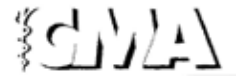




North Coast Physician



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Cover Photo

"EGRET XII SUNSET"
 STEPHEN KAMELGARN M.D.

The Editorial and Publications Committee encourages our member's comments for publication.

Please submit electronically prior to the 15th of the month preceding publication.

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Dear Colleagues:

Although 2014 will long be remembered as the year that all modes of practice and specialties of the House of Medicine came together in a group effort to defeat Proposition 46, it is imperative that we maintain the momentum we have gained as we confront the issues of the coming year and beyond.

Following such a historic year, I would like to take a moment to reflect on what we have accomplished and what we can look forward to over the next 12 months.

I have, for over three decades, been a firm believer in the institution of organized medicine and the good that we can accomplish with unified action. As the President of the Humboldt-Del Norte Medical Society and Chair of the Council on Legislation, and in my time as Vice Speaker and Speaker of the House of Delegates, I have seen you all accomplish remarkable feats together. Whether it has been determining our stance on the sweeping changes of health system reform; combating unwarranted extensions of allied health professionals' scope of practice; fighting for access to care; working to ensure the practice of medicine is dedicated to patient welfare rather than the insurance bottom line; redefining Medicare geographic payments, and on and on; we have been able to get all this done because we work together for the benefit of all.

Our political power was evidenced this November when we handed the trial attorneys' Proposition 46 an unprecedented two for one electoral defeat, in conjunction with an unparalleled coalition across all party and advocacy lines. We distributed over three million lab coat cards, hundreds of thousands of patient brochures, posters and yard signs all over the state, mostly because of the ground game we mobilized.

Such a victory would never have been possible if not for the dedication we all had to one another and to the future of the practice of medicine.

It is indeed a great honor to follow in the footsteps of Richard Thorp, M.D., who as last year's president led an incomparable team effort to victory, not only with Proposition 46, but also the other battles and challenges we faced.

So what does that mean for the year ahead?

Already, the California Medical Association (CMA) has been involved in a public launch to increase the tobacco tax in California. We currently stand 47th in the nation in that regard. A broad coalition of public health advocates will be working all across the state. This action may end up being a legislative effort, or perhaps a ballot initiative, but we will be pressing forward this year.

We know that as millions of citizens are signing up for health insurance coverage, it is more important than ever to ensure that they have real access to quality medical care, not just a card promising care without the infrastructure to deliver. To that end, CMA has been working with partners to educate physicians and patients about their choices.

Many other issues are sure to arrive in the coming year; they always do. As a group, united, we can accomplish great things, as we have already proven.

I look forward to working with you all in the exciting new year.

Luther F. Cobb, M.D.
CMA President



Take control of your assets with Self Directed IRA

Emily Dalton, M.D.



If you are like most physicians in this area, you are hard working, financially better off than the majority of Humboldt County residents, and OLDER. What does this mean? It probably means that you have socked away a bit of money in a retirement account. Most of us have put our life's savings via Individual Retirement Accounts (IRAs) into an unpredictable and mysterious beast called the stock market. In recent years the stock market has increased in value, so that has been good for retirement funds, but that could change. Markets are unpredictable, and the return on traditionally more secure vehicles, like bonds, is pretty low.

In 1974 Congress enacted the Employee Retirement Income Security Act (ERISA), to give employees greater control over how their retirement funds were invested. While most IRA's invest in stocks, bonds and mutual funds, the IRS does allow self-directed IRA's to invest in alternative assets such as real estate, private stock, businesses, precious metals and more.

The Self-Directed IRA has appeal, because it puts you in directly charge of how your money is invested. Your IRA can buy a rental property, invest in a growing business or purchase a tax lien. You can support local businesses, buy and improve

local properties or offer a private loan. Are these higher risk investments? I suppose that depends on what you chose to do. But at least you get to make the choice. If I die before I can access any of my retirement funds, at least I will had had the fun of investing the money in things I understand and support.

