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"Most physicians have four main questions regarding their mortgages:

1. How much home can we afford?
2. How much money should we put down?
3. How should we structure our mortgage?
4. Now that we have enough money, should we pay off our home, or keep our money invested instead?

An Affordable Home
To address the first issue, note that outside of divorce and lawsuits, little else can be as financially crippling to a physician as buying a home that is too expensive. Families in Phases I and II should avoid having a mortgage any larger than one to two times their annual income. However, this amount is considerably less than a lender will likely offer you for a mortgage. In other words, a bank’s pre-approval does not always equal a wise financial decision.

Down Payment
With the mortgage market in such flux over the past couple of years, physicians are asking more and more, “How much money should we have for a down payment?” Our short answer is that this is the wrong question. It goes back to the affordability issues described above. Provided your home meets the criteria suggested, it should not matter whether you put 5% or 50% down.

Paying Off Your Home
At the other end of the spectrum, many of our doctors are in a position where they could liquidate their investments and pay off their homes, if they so desired. They often ask what their best course of action is in this respect. Our answer: It is a function of three elements working closely together:

1. Client Economics
2. Psychology
3. Asset Protection

First, consider the economic component, as this is the easiest part. If you can earn a higher net return on your invested dollars than your mortgage is costing you (on a net-of-tax basis), why pay off the mortgage? This is especially true if you can accomplish this with the market risk involved.

However, in addition to economics, we realize that psychology is always involved with debt. No client has suggested that they love debt, and wish they had as much of it as possible. Even though the economic and protection factors may suggest that maintaining a mortgage makes the most sense, if it will cause you to lose sleep, we suggest you pay it off.

Finally, because people can become so emotionally attached to their homes, asset protection must be considered in the decision-making process. Some states, like Iowa and Florida, provide unlimited asset protection for home equity, which makes it very difficult to lose your home in a lawsuit or bankruptcy in these states. Along similar lines, Texas provides unlimited asset protection, but only if the property is less than one hundred acres. What a great law that only Texas would have. However, other states like Missouri, Indiana, Michigan, Tennessee, Colorado, California, and Ohio provide very little protection of home equity. If you live in such a state, maintaining a mortgage can actually help...
reduce the risk of losing your property in the event of a law-
suit. Understanding how your state treats home equity, from
an asset protection standpoint, is an important variable in
choosing the best physician mortgage loans.”

1) Bureau, U.S. Census. U.S. Census Web Site. [Online] [Cited:

(2) Kirwan, J.D., LL.M. Adam O. The Asset Protection Guide
for Florida Physicians: The Ultimate Guide to Protecting Your
Wealth in Difficult Economic Times. Orlando, FL : The Kir-
wan Law Firm, Updated and Revised for 2010.

(3) 10 acres for urban areas, 100 acres for rural areas.

(4) Adkisson, Jay D. and Riser, Christopher M. Creditor-Debt-
or State Exemption Chart. Asset Protection Book. [Online]

(5) Riser, Christopher M. and Adkisson, Jay D. Asset Protec-
tion: Concepts and Strategies for Protecting Your Wealth. New
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**BY JONATHAN SIKES**

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A computer algorithm learning how to play StarCraft like a champ may raise some eyebrows, but when algorithms start to give the skills of a trained physician a run, job security becomes a futile construct. An algorithm now diagnoses melanoma as well as a dermatologist: A consolation for the dermatologists, though: Folks across the hallway — the radiologists and the pathologists — are feeling the heat as well. In fact, if we are to believe the technologists and the futurists, as many as 80 percent of physician jobs could be gone in the future.

Disruption is coming to health care, or so we are constantly reminded, and the disruption is going to be technological — the saviors from silicon valley are bringing in a creative destruction from without. After putting in 25 plus years in education and training, and hundreds of thousand dollars in student loans, physicians now may have to contend with the possibility that they could be competing for jobs with a soulless machine running a nifty algorithm. If we were worried about phone bank jobs being bangalored, soon we may arrive at a reality where even highly complex physician jobs may be outsourced to the cloud. Who will be blame then? The Faustian technologists? The amoral machines? The politicians? We may not have ready answers, but we certainly will have a platter of bogeymen to blame.

Someone once deadpanned that if there is a physician job that can be taken over by a machine, it should. A blunt assessment? Yes. Prophetic and even wise? Likely. There is no stopping an idea whose time has come; in fact attempting to do so is the shortest route to irrelevance.

