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Christine Yastrzemski, A.P., is an NCCAOM Board Certified Acupuncture Physician. She has extensive training in acute/chronic pain, sports injuries, pain management and side effects of cancer treatments.



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HOW DOES ACUPUNCTURE WORK?

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Despite the powerful technology available today, even the modern physicists cannot explain exactly how this ancient healing therapy works. Perhaps in the near future, the actual chemical and electromagnetic events that occur during acupuncture will be described.

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How to Dress for a Pool Party

By Katja Leuthold

So YAY! You are invited to your first summer pool party. You need to figure out what in the world you're going to wear. The problem is, now that winter is gone, are you ready to fit into a bikini? But before we even get to the bikini, we need to get you in the perfect outfit. The biggest mistake people make is OVERDRESSING. Ladies, if you're going to a pool party and it starts in the afternoon, remember this, NO STILETTOS. This is a pool party, not a strip club. Since this is a low-key function, remember, this is no place for overdressing. Instead, you want that sun-kissed allure of an afternoon on the beach mixed with the "I just threw this on and I look amazing" vibe.



Let's begin with the perfect shoe. Now that we agree that stilettos are out, what is the best way to make your legs look long without trying too hard? Try a "blingy" flip flop with a platform-style heel, but not too high, however. Or try a designer flip flop from Coach or Tory Burch. "The perfect wedge?" Ding! Ding! Ding! Yes, the perfect wedge gives you height and stretches out the leg without saying "I am ready to strip."

Now that you have your shoe, how do you pair it with the perfect outfit? Shorty shorts are a good way to give leg in a cool way. Match up your shorts with a flowy top with a great print or pop of color. If shorts are not your thing, a good maxi dress is always a crowd pleaser. Opt for a short maxi dress instead of a long one for daytime.

A great pair of sunglasses is key because they will be on longer than any other garment other than your bikini. Sunglasses are the centerpiece of your face. Make sure they're a good pair. Keep accessories simple – good earrings and bracelets make great statement pieces.



Makeup should not make you look greasy or melted down. Keep it light with a tinted moisturizer (try Tarte BB tinted treatment 12-hour primer with spf30) and a lip gloss with a color tint (try NARS Summer 2014 collection). Both of these items are available at Sephora. And, of course, use waterproof mascara (try Maybelline lash discovery).

Your hair should not be over-styled because, remember, it just might get wet. If your hair is naturally curly or wavy, then feel free to simply wear it down with little to no product. If your hair is bone straight, then simply put it in a ponytail.

Be sure to keep a few things in your bag to change into as the sun starts to set. End your night in a darker outfit and sweep your hair up. Add a lipstick with gloss on top for a richer look and enjoy. Remember, be effortlessly stylish and overly cool.

Katja Leuthold is a fashion and style expert based in Jacksonville, Florida. She and her fashion brand, K-Anthony, are involved in many areas of fashion including her retail boutique in downtown Jacksonville, a lifestyle show she produces for CW and is co-anchor; her fashion and style consulting business for private clients and additional projects in producing fashion shows and events, writing, teaching and modeling. She is also the style expert for channel 12 'First Coast Living. Katja is a former Ebony model and has worked with some of the top designers in the world. K-anthony.com



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How to Make Santa Maria Barbecue

By Molly Watson



Santa Maria Barbecue (a.k.a. Santa Maria BBQ) is a local foods treasure from the Santa Maria Valley in California that traces its origins to cattle runs and 19th-century settlers. Santa Maria Barbecue isn't a technique or a dish: It's a meal. Grilled beef top block (or smaller cuts such as tri-tip or sirloin) is paired with beans, salad, garlic bread, and salsa fresca to make a crave-inducing meal.

Santa Maria Barbecue

"Real" Santa Maria Barbecue (that is, Santa Maria Barbecue served near Santa Maria, California) is usually cooked for very large groups - fund raisers, church suppers, family reunions. It is both possible and rewarding to cook up Santa Maria Barbecue for smaller gatherings. These recipes are scaled for groups of 6 to 8. They are easily scaled up! The real deal is also traditionally cooked over red oak coals. If you have access to them, by all means use them. But other coals or even a gas grill produces perfectly delicious results.

