Getting Involved: A Spotlight on Dr. Mary Pentel

To Aspiring Physician-Writers: It’s Time to Write That Book

Restaurants: A Piece of Brazil Here in Jacksonville
Gorgeous wide, plank hardwood floors lead out to a lanai and pool area where you can watch your children play from any area of the home. Spacious and beautifully designed kitchen and dining area will be the backdrop of your next dinner party or family holiday. Just a short bike ride to all of the amenities of the prestigious Epping Forest Yacht Club.

5 Bedrooms/5.5 Bathrooms/5,539 square feet / MLS# 921956

Behind the gates of the prestigious Epping Forest Yacht Club, this beautifully transformed home is ready for your family.
Trust Is About Perspective

“I have been serving affluent retirees and to-be retirees in North Florida for over 20 years. I love working with 3 and 4 generations of our clients’ families, while providing guidance about investments, tax-efficient strategies, estate strategies, social security and other custom planning needs. My father-in-law began our practice over 33 years ago and I am honored to carry on our tradition of serving some of the same families he began helping in 1994. We were both professional accountants before beginning in Wealth Management; so we bring a technical, professional and most importantly a personal approach to our advice and fiduciary responsibilities.”

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

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

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

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC. Member FINRA/SIPC
What do you want people to experience when they look at your art?
Since my work is abstract, it's about feeling. Set aside your logical side and try to feel what the artist is conveying with color, shape or design. Whether it's joy, solitude or energy, or somewhere in between.

Do you have a specific way of describing what you do as far as your artistic expression?
As a non-representational artist, my media is water media and collage. I currently work with a limited palette of color and with texture. My journey is self-discovery through memories and meditation. I find subject matter is secondary to the tools that are used. Color, shape and design are what guide me toward completion.

How did you get started with your art and how did you learn your craft?
I began my artistic career many years ago as a colorist in watercolor. Earlier realistic work with landscape and still life has provided a strong foundation as I moved into non-objective work. Working intuitively, without preconceived notion, sketches or forethought, allows the paintings to evolve naturally. Meditation, Reiki, studying magazines, galleries, and other artists are all important to process. I find that workshops are an excellent springboard for paintings and help me to form ideas.

Where does your inspiration come from for creating new work?
As with most artists, I don't wait for inspiration. I simply show up at the studio and begin working.

I usually don't have a plan. I begin by disordering the canvas or paper with paint to strike out fear of the blank space in front of me. From there, I will begin intuitively painting all over the canvas using color & shapes.

Since I'm an experimental artist with mixed media and collage, my work has evolved into a more expressive style. I'm currently influenced by the abstract expressionists meditative effect, combined with action painting.

Collage artists love to collect all sorts of papers, and I'm no exception. It helps to be open to chaos and not worry about being neat. Simply laying out papers that mix and match can easily lead to a collage or painting.

Tell us a little bit about yourself
My love of painting has led me to teaching classes locally and regionally. It gives me great pleasure when a student has that aha moment when creativity strikes home.

I am very proud of my two grown children and 3 grand-kids. Luckily, they all live in Florida.

I have succeeded in becoming a signature member of the National Collage Society in 2014 and was Jacksonville Watercolor Society's Artist of the Year that same year.

Since retiring, I've traveled abroad 4 times in artist workshops. I am an attuned Reiki Master Healer.

I was invited to show at the Jacksonville Intl. Airport in 2016. My website is www.joycegabiou.com.
LEARNING TO DANCE LIKE THE STARS COULDN'T BE EASIER!

Give the gift of dance this Valentine's Day!
Call today for our special offer.

(904) 338-9200

Kalubys Dance Club
(904) 338-9200
www.kalubys.com
8221 Southside Blvd, Suite 3
Email: info@kalubys.com
Facebook: https://www.facebook.com/kalubysdanceclub/

The Cultural Center
AT PONTE VEDRA BEACH

Adult & Youth Arts Classes
January 8 - February 23 | February 26 - April 20
Music for Infants & Toddlers, Ceramics, Abstract Painting, Drawing, & more!

50 Executive Way
Ponte Vedra Beach, Florida 32082
ccpvb.org | 904-280-0614

ST AUGUSTINE | PONTE VEDRA
ST JOHNS COUNTY TOURISM DEVELOPMENT COUNCIL
HistoricCoastCulture.com
When learning about dermatologist Dr. Mary Pentel's upbringing, it's no surprise that she's such a driven and generous person who loves to give back to her community.

Pentel was born in Vietnam, and moved to the United States in 1975 with her parents and four siblings. Unfortunately, tragedy struck when Pentel was only twelve and her mother passed away, leaving Pentel's father to raise five children by himself.

Wanting to ensure the best possible future for his children, Pentel's father enrolled them in the Milton Hershey School, a cost-free boarding school for the underprivileged in Hershey, Pennsylvania. While most people associate Hershey with the world-famous chocolate company, Milton Hershey and his company were also renowned for their local philanthropy in the 20th century. Pentel says learning about Milton Hershey's charitable deeds was part of what inspired her to help others in her own community.

“I had been given so much,” Pentel said. “I felt like I really wanted to give something back.”

Pentel went on to earn both her undergraduate and medical degrees from Penn State University. She knew she wanted to pursue dermatology from the get-go. She has always been a “people person,” and likes that her field allows her to work with everyone: men and women, young and old. Additionally, she appreciates the variety of cases she sees on a daily basis, whether she is saving the life of a melanoma patient or boosting a teen's self-esteem by treating their acne.

After finishing her residency, Pentel moved to Jacksonville, in part because of the high rate of skin cancer caused by the Sunshine State's harsh climate. Despite having two very young children and only two years of post-residency experience under her belt, she decided to open her own practice, Southside Dermatology. Although Pentel knew it was a risky decision, she was never afraid to fail because she believed her difficult childhood made her into a strong-willed person. Almost 20 years later, she says she couldn't have made a better choice.

“I love my job,” she said. “I love dermatology. And I get so sad when physicians out there don’t enjoy what they do? It makes me sad because it’s not just a specialty for us. It’s a way of life.”

Pentel has employed that optimism into other parts of her life as well, in particular, her community involvement. As early as high school, Pentel began forming clubs and organizations to help a variety of causes. One of her first efforts was to provide...
education to teens about public health and safety issues, such as driving under the influence and smoking. She also tutored underprivileged children in her community.

Pentel describes herself as somebody who is always trying to think outside of the box. Perhaps her biggest humanitarian effort to date is her 501 (c) (3) non-profit, HOPE For A Better Life (HFABL). Pentel started the organization a couple of years ago as a way to help a variety of causes. Rather than having one specific focus, HFABL works on raising awareness and funds for other local charities. While she appreciates the widespread support of popular causes such as breast cancer awareness and Christmas toy drives, she also feels it is important to bring attention to lesser-known causes that are equally as important. Recently, Pentel and HFABL worked with social entrepreneurship Rethreaded to combat human trafficking in Jacksonville.

Pentel says she first learned about Jacksonville’s human trafficking crisis from one of her patients. Since Jacksonville is midway between larger cities like Atlanta and Miami, the patient told her that makes the area a waypoint for traffickers. Pentel was shocked that this was taking place in the city she had called home for years, and she felt more locals needed to be aware of it.

“That’s where Rethreaded came in,” Pentel said. “If I didn’t know about human trafficking in Jacksonville, other people also don’t know about it, so let’s bring awareness to this.”

Though still a young organization, HFABL has already made great strides in improving lives in our community. Back in May, Pentel helped kickstart a charity effort with The Sulzbacher Center called Purses With A Purpose, in which they collected secondhand purses, filled them with toiletries and essentials, and gave them to homeless mothers residing at the shelter as Mother’s Day gifts.

“The homeless women, they’re always taking care of their families,” Pentel said. “No one really gives them anything. So, I thought, ‘okay, on Mother’s Day we need to celebrate them.’”

