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A Plan for the New Year: DCMS Welcomes New President Dr. Ruple Galani

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As 2017 draws to a close, it's time for a new Duval County Medical Society physician member to fill the role of president. DCMS is proud to welcome Dr. Ruple Galani, a longtime member and renowned Jacksonville cardiologist, to lead the DCMS in 2018.

As the Medical Society bids farewell to Dr. Tra'Chella Johnson-Foy's presidency, it also reflects on what was perhaps one of the most eventful years in DCMS history. The success of the inaugural DCMS Future of Healthcare Conference and the introduction of the Physician Wellness Program are just a couple of 2017’s highlights, plus a continuously-growing number of pledges to the 904 Mission One Million program throughout the past year. While there's no denying that Dr. Johnson-Foy has left behind some large shoes to fill, Dr. Galani's vast medical experience and driven attitude have more than prepared him to take on the role.

Growing up, Dr. Galani had no shred of doubt about becoming a physician. The son of one of just six doctors in the small Ohio town of Wauseon, Galani regularly tagged along with his father on Sunday hospital rounds starting at just six years old. Bright and early every Sunday morning, he would lend a hand in any way that he could, usually by working on charts or answering the office phone. This continued throughout middle and high school, by which point Galani was dead set on pursuing medicine. Then, while studying at Ohio State University, Galani found that cardiology came naturally to him after being introduced to the specialty by someone who ended up becoming his lifelong role model.

“My sole influence of getting into cardiology, was working with Dr. Christopher Cooper doing cardiology research,” Galani said. “He was my first mentor and taught me a lot about cardiology, being a physician, and eventually being a husband and father.”

After moving south to Jacksonville with his family in 2009, Galani began to build connections with other providers in his new home city. That’s where the Duval County Medical Society came in.

“After getting established, I wanted to be involved in the community, and DCMS provided that opportunity,” Galani said, adding that he started out by joining the DCMS Journal and Communications Committee. “I became involved in the DCMS Northeast Florida Delegation and, ultimately, part of the Board of Directors. I found DCMS as a way to network, learn more about the city, and do more than just day-to-day medicine.”

Being involved with DCMS allowed him to see what physicians are capable of when discussing ideas and working as a team outside of their usual practices. He describes most physicians as having “strong, type A” personalities, and by working with and taking cues from other DCMS members, Galani says he was able to build invaluable leadership and teamwork skills.

Despite living in the area for less than a decade, Galani’s valuable experiences with DCMS have given him a vast knowledge of Duval County’s needs when it comes to health and medicine.

Everyone knows that with the new year comes New Year’s resolutions, and Galani has already made several for DCMS. One of his top priorities for 2018 is to expand DCMS membership, especially among hospital-based and emergency room physicians. He believes a larger member base will further enhance the medical society’s role as a community leader.
"I see physicians as community stewards," Galani said. "With improved health, other aspects of our city can grow and flourish."

Galani also sees the DCMS Foundation as a strong asset within the medical community, and one that still has room to grow even further. By expanding the influence of DCMS, Galani says he hopes to open new opportunities to raise funds for the Foundation, and increase both member and even non-member involvement.

But most physicians don't exactly have relaxed schedules, and gaining new members isn't always an easy task. Galani knows this, but believes being made aware of a medical society's benefits can entice non-members.

"[DCMS] is the one corner linchpin that, no matter what kind of practice you come from, you can go to to learn more about medicine, to stay in touch, and to network and communicate," Galani said, adding how he's noticed that hospital-based physicians especially have fewer opportunities to be involved in the local medical community. "Whether you work in a hospital, private practice, or academics, it's your one common link. Even if we get an increase of five percent [in new members], that would be excellent."

Expanding DCMS's involvement in media activities is just one of the ways Galani plans to get the word out there. He says he likes the idea of local news outlets reaching out to DCMS to find physicians to interview for health-related stories, or community organizations contacting DCMS to help organize public health seminars or presentations.

And, of course, Galani addressed one of DCMS's top priorities for the new year: the 2018 Future of Healthcare Conference. 2017's conference- the first of its kind- featured an array of presentations from physicians, politicians, public health experts, and even one of Galani's most notable patients, former NFL player Leonard Larramore. Nutrition and health disparities were the key topics of 2017's conference, with Jacksonville's food deserts becoming one of the DCMS Foundation's top priorities.

While he appreciates how the conference sparked dialogue and brought the issue of disparities to the forefront, Galani says he would like to focus the 2018 conference on issues that did not get as much attention the last time around.

"I would like to expand on mental health and address HIV/AIDS in our city," Galani said, noting that the latter is especially relevant to Jacksonville, as the area is one of the highest in the country in HIV/AIDS rates. "We've become very good at treating HIV/AIDS, but the problem is that it's a very preventable disease. There's no reason why we should have higher cases of it in this day and age, with community and social media outreach."

Mental illness was touched on by several speakers at the first conference, but Galani would like to bring it to center stage this year as well.
“[Mental health] is one of the areas that is underserved, underdiagnosed, undertreated, with just a lack of professionals in it,” Galani said. “You can be a doctor, a CEO, a person on the street, a teacher, a mother— it doesn't matter, because mental illness can happen to anybody.”

Galani went on to praise the Physician Wellness Program for bringing to light mental burnout among physicians, and believes that DCMS can continue to work towards a better state of mental health among the community as a whole, with the Future of Healthcare Conference being a prime opportunity to take advantage of.

“The Future of Healthcare Conference was a huge thing. I think we had a lot of broad topics, and I think there's opportunity to zone in on a couple things,” Galani said. “It brings physicians, non-physicians, community leaders, into one room to say, 'wait a minute. This is something we've got to fix.'”

2018 is already looking to be an eventful year for DCMS, and with Dr. Galani leading the way, the community can look towards an even larger and more active medical society in a year's time. Outside the Future of Healthcare Conference, physicians can also get involved with the Medical Society by participating in the DCMS Leadership Academy, attending CME dinners, serving on committees, and more.