Grilled Tri-Tip

The centerpiece of Santa Maria Barbecue is grilled beef. For large groups, whole top block is cooked slowly over red oak coals. For smaller groups, tri-tip, a roast that usually comes in at 2 pounds or under, works beautifully. At larger gatherings 3-inch-thick beef sirloin (roasts of 3 to 4 pounds) is also grilled, so feel free to substitute that if you like. The key to the beef in Santa Maria Barbecue is to keep it simple: salt, pepper, and garlic salt. Nothing more, nothing less. See the recipe for Grilled Beef Tri-Tip.

Pinquito Beans

Pinquito Beans are small pink beans that keep their shape during long cooking. Pinquitos are great, but not easy to find. Luckily, other smallish beans, such as navys or pintos, also work. For the most delicious results, however, you will need to buy dried beans, soak them, and then cook them and spice them. Sound daunting? Try this Quick Soak

Method For Dried Beans for same-day results. See the recipe for Pinquito Beans.

Salsa Fresca

Salsa fresca is easy to make and just as easy to adjust to your own tastes. Try it once and you may find yourself wondering why you ever bought pre-made salsa.... Get the recipe for Salsa Fresca on line.

Tossed Green Salad

The specifics of the green salad are up for grabs. Most people swear by Italian dressing or vinaigrette, but some prefer French dressing, while still others serve their Santa Maria Barbecue with Blue Cheese Dressing. The fresh, crunchy salad is an important part of the magical balance that is the Santa Maria Barbecue meal, so just serve the salad you like best. See How to Make a Perfect Tossed Salad.

Garlic Bread

Garlic bread adds savory unctuousness to Santa Maria Barbecue, but also helps sop up with delicious juices of the other dishes. Use sweet (as opposed to sourdough) baguette or a similar plain French or Italian loaf of white bread. Cut it in half lengthwise. Butter both halves generously. Sprinkle with garlic salt or a bit of minced fresh garlic and a few tablespoons of minced parsley, if you like. Put the two halves back together, wrap in foil, and either bake at 350° or place on a grill until butter is melted and the bread is heated through (about 15 minutes). Unwrap and cut into generous slices. For a traditional recipe see How to Make Garlic Bread.

Coffee & Dessert

True Santa Maria Barbecue ends with coffee and ice cream for dessert, but feel free to serve your favorite cake, pie, or brownie to end the meal - anything simple, homey, and deeply satisfying, since that's what Santa Maria Barbecue is all about. I like to honor yet skirt tradition with this Buttermilk Ice Cream and a cup of black coffee.



A Few Thoughts on How To Refresh Your Living Room

Carol Kirchner

Principal, Kirchner Design



Summertime is here and it always makes me think of traveling and seeing “fresh” looks that always inspire me creatively. Here are some easy inexpensive tips to give your home a summertime fresh look.

Preserved boxwood wreaths hanging from a mirror or in a window and or topiaries with burlap ribbon sitting on a mantel or table can add a breath of fresh air to any room.

A change of pillows on sofas and beds can also completely give your room a fresh new look.

Some crisp white placemats and napkins wrapped with raffia and a little rosemary will create a beautiful summertime table.

I’m a huge fan of small vases in different shapes and color that I can pop in some fresh flowers in each and every room. I love also using rosemary which adds a wonderful smell and is especially neat if tied with raffia ribbon.

Grab some white ceramic pots and plant fresh herbs and place them in groupings of different heights. A rosemary candle to light nearby can create the perfect ambiance.

And last but not least, I’m a huge fan of the linen wash, dryer sachets and linen spray that I carry at my store Villa Décor. They add the smell of summertime fresh all year long and will have all your guests coming back for more. There’s nothing better than getting into a bed with the smell of lavender or summer verbena surrounding you.....simply Heaven.

Happy Summer and Enjoy!

Carol Kirchner is the Founder of Kirchner Design, a full service Interior Design firm as well as the owner of Villa Décor, a home furnishings boutique. Her office is in Ponte Vedra Beach, Florida.
kirchnerdesign.net



The Top Five Reasons Why You Should Drink Craft Beer

Article by Brewfanatics.com

If you don't already know what Craft Beer is, it is a beer made by a craft brewery. Go figure... So what is a craft brewery? Here is a quick definition from the Brewers Association : An American craft brewer is small, independent and traditional.