Pentel has a special appreciation for empowering women in the community. She encourages young girls, especially in Asian communities, to realize their full potential despite society’s gender roles and expectations. Pentel has two daughters, and hopes her successes in both her career and humanitarian efforts will continue to inspire them.

"By doing this, you set good examples for your kids," Pentel said. “I'm afraid that if people like me don't continue [helping the community], then people behind me are not going to see that this is normal. I want to make it normal, like it's not a big thing to do. You should make it a part of your life to give back to the community.”

Pentel’s older daughter is already following in her mother's footsteps. As a college student, she is making efforts to improve the lives of her fellow students. She created an organization called IfYou’reReadingThis, that allows students struggling with depression to anonymously share their stories online. Pentel herself also chose depression awareness and suicide as HOPE for a Better Life’s next main focus.

Along with her volunteer work, Pentel also finds time to be part of several other community organizations. She’s a member of the Duval County Medical Society and helps educate children on the importance of sun protection. She is also a fellow of the American Academy of Dermatology, Jacksonville Dermatologic Society, American Society of Dermatologic Surgery and American Society of Laser Medicine.

When others ask her why she pours so much time and effort into her community work, Pentel says her answer is always simply, “why not?” She insists there is something for everyone when it comes to volunteer work, and while her main interest is helping women and children, any sort of involvement helps to make the world a better place.
ATTENTION DOCTORS:
LET US ASSIST YOU
WITH OUR PROFESSIONAL
VIDEO PRODUCTION SERVICES

HERE ARE A FEW WAYS
VIDEO CAN BENEFIT YOU:

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

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

Contact us today for information on how we can move your practice forward with our professional video production services at 904-404-7817 or dakota@creativedevelopmentworks.com

Dakota Studies
www.creativedevelopmentworks.com

BREAKFAST LUNCH & DINNER
Served all day.

Atlantic Beach
904-249-6500

Ponte Vedra Beach
904-273-6545

San Marco
904-399-1306

Mandarin
904-683-0079

Voted Jacksonville’s #1 Diner

Sometimes it’s good to be picky.

We hand-select the most tender cuts of beef so you get the absolute finest steak every time.

Ponte Vedra Beach
814 A1A North | (904) 285-0014
Catering | Private Dining | Monthly Wine Dinner

RUTH’S CHRIS
STEAK HOUSE

7 JACKSONVILLE AREA LOCATIONS
San Marco | Mandarin | Ortega
Southside | Jacksonville Beach
Ponte Vedra | Orange Park

metrodiner.com
7 Jacksonville area Locations
San Marco | Mandarin | Ortega
Southside | Jacksonville Beach
Ponte Vedra | Orange Park
Breakfast
Lunch & Dinner
Served all day.
Intel has launched an impressively light, regular-looking set of smart glasses called Vaunt, confirming rumors from Bloomberg and others. Seen by The Verge, they have plastic frames and weigh under 50 grams, a bit more than regular eyeglasses but much less than Google Glass, for example. The electronics are crammed into the stems and control a very low-powered, class one laser that shines a red, monochrome 400 x 150 pixel image into your eye. Critically, the glasses contain no camera, eliminating the "big brother" vibe from Glass and other smart glasses.

Vaunt is mainly aimed at giving you relatively simple heads-up notifications. Intel says that the glasses are more stealthy than a smartwatch, allowing you to check notifications while doing other activities. In one demo, it showed that you could see a person's birthday and other pertinent personal info while you're chatting with them on the phone. The motion sensors can also detect whether you're in the kitchen, for instance, and give you recipes or a shopping list.

You might be worried about having a laser beamed into your eyeball, but "it is so low-power that it's at the very bottom end of a class one laser," Intel New Devices Group's Mark Eastwood told the Verge. On top of that, the display isn't even visible unless you look at it, making it unobtrusive for wearers. As it's beamed onto the back of your retina, it's all ways in focus, regardless of whether you have prescription or non-prescription lenses.

Other feature include Bluetooth to link with your smartphone, a processor for apps, a compass and accelerometer so that Vaunt can tell which way you're looking and where you are. Future models may contain a microphone that works with voice assistants like Alexa or Siri.

When it comes to giving commands, Intel wants Vaunt to have "no social cost," in terms of making you do something distracting during a conversation. Rather, you might be able to control it using head nods or other, more subtle gestures.

Intel hasn't commented on rumors that it might sell off part or all of Vaunt once it develops the product. However, it has said that it's not likely to take the product to market itself, but instead rely on OEMs, much like it does with PCs and other hardware.

As for apps, Intel emphasized that Vaunt will be a wide open platform. It's getting set to launch an early access program and SDK so that developers can discover for themselves what they can do with it. Programs will generally run from your mobile device, but some apps or specific features might be powered by the glasses themselves.

It's clear that the product is still in the early development stages and could go in a lot of different directions. And bear in mind that Intel has tried a lot of experiments lately, especially in wearables, that didn't go anywhere. Still, the concept of stealthy, hands-free notifications from a product that many folks already wear does have merit, so it'll be interesting to see where it goes.
Congress has passed the new tax bill. This was certainly not tax reform as has been discussed, but simply a rearrangement of how they calculate our taxes. This new plan lowers tax rates but eliminates many of the items that were previously deductible. Sort of like rearranging the deck chairs of the Titanic as it slowly sinks. Real tax reform might have made things so much simpler that the IRS would be able to lay off 75% of their staff, or the number of tax forms used for my personal taxes would go down to a half dozen instead of 50. Cutting through all the baloney we see on TV and the internet, what is the real effect of this new tax plan? What are the changes that will affect us? For the majority of physicians, I suspect there will be little change.

So what is new that is important to an average practicing physician?

1. All the tax brackets are now paying a lower percentage of their income to taxes. This is good, but this will be offset by some deductions you will likely lose. So don't spend the money yet.

2. The deductions for yourself and your dependents will be lost (personal exemptions). This is $4,150 in 2017 for each dependent, so larger families will feel this loss the most. This will increase your taxable income.

3. To make up for #2, a child tax credit will be increased to $2,000. This will be good for big families, and this directly decreases the tax bill dollar for dollar, if your dependents are under age 17 and you earn under $400,000 if married, $200,000 if single. The tax credit will only counteract the loss of the personal exemption of your children, not of you and your spouse. Big families will benefit, small ones will not.

4. The standard deduction will increase to $24,000 for a married couple, $12,000 if you are single. This will create a situation where an estimated 94% of taxpayers will no longer benefit from itemizing their deductions. That means, for most of America, your mortgage interest and charitable giving will not be deductible at all. A physician with a combination of substantial gifts to charity, paying high state taxes and maintaining a home mortgage, will likely still be doing itemized deductions.
5. State taxes as an itemized deduction will be limited to $10,000. Just take a look at your last Schedule A and see if this affects you.

6. If you pay alimony, it will no longer be deductible. If you receive alimony, it will not be taxes.

7. Mortgage interest will only be deductible for the first $750,000 of the mortgage.

8. Interest on a home equity line of credit will no longer be deductible.

9. 529 college savings plans can now be used for K-12 private schooling. This might help your current year’s budget, but taking the college money out to spend on your 6th grader is not wise. This money has been set aside to spread the college expense over many years because college is expensive. Be careful to not fall into the trap of using the money previously saved for college on K-12 private schooling. Overspending on private K-12 is a big problem for a lot of doctors I counsel. They often do not have the money to pay for private school, but are steadfast in their determination to keep their kids in private school. This new rule will hurt us in the long run if we use the money we have been saving for our kids’ college on today’s bills.

10. The penalty for not having health insurance will be lifted. Most doctors have insurance and do not pay this penalty, but this effect will be felt by an increasing number of your patients not being insured. If everyone is not required to have insurance, and insurance companies must pay for pre-existing diseases, premium costs will rise. They are already too high. This rule will hurt your bottom line in the long run if you use the money we have been saving for our kids’ college on today’s bills.

