day**
   Google Assistant earns its name when you need it most. Say you’re driving along a strange, dark highway. You’re feeling uneasy, so you want to get to the nearest hotel or coffee shop. You might say, “Google, where’s the closest hotel?” It will tell you and give you directions.

   Assistant does a lot more than that. It can remind you of your flight’s confirmation number, give you public transportation directions, and make dinner reservations.

3. **Be entertained**
   If you like listening to music or podcasts on YouTube Music or Google Play, just ask Google Assistant to set you up. “Play my favorite songs.”

4. **Find photos**
   You’ve probably taken hundreds or thousands of photos in the past year. If you have, you know the hassle of trying to find snaps you took weeks, months or years ago. Have Google Assistant help you out. “Find photos of my trip to New York City.”

5. **Get an answer**
   One of the best things about virtual assistants and old-fashioned typed searches is that you can ask just about any question and get an answer. Try it.

   Type something like, “How many square feet are in an acre?” Or, “What’s the square root of 2,341?” Or, “How much do I tip for $63?” You get answers.

   Google Assistant works the same way, except you speak. “How do I say ‘No sugar in my coffee’ in Spanish?”

**Bonus: Control your home**
You can use Google Assistant to control the smart devices in your house. If you want to turn down the temperature or turn on the lights before you get home, for example, just tell Google Assistant to take care of it.

One more thing. If you’re already using Google Assistant on other devices, such as Google Home, you’ll find that it works a little bit differently on different devices.

However, there are several functions that work on all Google Assistant-enabled devices. These include listening to the news, setting your alarm, checking traffic conditions, getting weather alerts, translating words into other languages, and more.
In the modern era of running, function has taken a backseat to fashion. It seems these days, shoes almost entirely prevent a natural gait and strike with things like narrow toe boxes, high toe/heel drops, thick and cushioned soles, and a toe spring.

These “cushioned shoes” for lack of a better term, are thought to interfere with the body's ability to change from an inverted pendulum (walking) gait to a spring gait (running), and create rear foot striking. When you walk normally, the heel hits the ground first. Ground reaction forces (GRF) travel through this point of first contact and provide information as to how hard your heel is striking the ground. As these GRFs increase, the risk for injury increases, and the body reacts by changing from a walk to a run, and with that comes a gait change. By adding cushioning to the heel of shoes, modern running shoes dampen this the force of this point of contact, increasing the speed at which you can run with a heel strike and not feel pain. If you were to run like this WITHOUT the dampening effect of shoes designed to take the impact, you would not be able to run as fast or far. In fact, you would most likely be seriously injured so please do NOT go out and try it.

The whole kinetic chain of shoe runners is different to that of barefoot populations. Shoe runners experience increases in stride length, stride time and ground contact time compared to barefoot running. By spending that much time on the ground during your stride, you open yourself to injury.

If you do find yourself injured, self-myofascial release of the foot spring can be beneficial, specifically the plantar aponeurosis, Achilles tendon, tibialis anterior and soleus. Any tissue that is compensating for another is likely locked in a shortened position. Coaxing these tissues to full function and increasing the neural pathways to lesser active tissues of the foot may improve the overall function, strength and movement of your feet. It may also be time to get fitted for a new pair of shoes. However this shouldn’t take a priority in your rehabilitation. Just because you change your shoes, doesn’t mean you have fixed the problem. Work with a coach, or film your gait on a treadmill. Its important to break these habits before you get back into any sort of high mileage running.

When looking for a new running shoe, look for ones that have a wide toe box to allow the toes to splay out and encourage distance between the hallux and second toe. Ideally, they should have zero toe/heel drop to allow the feet to function correctly, and feature a thin, non–cushioned sole that will not dampen feedback from the ground. While no shoe compares to the effects of barefoot running, a shoe that interferes as little as possible with the natural form and gait patterns of the human foot while providing protection against injury from the elements will be the best shoe in the long run. The transition though may be uncomfortable as the body and foot have to now adjust to what could possibly be years of improper function. By building these muscles, you may notice some soreness in the calf and sole of your foot. Listen to your body, do not push into injury, but stick with it. You’ll be better in the long run.

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And if they can, should they?

In recently post, I wrote about some unresolved issues with driverless cars and ended by saying “So are you ready to have an autonomous robot perform your gallbladder surgery? I'm not.”

But the robots are coming. A recent paper in Science Robotics proposed six different levels of autonomy for surgical robots. The authors say some devices are already at level 3. A surgeon can tell a robot to put in a row of sutures, and the robot will do so without hands-on control by the surgeon.

Major issues — cyber security, privacy, risk of malfunction resulting in harm to the patient — arise as the robots approach complete autonomy. The cost of satisfying FDA regulations escalates as the robots take on more high-risk activities. For such a device, the cost of premarket approval approaches $100 million and takes 4 1/2 years to accomplish.

A completely autonomous level 5 surgical robot will actually be practicing medicine raising the question of robots not only requiring FDA clearance but also licensing by medical organizations and board certification. Will they need to take examinations and participate in maintenance of certification? A huge problem already affecting pilots involves the deterioration of skills when ceding all control to the robot. Crashes, notably Air France Flight 447 from Rio de Janeiro to Paris, have occurred when computers malfunctioned and human pilots had to take control. The Air France incident occurred when ice covered a sensor resulting in autopilot disengagement. The human pilots failed to recognize the plane had stalled, and it crashed into the Atlantic Ocean killing all 228 aboard.

Tim Harford, writing in the Guardian, said, “the better the automatic systems, the more out-of-practice human operators will be, and the more extreme the situations they will have to face.”

He cited James Reason, a psychologist at the University of Manchester, who said in his seminal 1999 book Human Error, “Manual control is a highly skilled activity, and skills need to be practiced continuously in order to maintain them. Yet an automatic control system that fails only rarely denies operators the opportunity for practicing these basic control skills … when manual takeover is necessary something has usually gone wrong; this means that operators need to be more rather than less skilled in order to cope with these atypical conditions.”

We have already begun to see some surgical skills decay, and it's not yet due to robots. Since over 90 percent of cholecystectomies are done laparoscopically, only the most difficult ones require an open procedure which trainees are doing less frequently.

Harford and others, such as the famous pilot Chesley “Sully” Sullenberger, have suggested a possible solution to the problem. Instead of having humans monitor computers and robots, it should be the converse. The robot could set certain limits beyond which the human driver or surgeon could not go. Already we have newer cars featuring forward collision warnings and collision avoidance systems.

Could we design a robot that would chirp if a surgeon got too close to the common bile duct?

“Skeptical Scalpel” is a surgeon who blogs at his self-titled site, Skeptical Scalpel. This article originally appeared in Physician's Weekly.
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