

Sales, special events, and more from the people who make Biscayne Times possible

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Since Hurricane Michael passed through Florida last month, the migratory songbirds have been rushing through the state on their way to points south. You may have heard their cheery twitterings in the silence between the honking of the cars belonging to a different type of snowbird. Both symphonies exclaim that winter season is here! More people, sure, but also more things to enjoy in our warm paradise.

First, you may have noticed an insert for the **Miami Book Fair** included with this issue. The nation's largest literary gathering celebrates its 35th edition this year, November 11-18, at Miami Dade College's Wolfson Campus (300 NE 2nd Ave.). More than 500 authors and 200 vendors are just the start, with events too numerous to list, so consult the guide. Tickets: \$10/adults; \$5/seniors and teens; and free for kids 12 and younger.

Next, the **City of North Miami** holds its 44th annual Winternational Thanksgiving Day Parade on Thursday, November 22, at 10:00 a.m. this year. The route runs along NE 125th Street between NE 6th and NE 12th avenues, with a mainstage at city hall (776 NE 125th St.). Enjoy spectacular bands, dance groups, and professional floats, or join the fun yourself by contacting North Miami Parks at 305-895-9840 to volunteer or participate. Don't forget that the city will also be observing Veterans and Family Day at Griffing Park (12220 Griffing Blvd.) Monday, November 12, at 10:00 a.m. Bring a lawn chair or blanket to enjoy a family-style picnic and children's games.

Martha/Mary Concerts (305-458-0111, www.marthamaryconcerts.org) opens the new season Sunday, November 4, at 3:00 p.m. with a “Celebration of Leonard Bernstein and George Gershwin” at the Corpus Christi Catholic Church (3220 NW 7th Ave.). If you attended performances when the series was known as Saint Martha Concerts, you’ll be pleased to learn that the new, intimate venue is spectacular. The collection of Spanish Colonial art in La Merced Chapel alone makes for an incredible background. Tickets are \$15 and \$25. Ample, secure parking is free.

Holidays are for visits with family, but there’s a point where you want to send some of them...someplace special for a few hours. Why not send all of them, especially the kids, to the **Frost Museum of Science** (1101 Biscayne Blvd. 305-434-9600) to enjoy “Science Circus: The Physics of Fun!”? Comic and science educator Rhys Thomas simplifies Newtonian physics (think gravity) during his live show, which blends science, comedy, and circus acts. This special Thanksgiving weekend event runs from Friday, November 23, through Sunday, November 25.

Speaking of kids, the drama department at the b (592 NE 60th St., 305-757-1966) debuts *Shrek Jr. the Musical* at the Miami Theatre Center (MTC) on Tuesday, November 6, at 7 p.m. (806 NE 2nd Ave., Miami Shores). Performing arts director Lisa Herbert and musical director Alex Woods have been working on the stage show with the middle school theater students as part of the school’s expansion of its arts program.

Monsignor Edward Pace High School (15600 NW 32nd Ave., 305-623-PACE) is in the middle of its annual Tons of Love Food Drive. Students compete to bring in the most donated items to feed local families. Sounds like everyone is a winner. Meanwhile, Pace Drama presents *The Last Days of Judas Iscariot* November 14-16 at 7:00 each night. Presale tickets are \$12; at the door they’re \$15.

The **Metropolitan International School of Miami** (3621 NE Miami Ct., 305-576-6070) is ready to enroll preschoolers and kindergarteners at its new campus, where teachers strive to bring high-quality education represented by the school’s motto, Mens sana in corpore sano. The emphasis here is a well-rounded child who not only learns the Three R’s but also thrives on sports, fine arts, and languages.

Schoolchildren are thrilled to get Thanksgiving off, but they can still be picky about what they

eat. Have you noticed some aren't too greedy around Grandma's bean casserole? They want fun foods! **Dogma Grill** (7030 Biscayne Blvd., 305-759-3433) is celebrating 16 years of offering the best hot dogs, sausages, and bratwursts in town. Congratulations! So many frankfurters to chose from; however, the restaurant isn't limited in its scope of comfort foods. The staff also make yummy hamburgers, chicken dishes, and specialty sandwiches...and at pretty good prices.

All this talk of holiday meals and treats can be scary to those of us who easily pack on the pounds this time of year -- and it can be a nightmare to those whose obesity is a significant health concern. **Jackson Health Systems** (160 NW 170th St., North Miami Beach, 305-585-TRIM) offers its monthly weight-loss seminar Thursday, November 8, at 6:30 p.m., where you'll learn about treatment options that will begin your journey back to good health.

The change in food routines will seem subtle to some, but for those suffering from allergies, the holiday meals can bring their own sets of challenges. At **Florida Center for Allergy and Asthma Care** (877-4-ALLERGY) board-certified doctors will diagnose your particular allergy or allergies, and personalize a treatment plan for you. Pick from 17 convenient locations throughout South Florida.

The **Aventura Arts and Cultural Center** (3385 NE 188th St., 877-311-7469) still has a number of entertaining shows coming up this season, but the next scheduled event is serious. On Tuesday, November 13, at 7:30 p.m. Charles Zelden, Ph.D., hosts "A Postmortem of the 2018 Midterm Elections." Dr. Zelden is professor of history and political science at Nova Southeastern University and has published seven books on civil rights, voting rights, and the judicial process. This discussion will dissect the outcome of this Election Day and what lessons can be learned. Free with an RSVP.

Along the same lines, **Treece Financial Group** (9999 NE 2nd Ave., Suite 203, Miami Shores, 305-751-8855) continues its exceptional lecture series on Wednesday, November 14, at 6:30 p.m. at Lambda Living Center (7275 NE 4th Ave., #110). The topic this month will be the election and what the state and federal results mean economically and socially to the LGBTQ communities. It's free and open to the public as well.