11. Estate tax exemption will move up to $11,000,000 for each person. Most doctors will never have an estate this large, so this effectively eliminates your federal estate tax worries. The problem is this number is constantly changed by Congress. By the time you die, who knows what the rule will be.

At almost 500 pages in length, the new tax plan has many more rule changes I didn’t discuss, but the changes listed above are the ones most likely to affect the average doctor. The pass-through business changes may also be very helpful to those who own their own medical practice.

I applied the above tax changes to my 2016 tax returns. This is the easiest way to see how these rules affect your taxes.

For me, in 2016 I paid $19,837 in federal income tax. With the new rules, I will lose my personal exemptions. For 2016 that was $12,150 for me, my wife and one son still at home. I will also lose $14,850 in state income and property tax deductions that exceeded the new cap of $10,000. Those two lost deductions, $12,150 + $14,850, increased my taxable income by $27,000.

Using the new tax chart below, my 2016 federal tax would be increased to $23,339.

<table>
<thead>
<tr>
<th>Rate</th>
<th>Individuals</th>
<th>Married Filing Jointly</th>
<th>Tax In Bracket</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Up to $8,985</td>
<td>Up to $18,960</td>
<td>$1,905</td>
</tr>
<tr>
<td>12%</td>
<td>8,986 to $18,960</td>
<td>18,961 to $37,920</td>
<td>$7,002</td>
</tr>
<tr>
<td>22%</td>
<td>37,921 to $82,500</td>
<td>37,921 to $165,500</td>
<td>$19,771</td>
</tr>
<tr>
<td>24%</td>
<td>$82,501 to $165,500</td>
<td>$165,501 to $315,000</td>
<td>$26,000</td>
</tr>
<tr>
<td>35%</td>
<td>$165,501 to $250,000</td>
<td>$315,001 to $620,000</td>
<td>$44,000</td>
</tr>
<tr>
<td>37%</td>
<td>Over $250,000</td>
<td>Over $620,000</td>
<td>$67,000</td>
</tr>
</tbody>
</table>

I will not get the new child tax credit, because my son is not under age 17. This credit was supposed to offset the loss of the personal exemptions deduction.

I will be getting a tax increase under the new plan. My 2016 federal taxes were $19,837. When I lose the $27,000 of deductions, and my taxable income increases by $27,000, the new lower tax brackets will not be low enough to compensate for the loss of deductions. Under the new tax plan, my 2016 taxes would increase by $3,502 on a physician’s income that is right at the national average for all specialties.

You should take a look at your 2016 tax return and see what will change for you. Changing only a few numbers on form 1040 and Schedule A will allow you to see what happens to your personal income taxes.

To calculate what your 2016 taxes would have been using this new tax plan, take the taxable income figure on line 43 of form 1040 that you have now recalculated with the new changes. Find the bracket in the chart above that matches your new taxable income. You will pay that bracket’s percentage of the income that exceeds the lower limit of the bracket. You will add that to the totals for each bracket above it.

For example, if your newly calculated taxable income on line 43 is $200,000, you would be in the 24% bracket. So you will pay on the income that exceeds $165,001 which is $34,999. 24% of $34,999 is $8,400. Since you also owe the money in the brackets above, your total tax would be $1,905 + $7,002 + $19,271 + $8,400 = $36,578.

If you will be getting a tax break, be sure to make changes in your payroll deductions so you can take advantage of the windfall throughout the year and not just when you file your taxes in April of 2019.

Cory Fawcett is a general surgeon and can be reached at his self-titled site, Dr. Cory S. Fawcett. He is the author of The Doctors Guide to Starting Your Practice Right, The Doctors Guide to Eliminating Debt, and The Doctors Guide to Smart Career Alternatives and Retirement.
Made From Real Elk Antlers. 100% Pure & Natural
Handpicked in the American Midwest

- Cut in a variety of shapes and sizes to suit your dog’s taste.
- No artificial additives or flavorings to harm your pet’s health.
- Long-lasting & loaded with vitamins & minerals that your dog needs.

ANTLER BONZ DOG CHEWZ
12129 CATTAIL DRIVE WEST
JACKSONVILLE, FL 32223
TEL: 904-314-4757
WWW.ANTLERBONZ.COM

FREE 210 Home Warranty
List with me and receive 210 Home Warranty Seller’s Coverage at no cost!

Your St. Johns, Ponte Vedra, Nocatee Real Estate Expert!

I am a 35 year resident of Jacksonville/St Augustine/St Johns. I have had children enrolled in St. John’s County schools, which are excellent! I can honestly say that Jacksonville is a wonderful place to raise a family. Choosing a realtor will be one of the biggest decisions you will make when buying or selling a home. Remember, experience makes the difference! I will give 100% attention to detail, to be sure your real estate transaction will be trouble free. I will use my years of experience to get you the best price whether buying or selling I have been a real estate professional for over 25 years. I contribute my success to always putting the client first.

Maria Raymer
REMAX Specialists
cell: 904-463-1942
office: 904-292-0150
www.mariaraymer.com
maria raymer@gmail.com
facebook.com/profile.php?id=100013139123192

For adults & Kids!

Color Me Mine

Pottery Painting

COLOR ME MINE
JACKSONVILLE
jacksonville.colormemeine.com
904-338-9333
facebook.com/colormemeinejacksonville

$10 OFF WHEN YOU BOOK A PARTY

Please be combined with any other offer. Expires Aug 31, 2018.
Color Me Mine is a trademark of color me mine.com, LLC. All rights reserved.
In 2011, my first novel was published. It is a medical novel, and, unsurprisingly, since I practiced as a nephrologist for many years, it takes place in a dialysis unit. I learned a lot from writing this book, seeing it published and living with the consequences. Since its publication, many professionals have confided to me that they harbor a secret desire to write a book. I want to share my learnings with them. Here they are.

Writing confirmed for me that mindfulness — living in the moment — is a wonderful thing, and writing encourages it. When working on my book, I found it impossible to focus on anything else. My troubles did not disappear but parked themselves elsewhere. I was blissfully unaware of the passage of time. I did not confer with my iPhone.

I learned, interestingly, that in my busy life I had not spent much time simply thinking. Each week I had typically made thousands of decisions — big and little, informed or otherwise — but had falsely equated decision-making with thinking. Creative writing taught me the difference. As a writer, I learned that thinking is essential to creativity, so I had to not only find uninterrupted thinking time, I had to find out how to use it.

Writing a book was a new experience for me and a challenging one. I suffered many moments of doubt, and a few of despair, and had to work through these. I thus learned about the transformative power of stubborn commitment. This learning also helped me steel myself against the criticism of my work that I knew some would surely offer.

Initially, I did not share a word of my new passion with family or friends. I viewed my journey as a personal one and held news of it close. Why? I came to realize that writing a book has its selfish aspects and that this is OK. One example: I yearned to speak out on some issues of importance to me, and writing a book allowed me to do this. Another: I learned that thinking and writing both serve usefully as stern editors of one's narrative — that mental construct that shapes one's views of self and world. An overarching learning was that serious writing is not only for the reader but also the writer.

While writing my book, I experienced daily the unalloyed joy of having a goal and a purpose that was utterly non-material. I also learned about the joy of creativity — attempting to create something unusual and beautiful out of nothing. These were important learnings, and sustaining ones.

That my book was modestly successful was nice, but not the greatest return on my investment of time and energy. My greatest reward, without doubt, was the opportunity to connect or reconnect in various ways with interesting (sometimes even fascinating) individuals throughout the world: writers, PhD students, social activists, patient advocates, philanthropists, passionate and caring health care professionals, former patients, and former colleagues. That the little paper object a writer creates may light a path toward a host of meaningful human interactions was one of my best learnings.