However, even as predictions are made about massive physician unemployment at the hands of clever computers, we have research report after report belaboring an imminent physician and health professional shortage. The American Association of Medical Colleges predicts a physician shortfall of about 95,000 over the next decade. The VA alone has a current shortfall of 45,000 health care personnel. And if the rich world health systems can't find enough professionals, what chance do the poor world health systems have where health

Retooling the Future Physician
Kiran Raj Pandey, MD
Mass physician unemployment can’t happen alongside a massive physician shortage; these are mutually exclusive scenarios. Or maybe, they aren’t. What if we have physicians but they are not the kind that our health system needs? 10 years from now we might arrive at a scenario where dermatologists are unemployed because a subset of the best dermatologists working in tandem with a computer like Watson provide all the dermatology care we need, but we still don’t have enough primary care physicians who could work with an AI-enabled computer to act more as the patient’s health coach? How do we avoid such health care dystopia?

Do we train fewer dermatologists and more primary care physicians? More surgeons and less medical specialists? In fact, it is quite unhelpful to think in terms of specialties here. Unlike humans, computers don’t care about specialties; they are not looking to get boarded with the ABIM. Machines master a certain function and do it better than any human could possibly do. Early machines did it with a specific skill — drilling or welding for example. Computers did it with arithmetic and computation. Now with machine learning and artificial intelligence, machines will master data processing, pattern recognition, and prediction.

A glut of AI-enabled cheap pattern recognition and predictive capabilities will mean that physicians won’t have to do this anymore. Specialties that involve a lot of these functions will see a gradual AI-creep in their work. However, pattern recognition and prediction are not all that physicians do. Physicians often generate high-quality data (e.g., data sets that train the algorithms). Physicians also draw upon their relationship with the patient, their knowledge of cultures and value systems, in order to make decisions and judgments that are useful for the patient. Physicians empathize and care. Cheap and plentifully available predictive capabilities from AI is likely to allow physicians to focus on these upstream and downstream functions. If an AI enabled machine is going to relieve them of the drudgery of chart and literature review, they would be very happy to oblige. They can then they can focus on the actual caring part of patient care.

If we handle this right, AI-enabled health care has the potential to free up significant physician time that we can use to provide high-quality care for more patients. However, handling this right will probably mean retooling our physicians, so their skills complement, not overlap the computer’s. To be future proof trainees will still do well with a solid data gathering skill and an eye for astute observation. But they will also do very well to be able to think probabilistically, make Bayesian inferences, program a computer and even write algorithms and think at a systems level. Empathy and the tendency to care have always been the cornerstone of being a physician, but they will be even more relevant in the future. A retooled physician working with a machine will be able to add much greater value to the health system than he currently can. In fact, physicians and machines working together is the best hope that we will be able to address the looming health workforce shortage. And for those who have had to struggle with one physician every 20,000 people, an AI enabled health worker may be their only chance at accessing quality health care.

Now while the machines are at it, if they could figure out a way to do the patient notes as well. And answer the page from the ER!

Kiran Raj Pandey is an internal medicine physician
Health behavior was my emphasis in my MPH. Add a faculty development fellowship, time as residency faculty, work in a private practice, and increasing interaction with medical students now as faculty at a medical school; the outcome is not just an emphasis, but a mindset. A mindset of health behavior that is not just for patients, but for physicians, as well.

I must have company in this concept as ten invitations to various conferences on physician wellness are in my inbox, and multiple workshops at an upcoming annual conference for many of my fellow family physicians in Seattle are dedicated to these topics. Rather than continuing to “TED talk” the problem of physician stress, though, the following article will use health behavior theory to consider an intervention that could begin to change the specific behavior of physician stress.

Stress is defined in multiple ways by Merriam Webster. Here are two of them: “A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation,” and “a state resulting from a stress; especially one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium.”

The factor may not be changeable, but the state is. Let’s hypothesize that an intervention that targets a state resulting from stress will, in fact, reduce the exposure related to the factors leading to a primary outcome of “healthier” physicians. From a research design perspective, I acknowledge that this is a terrible primary outcome due to its vagueness. The determination of “healthy” is subjective, therefore ripe for a qualitative research design to be best defined.

Within health behavior theory, a transactional model of stress and coping does exist, but let’s instead apply the health behavior transtheoretical model to the physician state of stress. This model includes the familiar stages of change construct, as well as the less familiar processes of change.