“I’m looking forward to continued collaboration, camaraderie, and relationship building,” Galani said. “There's always ways to help in growing the society and growing our presence in the community.”
A Medical Student is Diagnosed With Cancer. Here is his story
Ari Bernstein

I began medical school, like many of my peers, with some experience working with patients. I worked as a volunteer EMT with Cornell University EMS for four years during my undergraduate years; shadowed a cardiologist and an anesthesiologist through Cornell’s Urban Summer program at NYP Hospital–Cornell and worked with patients during Global Medical Brigade trips to rural Honduras. All of this sparked my interest in medicine, but to claim I had any real understanding of a patient’s existential journey through serious disease would be an overstatement.

That changed abruptly at the start of my first year at Albert Einstein College of Medicine, when, after all the years of hard work to begin my dream of becoming a physician, I was blindsided by an unimaginable role reversal.

Halfway through my clinical anatomy course, as I was learning the beautifully complex organization of the human body, I noticed a small lump at the base of my neck. Fast-forward two weeks: There was a series of doctor visits, scans, discrepancies in the diagnosis, nail-biting waits for biopsies and even a scheduled — then cancelled — major surgery. Finally, I received the conclusive biopsy result. The diagnosis: primary mediastinal B-cell lymphoma.

And just like that, I was a cancer patient.

Action and attitude
At first, the fear was crippling, and the emotions ran deep. Hearing the word “cancer” outside the classroom, and in association with my body, was unbelievably difficult. In all the training leading to medical school, I had failed to prepare for becoming a patient myself.

I jumped into action mode. I had to, knowing all too well that aggressive disease is often time sensitive. More importantly, I recognized that attitude can play an enormous role in healing. I would need chemotherapy and a fighting spirit. My life became my classroom, and I was more motivated than ever to learn and to conquer my disease.

Finding concern and care
The choice of a care facility is one of the most important decisions a patient can make. My family and I discussed at length whether or not I should undergo my treatment at Montefiore, the hospital network of Einstein. This was the obvious choice, because my number-one goal was to continue with med school throughout chemo.

At Montefiore, I learned the difference physicians, nurses and care teams can make throughout the patient’s journey. Sometimes, a bit of compassion and time are all that’s needed to cross the thin line between crippling fear and uplifting hope. Physicians hold that power in every interaction, balancing humanity and warmth with medicine and science. That’s why I have to offer a heartfelt shout-out to my primary oncologist, Dr. Noah Kornblum. He exemplifies everything that I will strive to be for my future patients. His passion for science and his humanistic and personal touch in one of the most emotionally difficult fields of patient care provided more comfort to my family and me than anything else throughout this otherwise terrible and anxiety-ridden journey.

Dr. Kornblum treated me the way I asked to be treated: as a medical student first, but also as an anxious patient worrying about the precarious life ahead of me. I’ll never forget our first meeting, where he got me up off my chair so he could use the paper covering it to draw out every detail of my lymphoma’s pathophysiology. We developed a unique patient-doctor bond, sharing stories of our favorite anatomy mnemonics for memorizing the cranial nerves, and joking about crossing paths the following year in my hematology course.

The path ahead
His team also supported me. Dr. Kornblum’s nurse, Karen, deserves a shout-out all her own, as do the nurses at the infusion center (Anne, Inga, Betty, Michelle and their colleagues). They were all a true gift to my family. If this team is representative of the type of providers that Einstein/Montefiore employs, then I am the proudest member of this special community, as it has consistently treated me as “family.”

Now, on the other side of five grueling months of chemotherapy, I am in a great place. My post-chemo PET scans showed no trace of disease: complete remission — the most positive outcome. My unspeakable fear has been replaced by unshakable positivity. I achieved a major goal, having successfully finished my first year of medical school while learning more than any medical student should ever have to learn about disease. I’ll always remember the fear that defined the early part of this journey, and that surfaced again in the almost paralyzing “scanxiety” just before my last PET. I’ll also remember that my doctors and care team carried me through. If I become the physician I dream of being, you can bet I will pay their lessons forward, ensuring that every patient receives the same compassionate care that has lifted me up.
Roy’s Aloha Hour and Menu Impress

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

Peppercorn Tuna Wraps
If you haven’t been to Roy’s in Jax Beach lately, you might want to make a trip over there, stat. The team at Roy’s did some remodeling earlier this year due to the popularity of their Aloha Hour, and now the kitchen has cooked up some special dishes just for fall. It has been some time since my shadow darkened the doorway at Roy’s, unfortunately. So I was all too eager to see what Roy’s has been up to lately.

Roy’s Aloha Hour is 3-7pm everyday, with their late night Aloha Hour 9-10 on weeknights and 9-11 on weekends. In the spring, the team expanded the bar and bar seating at Roy’s because so many people come to the Aloha Hour for specially priced bar bites and drinks.

Roy’s Aloha Hour food transports one to the islands with unique items like Peppercorn Ahi Tuna Lettuce Wraps, featuring ahi tuna, lettuce leaves, kimchi, yuzu aioli, and crispy onions. For those who want to pair a refreshing cocktail with their Aloha Hour bar bites, the Cool Breeze is a perfect companion- Prairie organic cucumber vodka, coconut water, pineapple juice, fresh lemon, Monin agave.

Kung Pao Calamari
Here’s the rundown of the dishes we tried from Roy’s menu:

Appetizers

Rock Shrimp Tempura– These babies were delicious- sweet and meaty.

Peppercorn Tuna Wraps– The Tuna Wraps were a healthier option, each served on their own lettuce leaf, but had plenty of flavor.

Blistered Shishito Peppers– Shishito peppers are often referred to as Russian roulette peppers in culinary circles because while they are not spicy, every so often you get a spicy one. The peppers were fantastic. We didn’t get any hot ones.