Finally, there is the issue of legacy. I know that focusing on one's legacy is a fool's game; I've read Shelley's "Ozymandias." Nonetheless, doing so is a human tendency to which I have fallen prey. I, therefore, take comfort in the belief that my book will be part of my legacy, not only enjoyed and remembered by family, friends, and colleagues but perhaps read by my grandchildren and great-grandchildren, who will ask: "Isn't this interesting? What was he really trying to say?"

To those who dream of writing a book, I say — do it! You'll learn a lot, and your joy will be long-lasting.

Robert Allan Bear is a nephrologist.
Enjoy Your Wine Experience Even Better – Join One of Our Wine Clubs Tim’s Wine Market has four wine clubs. The wines reviewed here all come from wine club selections. Stop by the store and ask about joining one of the clubs. There is a club to fit every budget.

Wine Talk
By Emery and Jean Clance

2016 Yalumba Vermentino “Y Series”
This wine is a really interesting example of a classically Mediterranean variety produced in Australia. While this may sound unusual, climate change is forcing producers in many parts of the world to examine varieties that are not typical of their area. For instance, many scientists believe that in 50 years, it will be too warm to grow Cabernet Sauvignon in Napa Valley. This is why many estates I speak to have started to experiment with Tempranillo and Grenache, which do well in hot, dry climates. The Vermentino grape variety is thought to originate in Mediterranean rim, likely either in Liguria, Piedmont or Sardinia. It is a variety that likes high daytime temperatures and can exist in poor soils that hold little moisture. The cluster size of the variety is quite large, so it can yields relatively high amounts of grapes per acre. It also has strong, but not overpowering, aromatics when fermented at low temperature. Since the advent of cold fermentations in the 1980s, it has become a favorite in many Italian coastal areas, including Tuscany, as well as the island of Corsica. French vignerons in the Languedoc-Roussillon also call the Rolle grape a synonym of Vermentino, but recent DNA evidence is not conclusive that they are the same grape. The grape is well-known across Italy, but is starting to find homes in other parts of the world. Recently I have tasted examples from California and Oregon, and was not surprised when I was presented this bottling from Australia. Robert Hill Smith, the fifth generation owner of Yalumba, is one of Australia’s great innovators and is constantly experimenting with different European varieties. A few years ago their trials of Vermentino proved promising, so they expanded their plantings near Renmark, in South Australia. The sunny location along the banks of the Murray River are ideal for grape growing, and many other crops including citrus. Although not produced from vines farmed using certified organic practices, the warm, sunny and breezy area allows the vines to grow well with little man-made intervention. As with most of the Yalumba wines, this one is also made with as little intervention as possible. Although the fruit is machine harvested, it is quickly destemmed and fermented at a low temperature using only the indigenous yeast on the skins, finishing at only 10.5% alcohol. The wine was left on the lees for a few months to build additional mouthfeel and some aromatic complexity as well. When you are ready to serve this wine, allow it to warm on the counter for a few minutes and yes, it would be better if you splash it in the decanter, too. If you let this wine warm up a bit, it shows an exotic bouquet of Fuyu persimmon, lime and grapefruit peels, kiwi and tangerine. The feel on the palate is bright and lively, with moderate weight and a crisp finish. Drink by itself, with a goat cheese and spinach salad or simple roast chicken.

2004 Virgen del Valle Rioja Reserva Especial “Cincel”
It is my belief that the two greatest values in the world for red wine are the 2015 Chianti Classico and older Rioja. Particularly if you can find them from an outstanding vintage, such as 2004. In the case of the latter, where else can you find a mature, perfectly stored bottle of red wine for $20? Hold onto your hats, the feature this month may blow you away. It is an industry-wide belief that Spain offers amazing value for both red and white wines. Most of the focus is on the wines from the lesser-known and up-and-coming areas, where producers farm old vines that produce very little fruit. When modern winemaking techniques are applied...
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

to these grapes, the result are wines that offer amazing concentration for bargain prices. The more famous wine regions of Spain (Priorat, Ribera del Duero and Rioja) are sometimes seen to offer less value because their international reputations are strong. However, due to the way wines are imported into the US, great opportunities exist to buy the wines at bargain prices when brands change importers. Such is the case for this wine.

The origin of this winery begins several hundred years ago when a hermit built his home into the cliffs of the Sierra Cantabria mountains that form the northern border of the Rioja region. Local legend say that the hermit named his abode in honor of the Virgin Mary. In the 1930s, a group of ladies living in the town of Samaniego established a cooperative, using the ruins of the shrine as their inspiration. Today this cooperative is considered one of the best sources for value priced wines in the Rioja region, as they hold their wines well beyond the legal requirements for aging. In terms of wine-growing regions, Rioja is a fascinating location with many natural advantages for producing worldclass wines. As already stated, Rioja primarily lies on a plateau at the base of the Sierra Cantabria mountains. The other natural border to the south is the Ebro River. Most of the region lies on a plateau that is approximately 1,500 feet above sea level, but there are three sub-zones that are the exception. The most famous is Rioja Alta, which lies at higher elevations on the western edge of plateau. This area is higher and drier than the other zones, with limestone soils and a shorter growing season. Typically, the wines of Rioja Alta are more elegant and long-lived. Rioja Alavesa vineyards are typically as high in elevation as Rioja Alta, often over 2,000 feet above sea level, but the soils are much poorer. My experience in Alavesa is the vineyards lie in very thick beds of gravel, where vines struggle to survive. Generally, I find that the wines produced exclusively from Alavesa vineyards, such as the Cune Vina Real that we featured last year, are dense and a bit more rustic. These too will age a long time. Finally there is Rioja Baja, which is the lowest elevation and driest of the three zones. Where Tempranillo is the dominant grape of Alta and Alavesa, in Baja the grape of preference is often Garnacha (Grenache). This is a variety that thrives in very dry conditions and produces wines with lower acidity. For many decades, the producers of Rioja owned land in all three areas, publicly stating it was to produce wines with more complexity. The true reason was that frost is a big problem in the region, and owning vineyards in different areas insured some crop each year. Tim’s Wine Market February, 2018 All of the grapes used to make this wine come from the higher elevations of Rioja, as the blend is 90% Tempranillo and 5% each of Graciano and Mazuelo (Carignan). This wine was fermented in tank then aged in a combination of French and American oak barriques for a year. At that point, they made a barrel selection and the best barrels were allowed to age an additional year in the cellar. That wine was bottled as this very rare Reserva Especial. When you are ready to serve this wine, decant it for up to an hour. The nose is a complex combination of toasted panko breadcrumbs, graham crackers, cherry liqueur, toasted fennel seeds and nutmeg. On the palate it is extremely deep and complex, with a big sense of fruit polished by long and balanced tannins. Good now, you could easily cellar this wine away for another decade. Serve with slow braised meats such as lamb shanks, or a coca and chili-rubbed pork tenderloin.

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
Fogo De Chao is not a Brazilian steakhouse. It is a piece of Brazil, and part of the heritage of the country, right here in Jacksonville. Yes, it is big and beautiful and yes it is a chain restaurant and yes there is a corporate aspect to it, but Fogo is Brazilian and the experience there is unique to churrascaria. The family that started the first Fogo De Chao in the countryside of Porto Alegre, Brazil wanted guests to have the experiences they had growing up. Their family's ranch had cows, chicken, and fish from a lake, and their mother grew all of the vegetables they ate. The only thing their family needed to go to the market for was salt. Everything else came from the ranch.

The Brazilian gaucho tradition comes with respect for the meat from start to finish - from animal to butchering to cooking to serving. Each gaucho is responsible for preparing and cooking the meat they serve. So when you come to your table and slice meat onto your plate, it is akin to a chef cooking and serving you personally.