The first four processes of change are consciousness raising, dramatic relief, self-reevaluation, and environmental reevaluation. All are fairly self-explanatory with the exception of dramatic relief, defined as the “experience of the negative emotions that go along with unhealthy behavior.” This definition is referenced from Karen Glanz, Barbara Rimer, and K. Viswanath’s text, Health Behavior and Health Education, Theory, Research, and Practice. In applying the transtheoretical model, health behavior change in human beings, including physicians, begins with four processes of self-reflection.

Self-reflection is a key process in medical and graduate medical education reflective practice writing, a strategy which helped many of us analyze the impact we have on our practice of medicine. Self-reflection can continue to help us understand how the practice impacts us, can get personal, and so would happen ideally through personal and consistent journaling.
This theoretical lead-in is important as many humans, including physicians, are resistant to self-reflection and change. According to our construct, all change requires self-reflection and may actually happen as a result of it. From this analysis, I have concluded that all physicians (including medical students) should journal as a strategy for beginning the process of any change they might wish to see in their health behavior and life. Business literature presents this as well. Specifically, Greg McKeown’s book, Essentialism: The Disciplined Pursuit of Less, describes the discipline of journaling as primary among many successful leaders who have also revealed themselves as “essentialists.”

A study published in 2015 and presented on NPR that same year reported a simple intervention of consistent journaling in a cohort of college freshmen that led to significant increases in overall success (through a variety of outcome measures) especially among gender and ethnic minorities. Journaling won’t be the only intervention in the process of health behavior change, but it seems to be an imperative first one.

Whether any of us make changes as a result of resolutions on the first of January is debatable, but motivation for health in my family and I (or wellness or balance or happiness or whatever you call it) has actually moved me through the stages of change from pre-contemplation to action. I’ve never been so motivated to make a change to a habit in my life than when I’ve felt at my worst. Specifically, in an effort to simplify things at home, I took time to clean out my office. I found a stack of journals representing my life that ended up filling three storage containers. In 41 years, I could see that I’ve been at my healthiest when I was consistently self-reflecting and journaling as a daily discipline.

My husband (a pediatric urologist) and I will join an amazing group of couples as we facilitate a workshop at an upcoming conference called Families in Family Medicine. Perhaps habits are present in you or your families’ lives that you’d like to change. Perhaps you have habits that have preserved your health and the health of your family. In this workshop, we will spend the morning in self-reflection, journaling, and literature review followed by an afternoon of group discussion, strategy sharing, and peer support (all additional processes of change in the transtheoretical model).

Self-reflection through journaling is a start, but shared strategies through community is another intervention that will keep all of us well or healthy or balanced or happy or whatever you want to call it.

Amanda S. Cuda is a family physician.
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.

2013 Cor Cellars Momentum is a dramatic blend that is produced from vineyards in the Horse Heaven Hills of Washington State. I have been wanting to feature this wine for some time, but timing has been tricky as the wine sells out quickly from the winery each year. Cor Cellars is Luke Bradford, along with his wife, Meg Gilbert. Long time club members may remember my pick from her family winery, Gilbert Cellars Uncle Cragg’s Red, which I featured in August of 2014. Luke is a renaissance man with a love of the outdoors, who studied sustainable agriculture in college. This landed him on the slopes of Mt. Etna in Sicily, working harvest at Passopisciaro as well as an estate in Montalcino. He decided that making wine in Washington State also gave him access to his other two great loves, skiing and whitewater. I am sure that meeting Meg also had nothing to do with it. For Luke the most important thing is finding sustainably farmed, low impact vineyards, which he feels yield exceptional fruit. When I tasted with him in November 2014, he was very specific about not only the vineyards he uses, but specific blocks within them. To this end he makes small amounts of several wines, using eight different growers and ten different vineyard sites. Each is a brilliant reflection of the site, or grape variety, with very little human interference in the final flavor. For the Momentum wine, he uses grapes grown in the McKinley Springs vineyard in the Horse Heaven Hills sub AVA of the Columbia River Valley. It was an early pioneer of the area, James Gordon Kinney, who is officially credited with naming the Horse Heaven Hills in 1881. When he first came to the region in 1857, Kinney was impressed by the knee-high grass that fed the large bands of feral horses that roamed next to the river. He remarked “the area offers excellent forage and comparative isolation... This is surely a horse heaven!” and the name stuck. While it is hard to tell now, the soils of eastern Washington are volcanic in origin. The region was formed 300 million years ago as Pangaea begin to split and this portion drifted west, creating successive ranges of volcanos. For millions of years they erupted, covering the region with a deep layer of lava which, once hardened, is called basalt. The topography was formed as the tectonic plates continued shifting, creating the Columbia Plateau, of which the Horse Heaven Hills is the southern border. It is for this reason that the appellation is known for steep sloped vineyards that face south, with perfect sun exposure. Like all of the eastern Washington vineyard areas, the Horse Heaven Hills are quite dry, especially during the growing season. One of the most distinctive traits of the area is very windy conditions due to the proximity to the Columbia River.