Hawaiian Tuna & Salmon Poke– This poke was the showstopper of the appetizers. It had great flavor due to the Inamona Jus and it came with a few crispy taro chips for scooping the poke.

Aunty Lei’s Aloha Roll– Roy’s offers a handful of sushi rolls and Aunty Lei’s Aloha Roll had just the right amount of kick. Tuna and yellowtail with cucumber accompany spicy tuna, and it is finished with garlic ponzu sauce. I only eat mild spiced foods and this roll was a breeze. The spicy tuna was there, but not overpowering.

Kung Pao Calamari– Fresh calamari with a sweet heat to it.

Entrees

Braised Short Ribs of Beef– Wowza. These short ribs were dynamite. Melt-in-your-mouth tender meat, full of flavor from the lengthy braising time, if you are only going to try one dish, it needs to be this one.

Butter Seared Georges Bank Sea Scallops– the scallops give an impressive visual, especially when served over black rice. The flavors of this dish- the fresh scallops, the lobster essence, the creamy coconut black rice- they danced beautifully together.

Andouille Crusted Whitefish– This was prepared so lovely, with hot sauce buerre blanc so that you experienced the flavor of the fish and the hot sauce without too much of the
accompanying heat. This way your palate could take in all the goodness of the fish.

**Butter Seared Georges Bank Sea Scallops**

**Sides**

**Lump Crab Fried Rice** – If you love crab and fried rice, you will love this match made in heaven.

**Truffle Bacon Mac & Cheese** – Rich and savory and creamy, this mac and cheese was pure bliss. If you love mac and cheese, don’t pass this up.

**Broccolini** – Broccolini is a thinner broccoli hybrid and it is served perfectly crisp-tender at Roy’s. This is another excellent choice for enjoying a healthier meal out.

**Sautéed Bok Choy** – Along with the broccolini, the sautéed bok choy is a yummy way to get your greens. These hearty stalks are cooked exquisitely with ginger and garlic.

**Andouille Crusted Whitefish**

**Desserts**

**Pineapple Upside Down Cake** – Caramelized pineapple and brown sugar pound cake come together in this delectable dessert, served a la mode with coconut ice cream. The coconut ice cream is a perfect partner to the pineapple cake.

**Roy’s Melting Hot Chocolate Soufflé** – The flourless chocolate cake that gives way to hot, melted chocolate in the middle, served with raspberry coulis and vanilla bean ice cream, this is rich and decadent and impressive. If you are looking for an indulgence, look no further!

**Dessert Assortment**

What sets Roy’s apart is the way they take dishes and foods that people are familiar with and put their own Asian-Hawaiian spin on it to create an even more delicious dish. The first Roy’s opened in Honolulu, Hawaii in 1988 by namesake Roy Yamaguchi, a James Beard Award winner. Since those early days, the restaurant has proudly spread its passion around the world – there are 18 Roy’s restaurants in the continental United States, including our own Jax Beach location, as well as international locations. Blending classic techniques with the freshest ingredients and adventurous bold flavors, Roy created an entirely new approach to fine dining. Guests can indulge in one of the restaurant’s spectacular cocktails or choose a glass from the award-winning wine list while discovering the finest seafood, steaks, and sushi all made from the best local ingredients expertly prepared by local chefs.

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Although it is certainly a hot topic, if you ask grape growers in every region of the world that I have visited, they will tell you the climate is getting hotter. I am not going down the rabbit hole of why, that is for scientist to figure out. The fact is empirical evidence from almost every major wine region in the world says in the last thirty years, the summers are hotter. Grape growers calculate such information by a formula called a growing degree day (GDD). The math is simple enough, but a mere knowledge of its existence is enough for our purposes. The important thing to understand is they calculate a score, which can range for 1390 to 2200 - the higher score being associated with a warmer climate. Then, they classify a vineyard, or specific wine region, in what is called the Winkler Scale. Vineyards with a GDD below 1390 are classified as a Region 1, and that includes Champagne, Tasmania, Burgundy and Chablis. Grapes like Riesling, Sauvignon Blanc and Pinot Noir do best in such conditions. A Winkler Region 2 ranges from 1391 to 1670, and includes Bordeaux, Napa and the Yarra Valley of Australia. In those conditions the Bordeaux varieties shine; Cabernet Sauvignon and Merlot, as well as Syrah and Chardonnay. The Winkler Region 3 includes areas like Rioja and the Barossa Valley and the best grapes under those conditions? Tempranillo and Syrah. Many experts already consider Napa as a Region 3 in most vintages, and if things keep going the way they have been, in another couple of decades there will be no doubt. Can you imagine if it gets too warm to grow Cabernet Sauvignon in Napa? Never fear, there are already several vineyards experimenting with Tempranillo, and the results are very promising. As

I have already stated, my selection for this month, the 2014 Yalumba Tempranillo "Running with Bulls" is a chance to see what this variety can do outside of Spain. For this wine, Yalumba owner Robert Hill Smith finds inspiration from his personal experience of running with the bulls in Pamplona, in 1978. During that time he was working at wineries in France, but traveled across Europe during his time off. It was in this period he developed a love for wines made from Tempranillo. When Hill returned to the family business in the Barossa Valley, he discovered many farmers were already growing the variety. In fact, although they grow Tempranillo in some of the Yalumba vineyards, they have to buy a significant amount of grapes to make this wine. Fortunately they are able to source some very old vineyards, some being more than a hundred years old. To make the wine the grapes are fermented with wild yeast, and malolactic fermentation and aging both occur in Hungarian oak barriques. Since they want the flavor of the grape to shine through they use a small percentage of new barrels, but most are "well seasoned." When you are ready to serve this wine, decant it for a half-hour before serving. Once you do this the bouquet pops with bold quantities of sweet cherries and red licorice, along with savory notes of grilled tomatoes with basil, old leather and sage. It has a nice sense of fruit on the palate, plump at first with fine, smooth tannins and lower acidity than most Spanish examples. This will work nicely with paella with chorizo and chicken, mussels with saffron and tomato or the cool appetizer this month, spicy sweet potato wedges and corn with harissa cream.