Small: Annual production of beer less than 2 million barrels. Beer production is attributed to a brewer according to the rules of alternating proprietorships. Flavored malt beverages are not considered beer for purposes of this definition.

Independent: Less than 25% of the craft brewery is owned or controlled (or equivalent economic interest) by an alcoholic beverage industry member who is not themselves a craft brewer.

Traditional: A brewer who has either an all malt flagship (the beer which represents the greatest volume among that brewer's brands) or has at least 50% of its volume in either all malt beers or in beers which use adjuncts to enhance rather than lighten flavor.

Now that we've cleared that up, back to the Top Five Reasons Why You Should Drink Craft Beer!

1) CRAFT BEER TASTES BETTER! The number one reason why you should drink craft beer is because craft beer tastes much better than the "beer water" that is mass produced and mass marketed by the big beer companies. Craft beer tastes much better because craft brewers spend their time focusing the quality of their beer rather than focusing on their marketing campaigns and stock prices. Craft brewers put their heart and soul, as well as, lots of amazing ingredients into every beer they brew and don't cut any corners. The big beer companies, on the other hand, are on a mission to take ingredients out of their beer in order to make their beer as "watery" as possible. Why would anyone want to drink beer that is purposely being watered down by leaving out important ingredients? Would you buy a car from a car manufacturer that was stripping vital parts off of its cars in order to cut costs? No, you wouldn't! Beer shouldn't be treated any different. Choose taste. Choose craft beer!

2) MORE ALCOHOL! Oh yeah! Craft beers come in many shapes and sizes, but one thing remains the same; they all pack a punch! Most craft beers range from 5-10% abv (alcohol by volume), but some craft beers can reach 20%, 30%, and even 40% abv! [Click here](#). Compare this to the 2.5% abv in Budweiser Select 55 and Miller Genuine Draft Light 64 that the big beer companies mass produce and you will see that there is no comparison! The big beer companies are selling you "beer water." This leads us to the third reason to drink craft beer.

3) FEWER TRIPS TO THE BATHROOM! When you drink craft beer you won't have to pee every 10 minutes because you won't drink as many beers. For example, let's say you are going out for some drinks with friends. Your "beer" of choice for the night is either Budweiser Select 55 or a Miller Genuine Draft 64. Each of these beers has less than 2.5% abv which is EXTREMELY, EXTREMELY weak and watered down. Honestly, they shouldn't even be considered beer anymore. You will have to drink 4-6 of these beers in order to get the same effect as two (or maybe even one) craft beers. Thus, your bladder will be overflowing with watery beer and you will be spending the majority of your night walking back and forth from the bathroom. Who wants to do that? Nobody!

If, however, you were drinking stronger, full-flavored craft beers with 5-8% abv there is no need to drink beer after beer after beer. If you drink only one or two delicious craft beers you will get the effect of 4-6 "beer waters" and you won't have to worry about your bladder exploding every 10 minutes.

4) HEALTH BENEFITS! You read that right! Craft beer has health benefits. Research has shown that craft beer has more health benefits than red wine! Craft beer contains more nutrients than does wine. Craft beer also contains some soluble fiber, some B vitamins (notably folate), a range of antioxidants and it is also the richest source of silicon; silicon in the diet may help in countering osteoporosis. Wine contains more antioxidants than beer but do they actually get into the body and reach the parts where need to work? There are doubts about that—but it has been shown that the antioxidant ferulic acid is taken up from beer into the body (more efficiently than from the tomato). Read more about the health benefits of craft beer at Craftbeer.com

5) MORE CHOICES! YES PEOPLE... YOU HAVE MORE CHOICES THAN BUD, MILLER, AND COORS! There are almost 1,600 craft breweries throughout the United States brewing THOUSANDS UPON THOUSANDS of delicious, flavorful craft beers. And they aren't making the same old beers, either. Every single craft brewery makes its beer in its own special way with its own special ingredients. Did you know that you probably live within 10 miles of a craft brewery? Go [HERE](#) to find a craft brewery in your back yard and start supporting your local breweries!

IN SUMMARY... LIFE IS SHORT, DRINK GOOD BEER!!!

CHEERS!!!