The winds create slightly cooler growing conditions, which slows the ripening process of the grapes. Windy conditions also cause the grapes to have thicker skins, which for red wines accounts for their more tannic nature. For this reason the Horse Heaven Hills are known for producing dark, powerful, and age-worthy wines. It is no surprise that a wine with such power is called Momentum. In order to produce a wine that is both powerful and polished, Luke blends several grapes to achieve balance. The 2013 is a blend of 32% Cabernet Franc, 27% Petit Verdot, 22% Merlot, and 19% Malbec. For Momentum, the wine is aged in French oak barrels for ten months, but none of them are new. When you open this wine, allow it to soften in a decanter for at least a half hour before serving. Once you do, it gives you a rich combination of fresh blackberries, dried blueberries, dark chocolate, graphite, and creme de violette. On the palate this wine is nicely dense and smooth, with a good sense of fruit and smooth, soft tannins and acids. This wine drinks very well now and will improve for a year or two.
great lengths to clean the barrels they are selling, the new owners inherit a lot of problems in the way of contaminants. It could be a rogue bacteria or mold, or simply barrels that smell like vinegar, but they certainly do not improve the next wine put into them. In his mind, which is good enough for me, it is best to use aging containers that can be properly cleaned. Hence why concrete and stainless steel tanks are so popular with inexpensive Bordeaux.

When you are ready to serve this wine, decant it for a half-hour and also let it chill briefly in the refrigerator. The nose is a complex combination of dusty, black currants, fresh cherries, red plums, subtle pipe tobacco, milk chocolate, and bit of graphite. On the palate it is relatively soft at first, then develops a subtle shade of tobacco and forest floor that wraps around the fruit, finishing with nice balance and smooth tannins. Serve this wine over the next two years with pot roast, leg of lamb or standing rib roast.

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.

www.Timswine.com

2014 Chateau Queybet-Pouillac Bordeaux Supérieur

When it comes to pairing wine with fatty cuts of beef, nothing beats red Bordeaux. When examining a standing rib roast, regardless of how you prepare it, you cannot help but notice the thick layer of fat across the meat. New World Cabs have the tendency to be, how can I say this nicely? “not really dry”; this creates some problems as they fail to cut through the fat. Sure, Bordeaux gives up a little bit of weight, but the drier nature of the wines works better with fatty cuts. There, I said it, and the same holds true for lamb too.

This Chateau lies about ten miles southeast of the town of St. Emilion in the Entre-deux-Mers area of Bordeaux. The history of this property begins in the Middle Ages with monks who planted the first vines on this site. In the 18th century the castle Queyret-Pouillac, as we know it today, was constructed. A stone lintel of the main house is dated 1783. It is a good size property, over 150 acres, with vineyards planting on the rolling hills surrounding the Chateau. The soils tend to be gravel and rock at the top of the hills, and clay on the sides. The Cabernet varieties are planted on the tops while the Merlot, which does better in clay, lies on the slopes.

The blend of this wine is 60% Merlot and 20% each of Cabernet Sauvignon and Cabernet Franc. After picking, the grapes are fermented in stainless steel tanks for up to thirty days, then the wine is moved to concrete tanks where it is aged for a year. For a long time I looked down my nose at Bordeaux that is not aged in oak barrels, until my friend and bonafide Bordeaux guru, Bill Blatch, explained why he prefers tanks for aging. Since the producers of most inexpensive Bordeaux cannot afford new barrels, they are forced to buy the used barrels from other wineries. Since no one goes to
Awesome weather, gorgeous beaches, numerous nature trails and a mighty river whose wide track flows right through the middle of a rapidly growing urban core all contribute to the wonderful quality of life in Northeast Florida. We also have a strong economy and workforce with large corporations moving headquarters to Jacksonville while creating hundreds and thousands of jobs. Yes, we have a lot to be proud of.

However, there remain troubling concerns that our community must improve on so that every citizen in Northeast Florida can benefit from living here. The Robert Wood Johnson Foundation’s annual county health rankings placed Duval as 48th out of 67 Florida counties in overall health. There are many factors that contribute to this low ranking including infant mortality, obesity, physical inactivity, food deserts and gun violence, just to name a few. Of course, these are not unique or new issues to Northeast Florida. How can a city with so many good things happening continue to suffer with poor overall health outcomes year after year? There really is no good answer to this rhetorical question, but we must stop complaining about our health outcomes and start making a positive impact.