2015 Halter Ranch Synthesis is created, and named because it is a chance for winemaker Kevin Sass to produce a Cabernet-centered blend using any of the other 12 other varieties grown on the ranch. When you open this wine you will understand why it is such a perennial favorite here in Orlando, and their tasting room. It is hard to find a $25 wine delivering this much material in the current market. At the core of this wine is the 281 acres of vineyards
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

that make up the Halter Ranch. The property is perfectly positioned on the west side of Paso Robles, on rolling hills that range from 1500 to 1750 feet above sea level. Located 14 miles from the cool Pacific Ocean, the vineyard has several different micro-climates, which allows for the myriad grape varieties to be grown. Winemaker Kevin Sass and vineyard manager Lucas Pope divide the property into 81 different blocks, determined by soil type, exposition, and elevation. Each block is farmed for the unique conditions and grape variety grown. The blocks are also harvested and fermented separately, which leaves December, 2017 Sass with a huge palette of wines to use for creating the various blends the winery produces. Synthesis is always Cabernet dominant, with the current vintage also containing 22% Petite Sirah and 2% Petit Verdot. The Cabernet components for this wine were harvested on three different days, from September 24th to October 7th, 2015. The Petite Sirah was picked on September 16th and the late ripening Petit Verdot on October 7th. Each lot was fermented individually, in stainless steel tanks with a pump-over of the juice three times per day, for an average of 14 days. Once dry the wine was barreled in French oak, with 33% of them new, for sixteen months. When you are ready to serve this wine, decant it for up to an hour before serving. When you do it offers a dramatic nose of fresh made black raspberry jam, crushed fresh blueberries, dried black figs, dark chocolate, vanilla wafers and a hint of violets. The feel on the palate is broad and rich, with the ripe fruit framed by moderate tannins and low-ish acidity, lasting long into the finish. Drink this wine with pot roast, steaks, or all by
Largely known as one of the biggest ski resorts in the world, Vail is a true melting point of experiences. Boasting 5,289 ski-able acres, seven amazing back bowls and three world-class villages, there is something for everyone. Pedestrian-friendly villages and an easy-to-navigate mountain make Vail a great family destination, especially in a day and age when quality family time can be hard to come by.

Day 1: Arrive In Vail And Get Settled

Getting to Vail is a breeze when you fly into Eagle County Regional airport, which is just over a 30-minute drive from Vail, and offers non-stop flights from 12 major markets during the winter. In fact, with frequent airport shuttles, a free in-town bus system and pedestrian-friendly streets, the only reason you might rent a car is if you plan on flying into Denver and don’t want to take a shuttle.

Once you’ve arrived in Vail, check into your accommodations for the week. We recommend staying at the ARRABELLE AT VAIL SQUARE, A ROCKRESORT. This iconic Vail accommodation is perfect for families, and provides world-class hotel amenities and services, luxurious hotel rooms and spacious two- to five-bedroom suites. The kids will love the rooftop hot tubs and close proximity to the Lionshead Ice Skating Rink, while parents will enjoy the on-site day spa and ski in ski out access to the Eagle Bahn Gondola.

Day 2: Take A Free Mountain Tour And Visit The Arrabelle Spa

Begin your first day with breakfast at Tavern on the Square, conveniently located inside the Arrabelle. Meals are styled to fit both light eaters and those with a substantial appetite, as well as buffet seekers and bottomless mimosa drinkers!

After breakfast, check your kiddos into Vail’s world-class ski and snowboard school, with locations at Lionshead or Golden Peak, depending on the lesson type. Hailing from around the world, Vail’s instructors speak 22 different languages and come from many walks of life, including ex-NFL players and Olympians. Younger kids aged three to six will enjoy learning basic skills with new friends, while the older kids aged seven to 14 will experience engaging activities like race day, SKICOLOGY and adventures in the terrain park.

Once the kids are settled, head over to the Game Creek Desk, adjacent to the top of Eagle Bahn Gondola, or to Mid Vail Ski School Desk at the top of Gondola One for a free mountain tour. These tours are a great way to familiarize yourself with Vail’s expansive terrain and are aimed toward skiers and riders at an intermediate level. Tours leave promptly at 10:30 a.m. and run for about two hours.

After your tour is done, grab a bit to eat at the Marketplace at Eagle’s Nest. This full-service dining area offers a selection of breakfast burritos, pastas, soup and salad bar, deli options, grilled items and other specialty foods. No need to worry about the kids for lunch, they’ll be eating with their ski-school class.

After lunch, and while the kids are taking on the afternoon portion of their lesson, sneak over to the ARRABELLE Spa in Lionshead Village for a little R&R time with your significant other. After your spa treatment, pick up the kids from ski school, get cleaned up and head over to Pepi’s in the heart of
Vail Village for some authentic and delicious Austrian fare.

**Day 3: Explore Vail’s Front Side Before Visiting Adventure Ridge**

Start your day off right with a hearty breakfast at The Little Diner, located in Lionshead Village. From there, you can easily get your youngsters back at their ski-school meeting spot and then take off on your own to enjoy Vail’s front side, which is a groomer-lover’s paradise, from the Eagle Bahn Gondola. Iconic intermediate runs off this gondola include Born Free, Bwana and Simba. We recommend Avanti for rolling, intermediate runs, Mountaintop Express for excellent tree skiing and the Northwoods area for steeps, moguls and more leg-burning runs.

For lunch, check out Buffalo’s Restaurant at the top of Northwoods Express (#11) for some heart-warming buffalo stew before continuing your day around Vail’s best groomers.