The team at Fogo De Chao Jax is made up of gauchos and other staff who are Brazilian and trained as gauchos in Brazil before bringing their craft here. Executive Chef Marcio is Brazilian like all of the gauchos and so many of the staff at Fogo De Chao. He came up through the ranks, starting with cleaning the floors at a Fogo back in Brazil. To come from cleaning floors and work your way to executive chef sounds like a uniquely American story, but it is a human story, and it is a Brazilian story when it comes to the proud history of gauchos.

The food at Fogo is of course meat heavy, but that is not all Fogo De Chao offers. Meals range from $15 for the Market Table for lunch to $48.95 for the full Churrasco Experience for dinner. If $48.95 is a little rich, you can go with the Brazilian Cuts for $39 - this includes several popular cuts of meat (including the Brazilian specialty, Picanha) and the Market Table and Feijoada Bar. One step below this is the Select Cut for $29- $32. With the Select Cut you choose steak, pork, chicken, or lamb as your meat and you also get the Market Table and Feijoada Bar.

Fogo De Chao – Picanha
Let's break down some of the unique foods and specialties you'll find at Fogo De Chao:

The Market Table is the centerpiece of the restaurant. It is beautiful and full of fresh fruits, vegetables, various salads (chicken salad, bean salads, etc.), cheeses, and charcuterie. You'll find foods like pineapple, papaya, marinated olives, grain salads, prosciutto, salamis, bleu cheese, brie, baby swiss, manchego, sundried tomatoes, whole grain mustard, fig jam, marinated mushrooms, marinated artichokes, leafy greens, and so much more. There are always seasonal salads on the Market Table like the winter citrus salad that is being served now. There is a green dressing you shouldn't miss on the market table. It is not near the lettuces, but I promise it is delicious as a salad dressing or dipping sauce.

The Feijoada Bar is included with the Market Table. There you can find feijoada (a black bean stew with sausage), rice, seasonal soup such as Butternut Squash, parmesiano reggiano, and black pepper candied bacon.

During your meal your server will bring out a few Brazilian sides to your table: garlic mashed potatoes, caramelized banana, polenta, and some savory, cheesy popovers called Pao De Queijo which are baked with yuca flour and parmesan cheese. These all go nicely with various meats and most of them are straight from Brazil. The pao de queijo are one of my very favorite parts of dining at Fogo De Chao. They are warm, soft and squishy, and there is some cheesy goodness waiting for you in the middle.

Fogo De Chao – Pao De Queijo
There are more types and cuts of meat at Fogo De Chao than you will remember, but the ones that wowed us were the picanha, top sirloin, chicken leg, and sausage. Picanha is quintessential churrascaria. The meat is shaped like a half moon with a fat layer on the outside edge. It's a type of top sirloin and one of the most flavorful meats you will try. You have to
get a little fat in each bite for the full flavor. The top sirloin is sliced thin and has a nice crust on the outside. Don't skip it just because you are being offered filet mignon and garlic steak. The chicken leg is a surprise hit. I mean, chicken is the tofu of meat, right? Not this chicken. It is marinated in beer and brandy for 24 hours and has flavor for days. Leave room for a chicken leg (or five) when you go to Fogo. The pork sausage is called linguica, and it has a nice savory, herby flavor. I would be remiss not to mention the wine and cocktails at Fogo De Chao. They have an extensive South American wine library and can recommend a number of wines you will enjoy that will compliment your food. Additionally, they have my personal favorite cocktail- the Caipirinha. The Caipirinha is the national cocktail of Brazil and it is refreshing and dangerous. It is made of lime, sugar, and cachaca, a Brazilian spirit. Fogo De Chao offers seven iterations of the classic caipirinha. Having tried the classic, the strawberry hibiscus, and the mango habanero, I am confident that any caipirinha at Fogo De Chao would be a delight.

Fogo De Chao – Strawberry Hibiscus & Mango Habanero Caipirinhas

We don't usually pay much attention to chain restaurants, but there is something different about Fogo De Chao. It's not just another chain restaurant, and it's not a themed restaurant. It's a piece of Brazil, wrapped up in a bow and cooked over an open fire, where gauchos continuing the tradition of their families and culture welcome Jaxsons to partake in the fruits of their finely honed craft.

Fogo De Chao – Chicken Leg and Linguica

Fogo de Chão Brazilian Steakhouse is located in the Town Center at 4784 Town Center Pkwy, Jacksonville, FL 32246
Why Patients “Break Up” With Doctors
by Andrew Chamings

Nobody likes a break up. Although every relationship starts with the hope of long-term happiness, unfortunately for many different reasons, professional and personal break ups are common. The relationship between a doctor and a patient is no different.

Sometimes despite years of seeing a doctor on a regular basis, patients decide to part ways with their primary care physician or specialist. This problem of “patient leakage” is something that is important for all practices to monitor.

Our recent Match Made in Medicine study gleaned some insights into the top reasons patients decide to stop seeing a doctor. Take a look at our key takeaways below to better understand why patients may “break up” with a doctor and tips to ultimately improve your patient retention rate.

Lack of Trust
As to be expected with this type of relationship, having trust in a doctor is one of the most important requirements to maintain a relationship, and patients say that a lack of trust is a major deal-breaker in health. Seven in ten Americans say they would stop seeing a doctor (71%) they didn’t trust.

Poor Communication
Nearly two in three (63%) Americans say that poor communication skills in a doctor would make them reconsider the relationship. More specifically, patients revealed that when they met a doctor for the first time, they valued the doctor asking good questions (79%) and finding them to be a good listener (74%). Ask good questions, listen carefully and your doctor-patient relationship could be a long one.

Tardiness
Don’t leave your patients sitting on the practice chairs reading last month’s lifestyle magazines or next time they may be in another practice’s waiting room. Over half (56%) of Americans say that they would ditch a doctor who always showed up late. For years it was normal, even expected, to sit around and wait for a medical appointment to begin. Nowadays, expectations have changed. A delayed appointment reflects poorly on the efficiency of the whole practice and can lead to patients not wanting to come back.

Awkward Bedside Manner
Fifty-five percent of Americans say that if a doctor makes them feel uncomfortable or awkward they will seek their healthcare needs elsewhere. Eight out of ten (79%) of Americans want their doctors to be easy to talk to. Everyone wants to feel comfortable in a relationship, so making your patients feel at ease will only help this relationship last.

Rushed Appointments
Over half (55%) of patients say that a doctor who does not make time to see them may not be their doctor for long. People are busy and appointments can be a struggle to schedule, so if the patient finds that when they do get into the office, the doctor is rushed or distracted, their next appointment will be made in a competing practice.

Negative Patient Reviews
These days reading the reviews and opinions of others takes just a few taps on your phone. Sites like Zocdoc show patients how a doctor is rated for things like bedside manner and wait time by other verified patients. While not as important as communication and punctuality, nearly one third (32%) of Americans said that the fact that other patients do not like a doctor could lead to them ending the relationship.

In the new world of doctor-patient relationships, where there is so much choice and accessibility, it is easier than ever for a patient to decide to pull the plug on their doctor. Keeping in mind these key reasons why a patient may decide to look elsewhere can help build a practice with low patient leakage and many happy, long doctor-patient relationships.
I DON’T ALWAYS WATCH MEDICAL SHOWS

BUT WHEN I DO I POINT OUT EVERY SINGLE MEDICAL INACCURACY

Create a Lasting Impression

Visit our showroom for fabulous selections in furniture, including the new DMIAF Upholstery Line, flooring, cabinetry, lighting, artwork, accessories, fabrics, wallpaper and more. Consult with our Interior Designers for space planning, color concepts, window treatments, renovations and new construction selections.