Over the last year Mayor Lenny Curry’s office has developed an all-encompassing, holistic approach to improving the region’s health with the Journey To One plan. In order to shed light on this initiative and on the many issues that must be addressed to improve our community’s well-being, the Duval County Medical Society Foundation (DCMSF) will be hosting the inaugural Future of Healthcare Conference (FOHC) on May 22nd and 23rd at the University of North Florida. This conference will focus on some of the region’s biggest areas of concern including health care disparities, food deserts, infant mortality, obesity, physical inactivity, poor mental wellness and how each of these affect our region’s health.

We will hear from many knowledgeable and well-respected speakers on these topics including Dr. Celeste Philip (Florida Surgeon General), Dr. David Barbe (President-elect, American Medical Association), Dr. David Becker (President, Florida Medical Association), Audrey Moran (Senior VP, Social Responsibility and Community Advocacy at Baptist Health), Aaron Bean (Florida Senator) and City Council President Lori Boyer just to name a few. The goal of the discussion is not to simply identify areas of need but to actually develop action items in order to formulate public policy. We will enlist the assistance of Richard Mullaney of the Jacksonville University Public Policy Institute and expect to make a long term impact in at least one of the issues that adversely affect our community’s health.

This conference is open to all interested parties and in particular those who care about the health of Northeast Florida. Continuing education credit will be available for all health care professionals as well.

Our corner of Florida is a wonderful place to live, work and play. The Future of Healthcare Conference is a way for us to begin the process of making Jacksonville a healthy city for all of its citizens. If you love this town and its people, please attend this inaugural conference and help Duval County succeed on its Journey To One.
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Use promocode MDLIFE and receive a discount
The Lenovo Yoga 910 premium convertible has a gorgeous display that spans nearly the entire lid and delivers solid performance and long battery life for the category. It's a really cool looking laptop, too.

The right-hand Shift key is poorly placed and sized. Webcam is at the bottom of the screen. No direct video output or SD card slot. Separate USB Type-C ports for power and video-out kill the option for a single connection all-in-one dock.

With a beautiful design, excellent performance and battery life and a great display, the Lenovo Yoga 910 is one head-turning hybrid.

8.5 Overall

• Design 8.0
• Features 8.0
• Performance 8.0
• Battery 9.0

Many people still don’t see the value of a touchscreen on a laptop, but with hybrid PCs like Lenovo’s Yoga line it’s hard not to appreciate the flexibility.

The all-metal Yoga 910 is a perfect example of just how good a hybrid can be, too. Its compact size and relatively light weight is matched with an excellent 13.9-inch touchscreen that goes nearly edge-to-edge, which brings it closer to the look and feel of a regular tablet when folded back on itself.

The Lenovo Yoga 910 fits more screen into less space with a 13.9-inch display in the body of a 13-inch laptop.

It might seem silly to be impressed by a hinge, but it works well, keeps the design as thin as possible and it looks cool. The hinge we’ve seen before on the 900 and the Yoga 3 Pro, but the display is a first for the line.

Available in full HD and 4K UHD resolutions, the multi-touch display doesn’t have the typical wide frame or bezel found on other laptops on the top and sides. This allowed Lenovo to fit a 13.9-inch screen into approximately the same space as a 13.3-inch display. Not only does it give you more room to work, but it looks great, too, with excellent brightness and color.

### Lenovo Yoga 910

| Price as reviewed         | $1,299, AU$2,599 |
| Display size/resolution   | 13.9-inch, 3,840x2,160-pixel |
| Operating system          | Windows 10 Home (64-bit) |

To make this design possible, Lenovo had to move the built-in webcam from above the screen to below it. It makes for some awkwardly large hands if you’re typing and using the camera at the same time. Fortunately, you can flip the laptop over into a tent position and connect an external mouse and keyboard to keep working.

Typing on the laptop’s backlit keyboard is generally good with one exception: The right-hand Shift key. With the 900 it was small and to the left of the Up arrow. Now it’s to the right of the Up arrow and still too small. Typing with any amount of speed inevitably resulted in the cursor moving somewhere it didn’t belong. You might be able to adjust to the key size and placement over time, but I found it beyond frustrating. The touchpad, on the other hand, is just about perfect. Fingers glide easily over its smooth surface, and I never experienced any cursor jumps caused by a brush from my palm.