For less-experienced skiers, we suggest you start with China Bowl, which offers the only groomed intermediate runs. Otherwise start with the Sun Down Bowl, and then make your way through the Sun Up and Tea Cup Bowls, which offer more steep and cliff skiing. For those truly seeking a challenge, head to Mangolia Bowl, the farthest bowl, and try your hand at the T-Bar-style lift (#22), which leads skiers and riders to deep powder stashes in the Inner and Outer areas.

After your day of is done, don’t peel off your ski layers just yet! Instead, take the family over to Adventure Ridge, located at the top of the Eagle Bahn Gondola, which is free to ride after 3:30 p.m. The size of a football stadium, this snow park has it all! Race your kids on the multi-lane tubing hill, experience the unique thrill of ski biking and let your kids unleash their need for speed on a children’s snowmobile. Those travelling after February 28 can also ride Vail’s 3,400-foot Forest Flyer Mountain Coaster. Afterwards, stay for dinner at Bistro Fourteen, which offers sit-down dining, a full bar and incredible views of Mount of the Holy Cross.

**Day 4: Ski Vail’s Legendary Back Bowls and Blue Sky Basin**

Head over to Vail Village via the free town bus to start your day with a breakfast burrito from Big Bear Bistro. From there, check your kids into ski school and hop on Gondola One for a warm up run before heading over the mountain to Vail’s legendary back bowls. Offering 3,000 acres of wide-open skiing and spectacular views, the back bowls offer something for everyone.

I Highly Recommend Game Creek Bowl Where All Of The Runs Are Family Friendly, Dealer’s Choice Is One Of My Favorite Wide And Rolling Blue Runs. And You Can Not Beat The Views Of The Valley From The Top Of This Run. They Are Absolutely Stunning.

For less-experienced skiers, we suggest you start with China Bowl, which offers the only groomed intermediate runs. Otherwise start with the Sun Down Bowl, and then make your way through the Sun Up and Tea Cup Bowls, which offer more steep and cliff skiing. For those truly seeking a challenge, head to Mangolia Bowl, the farthest bowl, and try your hand at the T-Bar-style lift (#22), which leads skiers and riders to deep powder stashes in the Inner and Outer areas.

Take a break for lunch at Two Elk Lodge at the top of China Bowl before venturing over to Blue Sky Basin, located across the drainage from the back bowls and accessible via the Skyline Express (#37). Known for its glades and meadows, Blue Sky Basin is seven miles from Vail Village, but you can easily familiarize yourself with the area on one of Vail’s mountain tours. For powdery tree skiing, head to the Heavy Metal Run, or check out Lover’s Leap cornice to really get your heart pumping.

**Day 5: Take Some Morning Runs And Then Visit The Colorado Ski & Snowboard Hall Of Fame**

For your last day of fun in Vail, opt out of ski school for the kiddos so you can enjoy the morning skiing together as a family, and see what they’ve picked up from ski school. Afterward, once you’ve returned your rentals and gear, head over to the Colorado Ski & Snowboard Hall of Fame and Museum in Vail Village.

The free museum ($3 donation suggested) offers visitors six themed galleries that display artifacts, narratives and film documentaries to delight the whole clan. Featured topics include the 10th Mountain Division training for World War II at Camp Hall, Spirit of Americans in the Winter Olympics, skiing and snowboarding history, Vail’s first 50 years and of course, the Hall of Fame.

Finish the night with ice skating in Lionshead Square and dinner at one of Vail’s many sumptuous restaurants.
Talking about the concept of “culture” and “creativity” in reference to medical practices can be both intriguing and scary. Most practices want a culture of stability, not one that faces constant change! However, while the old adage says two things are certain — death and taxes — I would add a third — change.

The traditional culture within medical practices has been one that focuses on patient care. The primary goal was meeting patients’ needs — one that most physicians found thoroughly rewarding. This practice model has worked well for most physicians; satisfying patient needs and allowing physicians to achieve their economic goals. However as health reform advances, practice models are rapidly changing; and there is not much that can be done to stop it.

Rather than resist change, practices can survive by working together, recognizing each staff member’s needs and issues, and dealing creatively with daily challenges in a positive, effective manner.

Each practice has its own unique culture but can learn from other practices how they are dealing with the changes at hand.

**Strategies to weather change**

Here are some ways to change your practice culture so that it is both creative and prepared to survive the future:

- Create an attitude where everyone in the practice needs to participate in changing the present culture. Each staff member has good ideas that when brought out in the open can create the ultimate outcome of improved care for each patient served in your office.
- It is also important to know that when everyone works together there will be better results; the team is more effective in implementing change than just one individual.
- Openly talk about how things are done. Find out which staff member has knowledge in areas that need to be fixed — let him take the lead in changing “how we’ve always done it.”
- Change the “sticky notes” that have been hanging around desks and in the break area for months or years. Spruce up your work environment — it makes a big difference.
- Use symbols that can help remind your practice of the value of positive change and the strength of good attitudes. Toyota uses a rope (called an andon cord) to stop the assembly line when something is wrong. Practices can’t stop seeing patients, but when things go wrong, they can be reminded to make a note and talk about it later on — often by openly discussing a problem it can be prevented from happening again.
- Do a daily or weekly huddle, again using open communication, but use this time to review what happened yesterday and what may be the bottle necks for the day ahead.

**Share positive stories and successful patient outcomes with staff members.**

- Recognize each other with a friendly greeting in the morning, thank each other for a job well done, and find ways to reinforce the behavior that you want and expect.
- Talk and think positively. It is easier to draw on strengths rather than remove barriers.

Don’t forget, change starts at the top. Physician owners and leaders, as well as practice managers, must see the need for and be open to creative change; recognizing that every staff member can have a lot to offer. Getting everyone involved is just the first step in a long process to removing resistance to change. Communicate your support for creating a new attitude and don't give up! Ultimately it will improve the care your practice provides to each and every patient.