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Microsoft's Band is a competitive, feature-packed fitness tracker

By Chris Wood

The Microsoft Band takes the same approach as the Samsung Gear Fit, blending fitness tracking and smartwatch functionality

Microsoft's new wearable, known as the Band, is a sensor-packed, understated wearable that provides both solid fitness tracking and limited smartwatch functionality. It might be a little late to the wearable tech party, but it looks to be a good option whether you're a Windows Phone user or not.

In terms of aesthetics, the Microsoft Band looks similar to Samsung's Gear Fit, with a 1.4-inch, 320 x 106 display and fairly low-key looks. The device is fitted with dual 100 mAh batteries that the company claims can be fully charged in less than an hour and a half. Once fully juiced, the band will reportedly run for 48 hours before it needs plugging in again.

The device packs a total of 10 sensors including built-in GPS. It's capable of tracking steps, distance traveled, calories burned, as well as duration and quality of sleep, and users can set themselves daily step and calorie goals. One other interesting feature comes in the form of a UV monitor, which provides a quick read of the UV index, helping the user decide whether they need to apply sunscreen.

The product will work with a new cloud-based Microsoft Health service that uses the com-

pany's Intelligence Engine to provide users with personalized fitness information and advice. The company has partnered with RunKeeper, Gold's Gym and MyFitnessPal, allowing users to sync their accounts and access stats through their preferred service.

While we've seen recent fitness trackers take notable steps towards smartwatch functionality, the Band goes a little further than most. Microsoft's wearable isn't too picky about its

Users can view text messages on the device, replying with pre-set responses. Windows 8.1 users will also get access the company's Cortana personal digital assistant right on their wrist, providing information on driving directions, stocks and more. There's more good news if you're a coffee-lover, with the device acting as a scannable Starbucks card.



owner's choice of smartphone, connecting to Windows Phone 8.1 handsets, as well as those running iOS 7.1 and later, or Android 4.3/4.4. Once the Bluetooth connection is established, it will show email previews, calendar alerts, incoming calls, real-time weather and other notifications.

All things considered, Microsoft's new wearable appears to be pretty well equipped to deal with user's fitness tracking needs, while providing some significant smartwatch functionality. It's available in three sizes for US\$200 online and in Microsoft stores.



Top 10 Asian Restaurants

Courtesy of Trip Advisor

Kazu Japanese Restaurant

965 San Jose Blvd, #35, Jacksonville, FL 32257

- "Delicious food in our new hometown" 08/22/2014
- "Great place and atmosphere!" 08/19/2014

Fusion Sushi

1550 University Blvd West, Jacksonville, FL 32217

- "Great Sushi Lunch" 09/22/2014
- "Fresh, clean and has ambiance" 08/03/2014

Thai Cuisine & Noodle House

11701 San Jose Blvd #28, Jacksonville, FL 32223

- "Pretty good Thai" 09/27/2014
- "Good Thai for Jax" 08/31/2014

Tokyo Sushi and Grill, Inc.

7749 Normandy Blvd #119, Jacksonville, FL

- "Awesome Sushimi" 07/11/2014
- "Great sushi!!!!" 06/12/2014

Akaya Sushi Grill

8358 Point Meadows Dr, Jacksonville, FL 32256-9683

- "Great food and service" 12/22/2013
- "Great Sushi, Atmosphere and Servic..." 11/15/2013

Sashimi Fusion Japanese Cuisine

2771 Monument Rd. Suite 5, Jacksonville, FL 32225

- "Best Sushi in Jax" 08/26/2014
- "Best sushi in Jax!" 05/30/2014

Sushi House & Grill Japanese Restaurant

13820 Old Saint Augustine Road #145, Jacksonville, FL 32258

- "Awesome standby" 07/18/2014
- "Best Japanese Food In Jacksonville" 03/01/2014

Otaki Japanese Steakhouse

7860 Gate Pkwy, Ste 119, Jacksonville, FL 32256-7286

- "Some very good things, some things..." 07/10/2014
- "Great Place" 06/30/2014

Wasabi Japanese Steakhouse & Sushi Bar

10206 River Coast Dr, St. Johns Town Center, Jacksonville, FL

- "Good Food, Good Entertainment" 06/30/2014
- "Spotty Service at First" 04/02/2014

Koja Sushi

2 Independent Dr, Ste 222, Jacksonville, FL 32202-5000

- "Great sushi & service, beautiful v..." 07/10/2014
- "Appearances can be deceiving" 06/22/2014



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Don't Miss

These Favorite Summertime Pastimes



Make Homemade Ice Cream

There is absolutely nothing like homemade vanilla ice cream in the summer. All you need is a little patience, rock salt, a great ice cream recipe, and an ice cream maker for this must-do summer pastime!