There are multitouch gestures that are easily adjusted within Windows’ settings, so if you’re not a fan of pinch-to-zoom or three-finger swipes you can just turn them off.

Rotate the display around on its watchband-like 360-degree hinge and you’ve gone from a big screen tablet to a great ultra-portable laptop. The hinge is stiff enough to hold the screen in any position, but moves freely enough you can adjust its angle with a single finger.
Like many new ultraportables, the 910 moves away from standard USB Type-A ports in favor of smaller multipurpose USB Type-C. You get one USB 2.0 Type-C for data and charging the laptop, and one USB 3.0 Type-C for data and video-out via an adapter (not included). However, since the latter can’t handle charging as well, there is no single-cable adapter option for data, video and power.

You also won’t find a direct video output like HDMI or an SD card slot, either. There is one standard USB 3.0 port, though, and it has always-on charging so you can keep your phone or tablet juiced up even when the computer is off.

The Yoga 910 currently starts at around $1,000 which gets you a full HD touchscreen, a 256GB SSD for storage and 8GB of memory. My $1,300 system has double the storage and memory and a 4K UHD display.

In general, performance is excellent with no real bottlenecks for processor-intensive tasks. This isn’t a system for demanding games, though, and 4K video files didn’t play back smoothly. That said, YouTube and Netflix 4K streams looked good. Basically, this isn’t a system for anything too graphically challenging.

In our online streaming battery test, the 910’s battery life is impressive at 8 hours. The new 13-inch MacBook Pro with Touch Bar surpassed this lasting 10 hours. However, I was able to work on it while streaming music for just under 10 hours, so with mixed use I’d expect the truth to be somewhere between the two.

A premium hybrid you won’t want to put down
The Lenovo Yoga is an overall excellent laptop. The screen and the design are definitely the highlights here, but it just delivers a great experience whether you use it as a tablet, laptop or anything in between.
Ephesus was an ancient Greek city on the southwest coast of modern day Turkey. Because of its proximity to both Greece and Turkey, both countries share much of the same cuisine. This shared commonality of flavors show in the menu of Ephesus Grill with Greek standards such as spanikopita and saganaki as well as Turkish favorites like Icli Kotfe.

When I walked in, the first thing that hit me was the wonderful smells of cumin, cinnamon, and other spices emanating from the kitchen. It was intoxicating. Our waiter was very friendly and knowledgeable. He presented us with our menus and took our drink order. Ephesus Grill is very much a family-run restaurant as the waiter's young son came by our table to say hello. I thought that was very charming and cute.

The menu is quite large, filled with many traditional dishes as well as pastas and pizzas. With so many dishes to choose from, we asked our waiter, a native of Turkey, what he suggested we try. His response was interesting. Ephesus Grill offers a wide variety of pizzas, calzones, strombolis, and other more American palate friendly dishes. He said this about those dishes, Pizza, you can get that anywhere, right? So I would recommend... and then told us a few traditional Turkish/Greek dishes to try. I found his response refreshing and told me a bit about the menu strategy. Come for what you know (pizza), stay for what you don't know (Lahmacun). He had so much faith in the traditional dishes that he recommended them above what he thinks our Westernized taste buds are used to. Plus it helps that we love trying new foods.

**Lahmacun at Ephesus Mediterranean Grill**

I normally wouldn't devote a paragraph to the bread service of a restaurant. There's usually not much to bread. It's meant to keep you satiated until the real food comes to the table. However, the bread service here was so good, it's worth talking about. Its fresh made bread, topped with black and white sesame seeds. It came to the table wonderfully warm, smelled fantastic, and had a pretzel-type texture. The bread had a nice crack to it when pulled apart; the steam and sweet smell wafted upward, permeating all my senses. I closed my eyes and thanked God for giving me this day my daily bread. Famed food author and namesake of the highest culinary award one can earn, James Beard once said, Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts. This quote never rung truer than when I was eating this bread. It was perfection. I simply couldn't stop eating it. And best of all; free refills. Take advantage of that.

After coming down from my bread high, we decided to start with the octopus appetizer. The octopus is pan fried and topped with oil, vinegar, and dried oregano. The plate looked delicious. The texture of the octopus was tender, not rubbery. The oil and vinegar added a nice acidity. However, it was under seasoned. The octopus was crying, begging for some salt and pepper. The oil, vinegar, and oregano helped, but it wasn't enough to elevate the taste of octopus, which is mild in flavor to begin with. A pinch of salt and pepper and a tablespoon of oil tossed in a bowl with the octopus prior to the pan fry would've gone a long way in taking the octopus to another level.