Owen Dahl, FACHE, CHBC, is a nationally recognized medical practice management consultant and author of “Think Business! Medical Practice Quality, Efficiency, Profits,” “The Medical Practice Disaster Planning Workbook,” and coauthor of “Lean Six Sigma for the Medical Practice: Improving Profitability by Improving Processes.”
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Sadly, there are far too many communities around the world in need of medical support, especially in places where medical professionals struggle to keep their communities in basic, good health. On a larger scale, many nations are in desperate need of medical expertise that the modern world can offer. Therefore, most of countries in dire need of health services gratefully accept any support they can get from the international community, which is where international medical volunteers can contribute tremendously.

Whether you are eager to gain professional experience, learn about public health issues, or you are simply looking to be challenged in a multicultural environment, becoming a medical volunteer abroad can be a truly definitive experience in your education and career.

Pre-medical students can gain real work experience, whether assisting with triage and intake of patients, shadowing doctors’ consultations, or helping to pack medications in a pharmacy under the direction of local pharmacists, as a medical volunteer abroad. However, regardless of medical skill level, any aspiring medical volunteer can find a placement abroad and have the chance to learn about providing sustainable healthcare to impoverished communities that would otherwise have limited (or no) access.

If you are a medical, nursing, or public health student seriously considering medical volunteer opportunities abroad, read on to find out the best places to become a medical volunteer, so you can make the most of your international experience:

1. Honduras

Honduras ranks among the poorest countries in Latin America. Poverty, social and economic inequalities, and high levels of insecurity in the country present significant challenges to improving the health status of Hondurans. Some of the most vulnerable populations include: women, newborns, children under five, and those at risk of contracting HIV.

Medical volunteers in Honduras usually focus their support in various departments of local hospitals, such as emergency, maternity, pediatrics, general medicine, and dentistry. As a medical volunteer in Honduras, volunteers may also have the opportunity to participate in mobile vaccination campaigns or provide educational seminars on hygiene, nutrition, or preventative healthcare.

On their free time, volunteers will be able to explore some of Honduras’ most visited sites, whether Cayos Cochinos or Utila Islands to soak up some sun or Parque Nacional Pico Bonito for adventure touring.
2. Uganda
Licensed doctors and modern health care services are limited, if not impossible to access, for most people living in Uganda, especially those living in rural communities outside large cities. Medical volunteer opportunities in Uganda are often focused on public health education in schools, visits to orphanages to assess children’s health status, and placements at medical clinics focused on community health outreach. Medical volunteers in Uganda can help to reduce child mortality and provide a strong component of community health education and prevention, no matter where they decide to volunteer.

Additionally, HIV and AIDS continue to be a primary concern throughout Uganda, so many medical volunteer opportunities emphasize HIV/AIDS awareness education to help locals understand the importance of testing and treatment of HIV.

Outside their placement, most volunteers cannot leave Uganda without taking a gorilla trek; Uganda has the largest number of gorilla families in the Bwindi National Forest!

3. Guatemala
The most populous country in Central America, 40 percent of Guatemala's population is of indigenous descent; and, almost 75 percent of indigenous Guatemalans live in poverty. Access to adequate health care services in rural areas is almost non-existent, and there are large inequalities present between rural and urban communities.

Therefore, medical volunteering in Guatemala is often focused on providing support for mothers, children, and infants in Guatemala’s most underserved areas. Medical volunteer programs in Guatemala focus heavily on providing maternal and developmental care for rural and indigenous populations, as well as supporting the elderly. In Quetzaltenango, for example, medical volunteers can become immersed in community-based health clinics and have the chance to learn how healthcare is provided in rural villages.

With so much Maya history and national parks nearby, volunteers can spend their weekends visiting the ruins of Tikal, hiking Acatenango volcano, or relaxing lakeside at Atitlan.

4. Peru
Peru has made immense strides toward improving health care over the last 20 years. However, one-third of the population still lacks access to basic health care services. Numerous persistent problems exist; there are large inequalities between rural towns and larger cities and there is a lack of trained healthcare providers and sufficient funding to meet the needs of local populations.

Medical volunteers in Peru can provide support at public hospitals, which offer free healthcare services to uninsured populations, such as the elderly. There are also medical volunteer opportunities in Peru focused on: administering care and support therapy to special needs children and adults, shadowing local doctors, giving oral vaccinations, and caring for the elderly.

If you don’t know this already, Machu Picchu is a must see when volunteering in Peru; it is widely known to leave visitors literally speechless.

5. Nepal
One of the least developed countries in Asia, about one half of the Nepalese population live in poverty. Malnutrition is rampant in Nepal, infant and child mortality rates are high, and the disparities between gender and castes still exist throughout the entire country. Access to education is limited for most poor families, so literacy rates remain a barrier to economic progress as well.

Private health care in Nepal is extremely expensive. In fact, medical care costs are a big cause of debt and poverty among poor populations. Those who decide to become medical volunteer in Nepal will be able to support the day-to-day operations of hospitals, assisting in various departments, including, but not limited to: emergency, maternity, pediatrics, general medicine, and dental. Medical volunteers can also support earthquake relief, give vaccinations, observe surgeries, shadow dentists and doctors, provided health check ups, and give health and hygiene talks at local schools.

On their free days, medical volunteers can enjoy a safari in Chitwan National Park, visit the lakeside town of Pokhara, or even plan a mini climb of Mt. Everest!

No matter where you become a medical volunteer abroad, building your resume, creating a global network, learning a new language, all while gaining valuable insight in international medicine, will be incredibly life changing, to say the least.

This article was contributed by A Broader View Volunteer Corps (ABV), an international volunteer organization founded in 2007. ABV provides highly immersive volunteer programs focused on helping needy communities in Latin America, Asia, and Africa.
Automakers are rolling out some impressive new luxury cars and SUVs for the 2018 model year. Most will be available before 2017 ends. Some provide sumptuous comfort and the latest driving technology, while others offer legitimate luxury for less than $45,000—or in one case, a near-luxury experience for just a little more than $25,000.