Donna Mancini
INTERIORS & FLOORING

904-810-2027
www.DonnaManciniInteriorsandFlooring.com
141 Hilden Rd. #202 Ponte Vedra, FL 32081

Village Arts Framing & Gallery

Eve Albrecht
Original Oils

VISIT OUR GALLERY
We Feature Local Artists

Make your home or office decor stand out with unique art from talented Artists in the area instead of spending the same money on mass-produced art.

Over 150 paintings to choose from

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

MENTION THIS AD AND RECEIVE
20% OFF ANY CUSTOM ORDER

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

904.273.4925
155 TOURSIDE DR. SUITE 1520,
PONTE VEDRA BEACH (SAWGRASS VILLAGE)
VILLAGEARTSPVE.COM
I've always dreamed of having an appreciating classic or exotic car collection, but I've never had anything other than a "regular" car. What are some things you'd recommend for a car collecting newbie?

What an awesome question, deserving of an awesome answer. To shed some light on the ins and outs of collecting cars, both classic and exotic, I asked none other than co-owner and operator of Classic Car Club Manhattan, Zac Moseley. He was gracious enough to clear his busy schedule and sat down with me to answer some questions and share some valuable real-world insight along with a few key tips to starting and maintaining a fleet of damn-near irreplaceable cars.

5. Save Thousands By Knowing The Car Market

*Tavarish:* As I'm writing somewhat popular articles about cars your should buy, I always get people who say "Thanks a lot, now the car I want is way more expensive!" Do you think that this kind of internet popularity has a real effect on car values, and is it useful to keep track of these trends?

*Zac:* I mean, we've seen some stuff happen, and it was happening, because before we did that video, I had one that I bought in 2009 for $27,000 with 40,000 miles on it, but it was the bottom of the downturn and everyone freaked out about the value. That particular car, I doubled the mileage on - I put about 45,000 miles on it - and sold it for $1,000 more than I bought it for. And now, I couldn't even buy that car for less than $32,000, when I originally sold it for $28,000. I definitely think there's some impact. I sold that car right before we did that story - and that was $28 grand a year ago, now the car's $32 grand, I think that story had something to do with that $4 grand uptick.


*Tavarish:* When you buy a classic or exotic, how much do you put aside for maintenance on average?

*Zac:* I wish it was that straightforward. Every car is different. Whenever we're budgeting stuff, we carry average per-month maintenance assumptions, where some cars will go zero maintenance and other cars will cost us $10 grand in one month. Unfortunately, there's no easy formula. You should expect no matter what car you're buying, if you're buying a car of interest, you're going to spend a few thousand dollars a year on stuff, no matter what.

An air-cooled 911, it's a pretty simple machine, it's really reliable, and if you get an SC or one of the G50 ones, those cars are rock solid and don't need much work. While you expect Porsche parts to be expensive, when you compare them to modern cars, 80s Porsches aren't too bad. For example, a brake rotor is 60 bucks, when a brake rotor for a new Mercedes E-Class is $250. But any car you have, there's probably going to be some stupid thing to buy, especially if you're paying someone else for service. You can't really drop an old car off somewhere without spending less than a thousand dollars on it.

3. The Porsche 911 Is A Solid Investment.

*Tavarish:* Do you think the appreciating price of older Porsche 911s is a bubble? I ask because we saw some crazy price increases a few years ago on the “Eleanor” Ford Mustang GT500s, going up to auctions at $150k, then crashing to $70k after the bubble burst. Could older Porsches be the same way?

*Zac:* No, I don't think it's a bubble because it's not stupid like that - I've never paid more than $18,000 for a '60s Mustang -
so anyone buying one for $150,000, that's kind of stupid mon-

ey. But '60s 911s and all the air-cooled stuff - the cheapest I've
ever bought one is some ratty, 250,000 mile SC for $14,000,
and that car's going to be closer to $20k now - it's not like it's
a totally odd end of the spectrum, unless it's legitimately col-
lectible, like an RS. That has an established collector market
and that's not going to go anywhere, but seeing your average
early 911 go from being $30-40k to being $50-60k, that's not
the sort of outrageous bubble that's going to pop. It's pretty
solid, and they're not making any more of them, so I don't
think there's going to be a big drop. It's palatable increments.
Even 964s, you could find a decent runner a year and a half
ago in the teens, and now they're all $30k, $35k, but they're
not $50k, $60k, $70k.

Tavarish: What about the red-headed stepchild, the 996? Do
you think that it'll appreciate?

Zac: The desirable ones have already started to come up a bit,
but they did get really cheap, so they probably only have one
direction to go from there. They may start to appreciate a little
bit, but I don't see it that much. If you take a 911 turbo, there
was a long time where you could go pick up 996 turbos for
$30 grand all over the place and now you don't see them as
much, they're $35k - $40k, so there's been some appreciation.

2. Japanese Cars Will Likely Be the Next Wave Of Collector
Cars.

Tavarish: Why do you think more Japanese cars aren't consid-
ered as collectible as some current classics?

Zac: Well, we're in America, and collector value is all based
around nostalgia, so whatever cars you're into that aren't the
brand new cars, you'll have some nostalgic connection with
it. Say, when you're a kid and your neighbor had an M3 when
it was new, and you thought "this thing's awesome, I want to
own one someday", and when the day comes and they're $15
grand and you go buy one, you're living the dream.

It makes sense that classic American cars are going to blow up
because we're in America and everyone had these experiences
with these cars when they were new, or their neighbor had
one, so that's what builds value, which is why the American
collector car bubble happened - all the baby boomers had dis-
posable income and went out and spent their money.

The European stuff has a pedigree that relates to a larger audi-
ence, so that makes sense. The Japanese thing isn't there yet,
but it will come around. I think it's also that most of the Japa-
inese car makers, while they made some fantastic hero cars,
they also made a lot of mundane economy cars, so there isn't
that loyalty to the brand that makes them all collectible like a
Porsche. But you are seeing it in cars like the NSX, with
low-mile Supras on their way up, but honestly, if you have a
low-mileage Supra, what's the point? I mean, it's a well-built
Japanese car, it's going to take some miles, so who cares?

The RX-7s are on their way up as well, and especially because
they are a bit fragile, they have a bit of a cult following. So the
trophy cars are out there, and they are on their way to getting
some more collector value, just they haven't had 50 years of
quality Japanese cars in the US. There are the rare ones, like
the '70s GTRs, but how many of them are in the country? Ten?

It's just a matter of timing when the people who remember
and care have money to spend on it, and if that price point
still stacks up against other options. I can remember the Mit-
ubishi 3000GT, the first ad they had, where it was sliding
across dirt sideways, with a bunch of horses running around
and I thought that car was the most epic thing ever, but it
didn't age very well. It's kind of dated, but I'm sure you could
correct some of that. I'm sure you could take a '90s Porsche -
which you could also argue is dated - and put the right wheels
on it, change the steering wheel, and really make something
special.

1. Know When To Cut Y our Losses and Sell.

Tavarish: What was the most unreliable car you've ever had in
the Classic Car Club?

Zac: My old answer would've been a '77 Aston Martin V8
Vantage - the very first car we bought. It had quad Webers
and double overhead cams, even though it only had 16 valves.
It had so much mechanical complexity for no benefit that it
was really hard to keep it running. We had the thing for 2 and
a half years, it was on the road for maybe 8 months. But now,
I would say the Delorean. It was probably just the one we had,
but it was always giving us trouble.

Another one is the Ferrari F355 with the F1 gearbox, that was
a disaster. I'll never own a 355 again, they're terrible cars. Ev-
ery one I've had has either not worked, crashed, or been on
fire. The first one I had was a Spider with an F1, and between
the top and the gearbox, and other shit, I probably had to can-
cel 2 out of 3 bookings I had, and everyone wanted to drive it,
because it was the top car we had at the time. So it was booked
all the time, and I had to call everyone up and say "Sorry, the
car's broken", and midway through the summer, I said "Forget
it, this thing's never going to work" and we traded against a
BMW Z8, which was a great car, but when someone's booked
a Ferrari F355, you say "Oh, I got a BMW convertible you can
drive instead", they say "My wife drives a BMW convertible".
That F355 caused me a lot of grief.