**Octopus at Ephesus Mediterranean Grill**

For my entrée, I decided on the Moussaka with a side of rice. I'm a big fan of Moussaka; both of the dish and the word. Moussaka is dish made with potatoes, eggplant, and ground lamb layered Lasagna-style, and topped with a thick, creamy béchamel sauce. Ephesus Grill's version stuck close to tradition. It was surrounded by a moat of tomato sauce and...
topped with Parmesan cheese. The portion size was very generous. Each layer of potato, eggplant, and ground lamb was easily identifiable. I’ve had Moussakas (Moussaki? Moussakus?) where all the layers melded together in a mushy textured mess. Ephesus Grill’s was cooked nicely. The potatoes were al dente and the eggplant was cooked through, but not disintegrated. The ground lamb was seasoned nicely with no hint of gaminess. The béchamel was cooked to a nice golden brown which added a nice nutty flavor to the whole dish. The tomato sauce was a perfect balance of acidity to complement the richness of the Moussaka. Using the wonderful bread to sop up the rest of the tomato sauce was a perfect way to clean the plate.

**Moussaka at Ephesus Mediterranean Grill**

My dining partner decided to order something called Lahmacun. It was highly recommended by our server. Lahmacun is a traditional Turkish dish. It’s a flatbread topped with minced lamb, tomatoes, vegetables, and a variety of herbs and spices. All of the ingredients were minced so fine, it was almost like a spread on the flatbread. And it was a good thing because I’ve never seen a flatter flatbread. You could almost see through it. There are a few ways you can attack this thing: You could roll it up like a burrito, fold it like a NY slice, or go with the pinch-and-tear method. On the whole, this was a tasty little dish. The spices were definitely the star. I could immediately pick out the notes of cinnamon, cumin, and paprika. There was a little bit of heat on the front end, but nothing overbearing. There are a lot of intense flavors packed onto this thin piece of bread. This is probably a dish best ordered for a table and shared among everyone; at least until this Western palate becomes more accustomed to taking on such a robust and deep flavor profile in one sitting. The server recommended well.

Overall, Ephesus Mediterranean Grill and Pizza is off to a great start. And that’s good news because this area of town (Regency/Arlington) seems to be a dining wasteland. There simply aren’t a lot of great places to eat. But among this wasteland, Ephesus Grill looks to be a city on a hill, a light in the darkness, and a beacon of wonderful, authentic Mediterranean foodstuffs for hopefully a long time to come. Ephesus Mediterranean Grill and Pizza is located at 9527 Regency Square Blvd.
I finally got round to watching La La Land. As a fan of musicals, I had wanted to watch it for quite some time, and before I stepped into the theatre, didn't really know what it was about nor what kinds of reviews it had been getting. Spoiler alert: Don't read on if you haven't seen it and intend to watch it (and I've never told anybody before not to read my blog, but the movie is so good, please go watch it before you read this!).

Very rarely would I use the word masterpiece to describe a movie, but La La Land would be it. The storyline involves two main characters, brilliantly played by Ryan Gosling and Emma Stone. It has absolutely everything you would want in a movie. A riveting story about persistence and overcoming odds, great music and choreography, fantastic screenplay—and yes, a love story. All while being a light-hearted and essentially family movie. The ending is particularly profound, a cruel and accurate depiction of reality that would have even the most hard-nosed movie critics feeling emotional. La La Land is up there with the best, and I hope it wins all record-breaking 14 Oscars that it's been nominated for.

The reason why certain movies do well is primarily because the audience can relate to the underlying story and identify with the characters. Away from the love story aspect to this production, the career truths embodied in La La Land are very relevant to physicians pursuing their ideal work scenario. Let’s draw the following parallel: Over the last 10-20 years we’ve witnessed an epidemic of physician burnout and job dissatisfaction. This has correlated directly with physicians losing autonomy and independence i.e. the move away from small private group practice, to being employed, often by large corporations. All against a background of exponentially increasing regulations and bureaucracy. Speaking as someone who has done this job now for many years and worked in every type of hospital and healthcare system along the way, I’ve come to one simple conclusion: Physicians can never be happy as controlled employees with the inevitable loss of autonomy and barriers that are placed between them and their patients. There is just no way around this. The more you attempt to make physicians into "assembly line workers" and take them away from patient care (whether it’s because of dreadfully designed electronic medical records or other mandates), the more physicians will hate what they do. Especially because physicians are among the most intelligent, hard-working and dedicated professionals in society. It’s a simple fact.