Here’s a look at eight compelling luxury cars and SUVs that are debuting as part of the 2018 model year or that have been completely redesigned for 2018, plus one luxury car that reached showrooms earlier this year as a late addition to the 2017 model year…

New Luxury Cars

**Luxury-like experience for less than $30,000:** Buick Regal. The Regal has been completely redesigned for 2018, and the results are impressive. Two body styles are offered—the Sportback (pictured), which walks the line between hatchback and midsize sedan, and the TourX, which is essentially a wagon, even though Buick has tried to label it a crossover. Don’t be put off by the utilitarian labels “hatchback” and “wagon”—the new Regal is decidedly upscale. Its ride is smooth and refined, the way luxury-car buyers like it. Its styling is sleek and handsome—the Regal looks right at home parked among Audis and Volvos. Its turbocharged two-liter, four-cylinder, 250-horsepower (hp) base engine rivals the base engines of much more expensive competitors such as the Audi A4. There’s a healthy amount of cargo and passenger space, particularly in the TourX, which is available with optional all-wheel drive. The 2018 Regal, which will reach showrooms this autumn, is a lot of car for the money. Starting price: $25,915 for the Sportback…$29,995 for the TourX.

**Rival to the BMW 3 series from an unexpected source:** Kia Stinger. The BMW 3 series has long been the obvious choice for car buyers who want a small sedan offering both luxury and stellar rear-wheel-drive handling. But now the famed BMW 3 might finally have been caught—and surpassed in value—by Kia, which up to now has been known for economy cars, not luxury sports sedans. The all-new Stinger looks like a German luxury sports sedan inside and out, and it handles like one, too. The base two-liter, four-cylinder engine delivers 255 hp, while an optional 3.3-liter V6 produces 365 hp. Pricing has yet to be announced but is expected to be thousands less than that of comparably equipped BMW 3s or Audi A4s. Cost of ownership should be lower, too, thanks to Kia’s excellent warranty and build quality—Kia recently ranked first among all automakers in JD Power’s Initial Quality Study. The Stinger comes up short in only one significant way—its Kia badge might not impress your neighbors. The Stinger should reach showrooms by the end of 2017. Starting price: Expected to be between $30,000 and $35,000.
All-wheel-drive luxury sedan with the handling of a classic rear-wheel-drive sports sedan: BMW 5 series. A completely redesigned version of the iconic BMW 5 series luxury sedan reached showrooms in February as a late addition to BMW's 2017 lineup. If you're looking for a midsize luxury sport sedan that's responsive and engaging to drive, this latest 5 series is once again the car to beat. Particularly notable is that the new 5 series is available in all-wheel drive in addition to the traditional rear-wheel drive—and incredibly, the all-wheel-drive version manages to effectively mimic the 5-series' famed rear-wheel-drive driving dynamics. It's a great choice for anyone who wants the 5-series experience but also all-wheel drive for when the roads are slick. It's fast enough with its base 248-hp, two-liter, four-cylinder engine…and even more so with the optional 335-hp six-cylinder. It's well-equipped with the latest tech, including "gesture control," which lets drivers do things such as adjust the stereo volume and answer phone calls by making hand gestures in the air. Starting price: $52,195. (20 mpg city/31 highway)

New Luxury SUVs

Latest safety tech in a compact luxury SUV: Volvo XC60. The XC60, Volvo's top seller, has been completely remade for 2018 with bolder styling, more refined handling and more interior space. It also offers the best standard high-tech features of any car in its class. In keeping with Volvo's reputation, much of this tech is safety-related. This includes the "City Safety" system, which does more than just automatically engage the brakes when it senses a potential collision—it can automatically steer you to safety as well. What is a bit surprising for a Volvo SUV is that the XC60 offers fun-to-drive handling. The base two-liter, four-cylinder engine produces 250 hp, and optional larger engines can produce up to 400 hp. All-wheel drive is standard. The new XC60 should reach showrooms this autumn. Starting price: $41,945.

Sexy Italian compact luxury SUV: Alfa Romeo Stelvio. The all-new Stelvio doesn't have the Volvo XC60's safety technology or the Audi Q5's class-leading refinement—but what it does have is plenty of Italian flair inside and out. It's worth considering if you're looking for a compact luxury SUV that's distinctive, eye-catching and extremely engaging to drive. Being behind the wheel of the Stelvio is more like driving an Italian sports coupe than an SUV—its light weight and low center of gravity contribute to some of the best handling in the category. The Stelvio's base two-liter turbocharged four-cylinder engine supplies 280 hp. Deep-pocketed buyers can upgrade to the Stelvio Quadrifoglio, which features a Ferrari-developed 2.9-liter, 505-hp V6. Starting price with base engine: $42,990. (Pricing has not been announced for the Quadrifoglio version, but expect it to cost tens of thousands of dollars more than the base model.)
The New Year is approaching sooner than we know it, and with it arrives a flood of spectacular books by brilliant minds and blooming talents. While 2017 proved to be a behemoth of a year for amazing new books for me—Jesmyn Ward’s National Book Award-winning *Sing, Unburied, Sing*, Zinzi Clemmons’ gut-punching debut, *What We Lose*, and Danzy Senna’s *New People* all come to mind—2018 is looking just as bright with incredible narratives from new and returning voices.

From gotta-get-my-hands-on-it essay collections by critical pundit Roxane Gay and debut marvel Morgan Jerkins to Sarah Winman’s heavy-hearted love story and Alexander Chee’s recitation in autobiographical fiction—here are 16 books we (albeit, mostly me) are so excited to check out in 2018!

**Anita Cassidy, *Appetite* (out January 11)**
An affair of food and sex arises between an unsatisfied wife and her son’s overweight best friend, David, who is still reeling from his parents’ divorce before finding solace in the lessons of his offputting school teacher. In *Appetite*, Anita Cassidy holds her characters accountable for their actions and reactions to their somewhat self-imposed transgressions.