Go to a Baseball Game

We're lucky to have a minor league baseball team in Jacksonville. Go to as many games as you can. Stop the rushed life, enjoy a cool summer night with the crack of the bat hitting the ball and stadium hot dogs!

Catch Fireflies

Whether you call them fireflies or lightning bugs, this is a great summer pastime that every kid needs to do at least once!

Go to a Drive-In Movie

What's summer without sitting in the back of a truck or in a car and watching a movie on the big screen! You might miss

the days of the crackly speakers, but at least they haven't done away with the concession stand.

Watch Fireworks

With the 4th of July around the corner, make sure to scope out the best spots for viewing the spectacular fireworks displays. Bring earplugs for the little ones if they're sensitive to loud noises!

Take a Road Trip

Logging some miles on the open road not only builds character, it also trains kids to scope out gas stations with clean restrooms. That's an important life skill, you know! Explore a new town, discover some fun tourist traps, and find some great local food to grub on.

Go Berry Picking

Check out pickyourown.org to find the nearest strawberry, blueberry, and blackberry farm near you. Make a cobbler with your haul and

serve it with your homemade vanilla ice cream!

Backyard Picnics

You don't need to go crazy with the entire souped up grill contraptions available on the market today. Simply enjoy the tried and true almost religious experience of firing up the grill. Putting out those plastic tablecloths and silverware and grilling dogs and burgers while you turn the corn on the cob wrapped in tin foil and put out the potato salad on the table. The real pastime here isn't how big your grill is but the traditional food, friends and the outdoors.

Going to the Beach

Get out the sunscreen. Whether it is walking on the beach people watching and finding shells or taking your paperback and a cooler to read, relax and tan; or loading the kids in the SUV with buckets

and towels to build the best sand castles, this ritual can't be missed by anyone living in this area

Roller Coaster Thrills and Chills

For some, one of the favorite things to do during the summer is ride roller coasters, the higher and faster and crazier the better. You can chase the roller coasters all over the country or find several in the region such as Six Flags in Georgia, Busch Gardens in Tampa or the Orlando area attractions.

Attend the County Fair

Can you smell the cotton candy in your mind? Or hear the noise and laughs along the midway as people play the games, trying to win that stuffed animal prize for the umpteenth time. If you look up you see the kids stretching out their legs on the Ferris wheel. And who can forget those animals in the 4H agriculture tent grunting and squealing. Every adult and child should visit a fair at least once and experience this great American summertime tradition.

HEALTHIER SHOPPING HABITS

Did you know that you'll find many of the healthiest and freshest food around the perimeter of the grocery store? Primarily shopping the perimeter of the grocery store can help save you calories – and money – while promoting a healthy and diverse diet.



FRESH PRODUCE

Fresh fruits and vegetables are high in fiber, vitamins and minerals. For an 1,800 calorie diet, you need a total of four cups of fruit and vegetables each day. The more color in your basket the better – go for dark greens, oranges, reds and purples.

BAKERY

Many whole grain products can be found in the store's bakery. Whole grains are a great source of fiber and other nutrients. Look for the words "whole grain" or "whole wheat" in the ingredient list.

PROTEIN

Stop at the butcher counter for fresh beef, chicken, pork and fish, all are great sources of protein. Choose lean or low-fat meat and poultry for lower saturated fat content. Fish, however, provides healthy fats. Eggs and tofu are other protein-packed foods also found around the perimeter of the store.

DAIRY

Low-fat milk, yogurt and cheese are found in the dairy section. These foods are high in calcium, potassium and vitamin D. Dairy products without added sugars are the best choices.

SHOPPING LIST SUCCESS

A good shopping list can help you stick to your goals and avoid unhealthy impulse buys.

- › Prepare a comprehensive grocery list before heading to the store.
- › Organize your list by department to avoid wandering into the pre-packaged food aisles.
- › When venturing into the center of the store for staples, such as rice, oatmeal, dried beans, flour or sugar, be sure to stick to your list and avoid highly-processed goods.



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