The healthcare system must allow doctors to be doctors, and practice the medicine (the art) that they dreamed about when they started medical school. And importantly, do so in an autonomous fashion. Just as how Ryan Gosling and Emma Stone only reached true career fulfillment once they were allowed to become independent, staying true to their talents and dreams. The question is, how do we take doctors to their La La Land?

What Doctors Can Learn From La La Land

By Suneel Dhand, MD
Concours d’ Elegance
The Legacy Trust Ponte Vedra Beach Home & Art Tour Returns Saturday, April 8th 10am - 4pm

This year’s home tour will showcase exquisite homes located in the exclusive neighborhoods of Marsh Landing on Ponte Vedra Boulevard and Roscoe Road. These homes will be open to the public for touring on Saturday from 10-4pm. The Cultural Center at Ponte Vedra Beach is a 501(c) non-profit organization. The mission of the Cultural Center is to “Bring the Arts into the Life of the Community” which is achieved through arts exhibitions, arts education and arts outreach. Proceeds from this event will directly benefit our arts education programs.

For tickets please visit: www.ccpvb.org

One of this year’s homes is a contemporary beach home located a short two block stroll from the Atlantic Ocean. The design of this featured home is by one of northeast Florida’s own Architects, Mark Macco, AIA, NCARB, who is also a Jacksonville Beaches resident.

“The approach to this design was holistic in nature; placing great emphasis on a purposeful procession through home’s space. I make sure all the elements - space, lighting, design, and materials - work in harmony to create a total experience” Mark says. “I believe good design should be cohesive, consistent, and coherent.”
beautiful stone wall that is expressed on the exterior front of the home. The wall crashes through the home to create display niches and frame the kitchen, then crashes out the back to frame one of the outdoor sitting areas. A breezeway, connecting the detached three-car garage on the back-entrance frames one side of the pool area further creating privacy and more living areas.

The interior of the home is approximately 4000 square feet of air conditioned living with 4 bedrooms and 3 1/5 baths. With art as a main focus for the clients, the contemporary, yet casual elegance of the main floor living areas have been designed into distinct spaces via termination points and lighting. A purposeful layout and floating soffits creates interest and further delineates each space. This home represents the marriage of art and architecture. Its fascinating architectural details, contribute to and then leave one with a phenomenal impression of contemporary beach living at its best.
Where does your inspiration come from for creating new work?
My inspiration comes from the "golden hours of dawn and twilight" and as the French say, L’Heure Bleue, that time of day when the quality of the light has a mysterious mood and when a magical spiritual connection takes place. While nature and realistic elements are my source, painting softly leads me to look for the poetic element, what is not seen, but in reality - what is felt. The tonalist painters of the late 19th century, James Whistler and George Inness have influenced me.

How did you get started with your art and how did you learn your craft?
Early on my art was influenced by gentle pastoral landscapes. After college at the University of Michigan, Connecticut became home and with it came the spectacular views of New England. I lived not far from the home of American Impressionism. Many trips to the New York City museums and trips to France and Italy have influenced my art. I have attended workshops at the Art Student’s League in New York City and I continue study with artists in professional workshops all over the country. In 2015, I attended the Plein Air Convention in Monterey, CA along with 600 other artists from all around the world.

Do you have a specific way of describing what you do as far as your artistic expression?
While I do paint plein air, my preference is to oil paint in the studio indirectly with application of thin glazes of paint or “veils of color”. This method of painting takes much longer but creates a luminous quality and surface on the canvas which I love.

What do you want people to experience when they look at your art?
I hope to hear people say that they find peace and serenity when they look at my paintings. An otherworldly quality can be imparted to a painting when you rely on soft washed memories to guide you. That often creates an emotional connection to a memory that you and the viewer share.

Tell us a little bit about yourself.
I believe in being active in contributing to the arts where you live. Supporting arts programs benefiting all ages is so important to the vitality of a community. I’m a juried member of the Oil Painters of America, an artist member at The Cultural Center at Ponte Vedra Beach, the St. Augustine Art Association and the First Coast Pastel Society. I’m honored to have three paintings in the Celebrate Art 2017 Exhibition at The Cultural Center at Ponte Vedra Beach and pleased to be this month’s featured artist at Village Arts Framing Gallery in Sawgrass Village. It’s a real joy for me to paint and share my art. I invite you to the gallery to view my exhibit and to my visit my website at www.karenfrose.com.
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