And then I got a 6-speed F355 Spider, crashed and burned to
the ground the 3rd time it went out. Then I got a 6-speed F355
Targa, which I thought would take away all the bad variables,
and it seemed pretty good, but it was still a little too quirky.
That crashed, and it was still drivable, but it was totaled be-
cause it hit every body panel and tweaked the front tub, so
just the parts alone were more than the car was worth.
ER Doctor Transitions Into Teaching
As Told By a Curious Surgeon

by Heather Fork

This is a post by my client Dr. Sue Zimmermann, an orthopedic surgeon. As part of her career transition process, she met with and interviewed one of my former clients, Dr. Rob Baginski, who made the leap from Emergency Medicine into teaching in 2013.

Before the interview, Dr. Zimmermann shares some of her journey. Take it away Sue!

I started working with Heather over a year ago. At that time I had been in clinical practice as an orthopedic surgeon for over 23 years and was very unhappy in my job. I loved doing surgery and taking care of patients, but I was tired of being on call, having increased pressure to do more, being micromanaged by administrators, and feeling anxious over not being able to help everyone. I was planning to retire in a few years, and I wanted to plan for my future career doing something I was passionate about. The coaching process was my lifeline; it gave me something to look forward to, and every step I took brought me a little closer to my new career. I started teaching at a local medical school as a volunteer, working with a small group of students doing case-based learning. I discovered that after each class, I felt energetic and excited. It was not only rewarding to connect with students and guide them through the learning process, it was also fun! I decided that I wanted to incorporate teaching into my future plans.

The future arrived sooner than I had expected. I was recently laid off from my job with no warning, and I suddenly had a lot of time to explore a new career. It was a shock, but my preparation over the past year gave me a head start. Heather introduced me to a former client of hers, Dr. Rob Baginski, who had been a full-time Emergency Medicine physician and is now the Medical Director of the Physician Assistant program at a university near me. We initially met for lunch at an art museum, and during our conversation he told me about a program which brings PA students to the museum for lectures on the relationship between medicine and art. I was also able to observe one of his courses. What follows is our conversation about the path he took to become a professor at this university in Boston.

SZ: What were you doing before you started teaching?
RB: I was working as a full-time EM physician. I had worked in various settings — a trauma center, community hospitals, and freestanding ERs. I started working with Heather as my coach because I just didn't feel fulfilled in my work.

SZ: How did you start teaching at the University?
RB: Believe it or not, I was driving down the highway and I saw a sign advertising a teaching position at the PA school. I decided to apply for it. As part of the application, I had to give a lecture to the committee. My lecture was on Evidence Based Medicine, which is a big topic nowadays, and I was hired.

SZ: What previous experience did you have that helped you get the teaching job?
RB: I was a clinical preceptor for both medical students and residents. I had also given a lecture series for paramedics when I was the Director of EMS at a hospital where I used to work. I had also been an instructor in Health Sciences at a local community college for a few semesters prior to applying for the job at the University. Finally, I provided lectures and didactic instruction for the Emergency Medicine residents at a local hospital program.

SZ: What is your schedule like? Are you still doing clinical practice?
RB: Yes, I am still working one day a week in the ER. I teach four days a week, and as part of my position I serve on several academic committees. Most full-time academic positions require some committee involvement. I also do a lot of work outside of class preparing lectures, writing syllabi, grading assignments, creating exams, and evaluating students. As part of my job, I need to be current on educational theory – which is very different from clinical practice. For example, schools are emphasizing “differentiated instruction” to address students' different learning styles.

SZ: What are some of the differences between teaching PA students and medical students?
RB: The PA program is two years; the first year is didactic and the second year is all clinical. So we have to teach a large amount of information in one year. Our curriculum includes traditional lectures and exams, and obviously the students have to prepare for their Board exams. We also have three medical simulations per semester. The simulations involve clinical scenarios in which the students have to make a diagnosis and come up with a treatment plan. We have different scenarios for each discipline in the health science school (i.e., nursing, physical therapy, physician assistant), and we conduct interprofessional simulations as well. Some of the simulations are geared toward diagnosing and treating illness, while others deal with, for example, how to give bad news to a patient and family.

SZ: What is “interprofessional” education? I’ve heard it mentioned a lot recently.
RB: Interprofessional education includes different disciplines
in health care, such as MD’s, PAs, nurses, pharmacists, physical therapists, etc. Students are taught to work as part of the health care team, using case-based learning. A lot of schools are moving toward this type of instruction.

SZ: Do you have any advice for physicians who want to go into teaching?
RB: My advice would be to get as much teaching experience as you can. The pay for part-time or adjunct instructors is minimal, so expect to be basically volunteering your time in exchange for experience and to extend your CV. You can approach schools in other allied health professions, although nursing schools tend to prefer nurses as instructors.

SZ: Do you miss treating patients? Doing procedures? I think I would miss doing surgery.
RB: Well, I still do some surgery. I am a volunteer at a local aquarium, and I was asked to assist with a gastrostomy on a seal! I couldn’t find any seal anatomy references, so I read up on dog anatomy the night before – I figured it couldn’t be that different. When I arrived at the aquarium, I found out that I would be the surgeon, not the assistant! Fortunately the surgery was successful and the patient is doing well. I have also assisted with mandible resections and digit amputations.

SZ: Wow! So maybe I can still find a way to do some surgery in my future career. Thank you so much!
RB: You’re welcome – I’ll let you know about coming in to observe one of our simulations.

Postscript: I was able to attend a simulation a few weeks later. The students were given a scenario of a patient in an emergency room. They had to speak to the “patient,” examine her, and come up with a differential diagnosis and treatment plan. There were distractions coming from a “nurse” going in and out of the room and from the patient complaining of pain and asking for relief. After the simulation, the instructors met with the students for a debriefing.

I was impressed with the simulation, which was quite realistic. From my research, it appears that medical education is moving toward more simulation and case-based learning. Some schools are drastically cutting lectures, and are instead having the students learn the essential facts on their own and coming to class to apply the material. I think it will be a great improvement over the endless lectures that I attended in medical school, and I’m looking forward to becoming more involved in medical education.

By Sue Zimmermann, a recovering orthopedic surgeon who lives in Massachusetts.

Heather Fork, MD, CPCC, is owner and founder of the Doctor’s Crossing. As a certified coach, she works with physicians who are seeking to renew and reinvigorate their careers and avoid burnout.
Five Under-the-Radar Spring Break Destinations for Families
By Cindy Richards from Family Fun

We asked five experts from TravelingMom.com to give us their insider picks for the best under-the-radar spots that make for an awesome escape. These destinations are sure to thrill no matter your travel style.

1. Ventura County, California
Sandwiched between glamorous Malibu and chic Santa Barbara, the seaside cities of Oxnard and Ventura offer the quintessential laid-back California beach vacation—without breaking the bank, says TravelingMom contributor Mimi Slawoff of Los Angeles. You’ll find secluded beaches with free parking and smaller crowds than their big-name neighbors, a clean boardwalk for riding bikes or skating along, and an array of kid-friendly water sports. There’s a pirate ship at Marina Beach Park in Ventura where little ones can play while older kids kayak through the sea caves at the nearby Channel Islands. (The water is so clear you can see colorful fish without snorkeling.) Ventura is also the gateway to Channel Islands National Park. There, you can catch a wave in the surf or a ride on the Ventura Downtown-Harbor Trolley.