**Leni Zumas, *Red Clocks* (out January 16)**
Four women in an Oregon town must make their way through a new vista that outlaws abortion: Ro, a biographer knee-deep in her desires to have a child and finish her biography of an unsung female polar explorer; Susan, a suburban wife trapped in the grasps of her difficult marriage; Mattie, a newly-pregnant teen who refuses abortion; and Gin, a mysterious forest-dweller whose “witchcraft” draws them all together.

**Morgan Jerkins, *This Will Be My Undoing* (out January 30)**
Princeton grad and Catapult Associate Editor Morgan Jerkins spearheads her first discourse by turning her attention to the mirror. And thus, the question (“What does it mean to be?”) is born and a compilation of distinctive experiences unfurl from it. Jerkins manifests what it means to experience her physical self, dating under the visor of race, and how she survives as a woman of color “doubly disenfranchised by race and gender” in a world overpowered by white male dominion.

**Rachel Lyon, *Self-Portrait with Boy* (out February 8)**
A floundering photographer absent-mindedly captures a boy falling to his death in what is remarkably her best work yet. A literal blessing and curse, Lu Rile’s big break could usurp the faithful friendship developing between her and the child’s grieving mother.

**Will Mackin, *Bring Out the Dog: Stories* (out March 6)**
In 11 stories reminiscent of the author’s own reflections of deployment in Afghanistan and Iraq, *Bring Out the Dog* challenges the meaning of miracles, unsuspected grief and the reckoning of fatherhood over brotherhood, or vice-versa. Will Mackin’s forthcoming work models Phil Kay’s critically-acclaimed *Redeployment* nearly exactly with its familiar shock of tragedy, war, and mourning.

**Josh Malerman, *Unbury Carol* (out April 10)**
From the author who impressed with *Bird Box* and returned with the follow-up shocker, *Black Mad Wheel*, Josh Malerman introduces Carol Evers, a woman who hides within her the condition that allows her to revive herself postmortem. Only two men close to Carol know of her dreaded secret, but only one wants her dead in this twisted tale of Sleeping Beauty.

**Rebekah Frumkin, *The Comedown* (out April 17)**
A botched drug deal entangles the lives of a clever street hustler and his pathetic addict ally, whose families become chained by their shared miscreant mistakes in Rebekah Frumkin’s suspenseful forthcoming novel, *The Comedown.*
Carys Davies, West (out April 24)
A man abandons his fatherhood to embark on a years-long trek of self-discovery along the American frontier, leaving his speechless sister and small daughter who has been marooned with farm life responsibilities in their native Pennsylvania. Carys Davies's debut novel West is one of a young girl's forced coming of age and a father's quest through his own wilderness.

Roxane Gay, Not That Bad: Dispatches from Rape Culture (out May 1)
With the assistance of stars like Ally Sheedy and Gabrielle Union and writers Amy Jo Burns, Lyz Lenz, Claire Schwartz, and others, Roxane Gay taps her finest friends for her "valuable and revealing anthology" Not That Bad, which gives voice to those "routinely second-guessed, blown off, discredited, denigrated, besmirched, belittled, patronized, mocked, shamed, gaslit, insulted, bullied" for condemning the topic of rape which remains a taboo today.

Jen Silverman, The Island Dwellers: Stories (out May 1)
In Jen Silverman's debut collection, The Island Dwellers, a competitive couple on the verge of divorce bicker over whose new fling is more exotic. A Russian transient in Tokyo worries over the money her lover receives from a Japanese crime syndicate. A drug dealer's peculiar first date is beaconed by the discovery of a dead body on their living room floor.

Stephen McCauley, My Ex-Life (out May 8)
A formerly married couple who have been estranged for decades find themselves in an unpredictable predicament. David, who has spent the last 20 years as a gay man who helps spoiled San Francisco teens get into colleges, and Julie, a now twice-divorced mom who has become a middle-aged pot-head and in order to get by has turned her falling-apart house into a B&B, must share living quarters once again.

Sarah Winman, Tin Man (out May 15)
Sarah Winman's forthcoming novel follows two inseparable characters, Ellis and Michael, through their coming of age as close friends and something more at once. But when a young woman named Annie finds her way into their lives, it changes everything.

Jessica Knoll, The Favorite Sister (out May 15)
As the follow-up to her 2015 bestseller Luckiest Girl Alive, Jessica Knoll's second strike, The Favorite Sister, parallels the lives of two ruthless sisters whose darkest sins end in murder during their appearance on a reality TV show called Goal Diggers, playing against a group of other women.

Lauren Groff, Florida (out June 5)
Famed author and short story writer Lauren Groff plants her roots in Florida, an expected collection of fiction slated for Summer 2018 that will tour readers through the dark side of the Sunshine State through the lens of mostly disheveled female protagonists.

Ottessa Moshfegh, My Year of Rest and Relaxation (out July 10)
By the writer who produced the harrowing Man Booker Prize-shortlisted Eileen, Ottessa Moshfegh returns with yet another cumbersome protagonist. Her latest transports us to the year 2000 where our unsatisfied heroine awaits, pills in hand, still clinging to the cavity called in her heart. Despite her beauty, wealth by inheritance and comfortable Upper East Side lifestyle, our narrator wastes her year of solitude with no direction.

Books I'm most excited to get my hands on first!
I'll definitely be adding collections by Alexander Chee, Morgan Jerkins and Roxane Gay to my list of must-reads. Also, My Ex-Life sounds particularly amazing, as does Tin Man. Also, anything with Josh Malerman's name attached to it is a must-buy for me! I've been meaning to read some of Ottessa Moshfegh's work, I own both of her books but have yet to crack either; that probably won't stop me from buying her newest. Self-Portrait with Boy sounds fascinating as well, and I do own a copy of Red Clocks (Thanks, Leni Zumas!) so I am crossing my fingers for 2018 to be a more productive reading year.
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