The pro's: Direct control of one's funds and the ability to further diversify one's investments

The con's: Most companies that offer self directed IRA's charge higher fees. The gains are taxed at a higher rate, and the risk may be higher. **S**

18TH ANNUAL

WESTERN

Health Care LEADERSHIP ACADEMY

2015

May 29 - 31, 2015 • Hollywood, CA • Loews Hollywood Hotel

REGISTER ONLINE @ WESTERNLEADERSHIPACADEMY.COM

The logo is circular with a white border. Inside, there is a caduceus (a staff with two snakes) in the center, surrounded by the text "WESTERN HEALTH CARE LEADERSHIP ACADEMY" in a circular arrangement.

CLASSIFIED ADVERTISEMENTS

PRACTICE OPPORTUNITIES

Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians & APC'S; Recruitment Brochure & Video; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....

PHYSICIAN WANTED for new Arcata primary care office. Contact Lorraine at (707) 443-8335, lgomes@efpdocs.com

PHYSICIAN NEEDED for established practice. Contact Debbie at (707) 443-4593 dlee806245@aol.com

NURSE PRACTITIONER / PHYSICIAN ASSISTANT NEEDED

Arcata Sports Medicine:

Contact: Debbie Mitchell (707) 822-7220

Eureka Family Practice (Full Time).

Contact Lorraine (707) 443-8335 lgomes@efpdocs.com

Fortuna Family Medical Group: Contact:

Donna: (707) 725-3334 donna_lyon@ffmg.org

E. Teresa Marshall, M.D. 445-5900

Send or drop off resume: 3020 H Street, Eureka

North Coast Surgical Specialists

Contact: Melody: (707) 443-2248

Redwood Family Practice: Contact: Debbie Lee

dlee806245@aol.com (707) 443-4593

Six Rivers Medical Clinic:

Contact: Debbie Mitchell (707) 822-7220

EMPLOYMENT OPPORTUNITIES

EXECUTIVE DIRECTOR. Hospice of Humboldt is seeking an Executive Director to lead its home care services soon-to-be-completed Ida Emmerson in-patient facility. To learn more or apply, please visit www.hospiceofhumboldt.org

FURNITURE & EQUIPMENT WANTED

EQUIPMENT WANTED. Local medical office looking for used autoclave. Please contact the Medical Society, hdnems@sbcglobal.net

PROPERTY FOR SALE/ RENT/ LEASE

FOR LEASE: Join our new professional medical facilities near Mad River Hospital. Build to suit in new Planned Unit Development. 1200 - 4000 sq. ft. spaces. Contact Mark , 707-616-4416 or e-mail: Jones202@suddenlink.net.

EXTENDED STAY RENTAL: Third Street Suites at 1228 3rd Street. Fully furnished luxury one-bedroom/full kitchen in Old Town Eureka. \$1800/mo. incl. all utilities, cable, Internet, private connected garage, and weekly maid service. Please visit www.ThirdStreetSuites.com for additional info. or 707-443-3001.

MEMBER BENEFIT

Members can request a Job Announcement be sent out to the Office Manager distribution list to announce their staffing needs. Contact the Medical Society Office for more information.

MISCELLANEOUS

HAIKU-CARDS featuring Stephen Kamelgarn, MD's artwork is now available at local gift shops - be on alert! Haikucard@yahoo.com

20ft REDWOOD TREE SLABS for tables (Unfinished) , \$800. Can be split into 10ft. Contact Lee (707) 499-2805.

Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	7.45" x 2.61"
1/2 Page	\$160.00	7.45" x 5.23"
1/3 Page Vertical	\$150.00	2.37" x 9.95"
Full Page	\$200.00	7.45" x 9.95"
Inside Cover/Full Page	\$275.00	7.90" x 10.40"
Business Card Ad	\$65.00	Copy Ready 2" x 3.5"
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published