Where to Eat and Sleep: Both cities have downtowns filled with mom-and-pop shops and restaurants. Oxnard’s agricultural history translates to diverse culinary options and farmers’ markets. In Oxnard, the oceanfront Embassy Suites by Hilton Mandalay Beach Hotel & Resort (starting at $189 a night) offers spacious rooms and free breakfast. The Ventura Beach Marriott (starting at $188 a night) is a three-minute walk from the beach. Or, to live like a local, rent a beach house from a realty agency.

2. San Antonio, Texas
This city is big enough to offer lots of activities, but its deep Southwestern culture also gives it the charm of a small town. And spring is the best time to visit, says Traveling Mom and Texas native Catherine Parker, because you avoid summer’s peak temperatures and crowds. Anytime you need entertainment, just head to the River Walk! Stroll or bike this urban thoroughfare that follows the San Antonio River from the mission areas south of the city through downtown’s restaurants and hotels to the Pearl, a complex with shops and restaurants. Stop often for fun along the way: There’s everything from mariachi bands to art installations to enjoy. Don’t miss the Yanaguana Garden, a four-acre activity park with a climbing structure, fountain area, and sand discovery center. No trip to San Antonio is complete without a visit to the city’s biggest tourist draw: The Alamo. Originally built as a mission, it became the center of the fight for Texas independence from Mexico in 1836. Today, families can take formal tours of the site, follow the building’s nearly 300-year journey on the Wall of History, or pick up an activity book at the gift shop that helps kids understand its importance.

3. Curacao
Don’t know where the island of Curacao is? Or even how to say it? You’re not alone. That’s part of its charm. This southern Caribbean island (pronounced kewr-ah-sow), 40 miles from Venezuela’s coast, is new to most American tourists. It was a Dutch colony until 2010, and many natives speak an astonishing four languages—Dutch, English, Spanish, and Papiamentu (their own Creole mix). The island is clean, colorful, and friendly. Curacao’s best beaches are located on the west end. Check out the free Big Knip Beach, where you can relax under one of the thatched huts that line the cove or rent snorkeling gear. Also worth it: a day trip to the city. The pastel buildings of Willemstad, the island’s capital, look so picture-perfect, you’ll think you landed on a movie set, says TravelingMom Andrea Guthmann, who’s visited plenty of Caribbean islands in her family’s quest to escape Chicago’s long winters.

Where to Eat and Sleep: Do as the locals do and head to the budget-friendly food stalls of Plasa Bieu, also known as the Old Market. Sample the popular goat stew or traditional Tutu, ground-up beans with sugar and seasonings. Picky eaters can choose simple chicken and rice. The Kura Hulanda Lodge & Beach Club (starting at $259 per night) sits right on the beach.

4. Gulf Shores and Orange Beach, AL
Located on the small stretch of Alabama land along the Gulf of Mexico, this vacation spot is adjacent to the better-known resort areas of Florida’s Panhandle. But it’s a destination that stands on its own thanks to its 32 miles of sandy beaches and special perks like an awesome state park and wildlife refuge, as well as the Alabama Gulf Coast Zoo. Head to the beach for volleyball, skim boarding, sand castles, and more. Or soak up the sun from the water—and spot some wildlife—with a Dolphins & Blue Angels Sail or
a kayaking tour around the Bon Secour National Wildlife Refuges suggests TravelingMom Desiree Miller of Atlanta. Spring weather here can be a bit unpredictable. If you get a cold day, head about an hour northwest to Mobile, home to the GulfQuest National Maritime Museum of the Gulf of Mexico. Opened in September 2015, it’s actually designed as a replica of a container ship, with hands-on exhibits covering all things ocean.

**Where to Eat and Sleep:** Get your fill of shrimp and grits at Fisher’s at Orange Beach Marina, a restaurant with relaxed open-air eating. Where to stay? Go for a vacation rental. A three-bedroom condo at The Wharf rents for about $1,500 a week in the spring.

5. **Sedona, AZ**
A city known for luxury spas, mystical spirituality, and a high-end hippie vibe may not seem like an obvious destination for family travelers. But the outdoor adventures and kid friendly activities make it a great pick, says Leslie Harvey, a TravelingMom contributor from San Francisco. Spring break is exactly the right time to visit this high desert. The air is cool enough for a long walk but still warm enough for a refreshing dip in the hotel pool. Start by getting the lay of the land—and some local history—aboard a Sedona Trolley tour. Be sure to stop at the Tlaquepaque Arts & Crafts Village where you can browse for local art while the kids hit up the toy store. Or, for a more adventurous look at the area, book an excursion with Pink Jeep Tours; you’ll head off-road to see some of Sedona’s most famous rock formations, like Bell Rock, Chapel Butte, and the Rock of Gibraltar. (Car seats available!) Want more of those amazing red rocks? Drive out to Slide Rock State Park. Just north of town, it features a natural waterslide that a creek carved into the rock bed. There are also other nearby swimming holes to explore, or throw some shoes back on and hike among the cliffs. Another not-to-be-missed spot nearby is Montezuma Castle. This 20-room pueblo dwelling is carved directly into the side of a limestone cliff!

**Where to Eat and Sleep:** Try Cowboy Club, where kids can opt for classics like mac ‘n’ cheese or burgers while parents get a taste of wild game like buffalo and elk. When looking for a hotel, be sure it has a pool! The kids (and you) will want that after a day in the desert. Sedona Real Inn & Suites (starting at $135 per night), west of the city center, features spacious suites.
Introducing the new HydraFacial

The 3 step invigorating facial delivers instant and long lasting results that you can see and feel...

CLEANSE + PEEL
Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

EXTRACT + HYDRATE
Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.

FUSE + PROTECT
Saturate the skin’s surface with antioxidants and peptides to maximize your glow.

THIS MONTH’s SPECIALS...

Purchase a HydraFacial for $100 OFF ...add on chest or neck at HALF PRICE

Buy a package of HydraFacial Face and get Chest or Neck FREE!

JOIN our Elite Skin Membership - $199 per month
Choose between Microneedling, HydraFacials or Oxygen Hydration Treatments each Month!

Not valid with any other offers or prior purchases exp 3/31/18

Discover Your Fountain of Youth...

150 Professional Drive Suite 700
Ponte Vedra Beach, FL 32082

1/2 BLOCK SOUTH OF TARGET, OFF A1A & JTB
Open Monday Through Saturday
Dr. Leonard Spillert, Plastic Surgeon

Call today to schedule a consultation!

904-273-6286
www.youthfulmedicalspa.com

The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment.
We’ve designed the exclusive Doctor Loan Program\(^1\) with the specific needs of physicians in mind, offering special benefits to dedicated medical professionals like you.

Get the conversation started today.

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

---

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

Equal Housing Lender: SunTrust Mortgage, Inc. - NMLS #2916, 901 Semmes Avenue, Richmond, VA 23224, 1-800-634-7928. CA: licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, IL: Illinois Residential Mortgage Licensee, MA: Mortgage Lender license #ML-2915, NJ: Mortgage Banker License - New Jersey Department of Banking and Insurance, NY: Licensed Mortgage Banker—NYS Department of Financial Services, and RI: Rhode Island Licensed Lender. ©2017 SunTrust Banks, Inc. SunTrust and SunTrust Mortgage are federally registered service marks of SunTrust Banks, Inc. Rev: 2.27.17
MAKE BOATING A PART OF YOUR LIFE... THE EASY WAY.

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

BEING A MEMBER OF OUR CLUB GIVES YOU MANY ADVANTAGES OVER OWNING YOUR OWN BOAT:

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

VISIT US AT JAXBOATCLUB.COM

MAKE BOATING A PART OF YOUR LIFE THE EASY WAY. CONTACT OUR DIRECTOR OF BUSINESS DEVELOPMENT AT 904.477.9794 FOR INFORMATION ON OUR INDIVIDUAL, FAMILY OR CORPORATE MEMBERSHIPS.

© 2015 JaxBC, LLC. All boats in the Fleet are owned by JaxBC, LLC and reserved for the exclusive use of our members.