If you need to recharge yourself after voting or while running holiday errands, park your caboose at new advertiser **Néktar Juice Bar** (2960 NE 199th St. #4, Aventura, 305-749-6633). The store's cold-pressed juices, smoothies, and açai bowls are at the forefront of the juice

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cleanse revolution. You can pick from their proprietary blends or create your own. If you want to be slightly “naughty,” enjoy a frozen treat made with nut milks. Clip the ad in this issue to get a free 24-ounce bowl, smoothie, or juice with purchase of same.

For a more serious refueling, visit **Meridian Spa and Therapy Massage** (1131 NE 163rd St., North Miami Beach, 305-915-3318). The spa’s therapists at have decades of experience in *tui na* and other massage therapies, not like some sketchy parlors of ill repute. Whether you need to treat medicinally or not, the massages will recharge your spirit for the holidays.

It’s also that time of year when **KB’s Real Christmas Trees** (11400 Biscayne Blvd., 305-899-1955) sets up on the Boulevard and returns to the

BT

’s pages. Former North Miami Mayor Kevin Burns has been providing Miamians with their holiday green for over 40 years. Big trees, little trees, wreaths, and more, but come early for best selection from KB’s own tree farms -- and to enjoy the scent of pine throughout the holidays. Delivery and setup are available. Opens November 16, 8:30 a.m. to 10:00 p.m. seven days a week.

Don’t punish yourself for previous gift disasters by simply shopping online and indoors this season. **Bayside Marketplace** (401 Biscayne Blvd., 305-577-3344) has been renovating its facilities and adding new musical acts to its entertainment roster. Check out the winners of the marketplace’s “Sounds of Bayside” contest, which was held in September. The artists perform rock, Latin, reggae, and Top 40 every day, beginning at noon. The soundtrack is great for window shopping and chilling by the Bay.

Finding the perfect gift can be difficult, so **JW Marriott Miami Turnberry Resort & Spa** (19999 W. Country Club Dr., 305-932-6200) is offering gift cards that can be used throughout the resort, whether it’s to stay at the new 16-story Orchid Tower, patronize the Golf Pro Shop, relax at Âme Spa & Wellness Collective, or revive at the CORSAIR kitchen & bar and Bourbon Steak by Michael Mina. A tasteful choice for your boss and work colleagues!

It’s also the season of the great dilemma: to cook or not to cook! If you decide to accept this Thanksgiving mission, shop **Milam’s Markets** (17100 Collins Ave., Sunny Isles Beach, 305-945-1890, and four other locations) for the best in holiday meats, veggies, desserts, and fixings. Just because you’re allowing gluttony to reign supreme during the feast season doesn’t

mean you can't sneak in healthier choices, such as organic meats, locally grown produce, and gluten-free bakery products.

Don't forget to also pick up ingredients, snacks, and more at the **Legion Park Farmers Market** (6601 NE Biscayne Blvd.). The winter growing season in Florida is fantastic, with vegetables and tropical fruits growing abundantly, far away from away from the cold. SNAP benefits are not only accepted, they are doubled for Florida-grown fruits and veggies. The market is open every Saturday from 9:00 a.m. to 2:00 p.m., but bring a blanket for the "Pallets in the Park" performances on the last Saturday of the month, and watch Miami bands and poets share their art.

Or you can let **Soyka Restaurant** (5556 NE 4th Ct., 305-759-3117) do the heavy lifting for you. This year's pre-made Thanksgiving meal begins with a 12- to 14-pound turkey, accompanied with the house gravy on the side, and your choice of ground beef or bread stuffing. Pick two side dishes from a list that includes beet and potato salad, red onion and organic eggs, almíbar sweet potato wedges with brown sugar and anise, garlic Brussels sprouts with bacon and caramelized onions, or butter parmesan-encrusted truffle mac-and-cheese. Dessert is included, either the pumpkin flan, or apple and pecan pies. Place the order by November 16, or you'll be wearing a dirty apron and sad face on Thanksgiving morning.

Whether you're thinking Thanksgiving dinner or a sweet after-work treat just for yourself, **Nothing Bundt Cakes**

(15400 Biscayne Blvd., Suite 112, 305-974-4536) has a bundt cake in the size and flavor you require. Now that it's autumn, the bakery has added pumpkin spice to its retinue of cake flavors that use all-natural ingredients including eggs, butter, and cream cheese. Clip the coupon in this issue for a free bundtlet.

Do you need something unique for your holiday table? Call **Pastry Is Art** (12591 Biscayne Blvd., 305-603-9340) to ask about custom cakes in a wide range of flavors and styles. Or drop by to get fresh ideas and enjoy a full menu of breakfast and lunch entrées, sandwiches, and salads. Clip the ad in this issue for a free shot dessert.

Maybe you wish you were the one "making bread" by satisfying palates this season? But you're intimidated by the permitting process? Who isn't? Call attorney **Steve Polisar** (407 Lincoln Rd., Suite 2A, Miami Beach; 305-672-7772, x 206) to make that dream a reality. He knows all the rules -- and the shortcuts around them -- standing between you and that bar or restaurant

you've been fantasizing about. Call today and give yourself a great present.

November is also Lung Cancer Awareness Month, and **Mount Sinai Medical Center** (305-535-3434) is doing its part to increase the number of survivors of this deadly disease. If you've smoked, been exposed to asbestos, or have a family history of cancer, plan on attending the "Shine a Light on Lung Cancer" event hosted by the thoracic oncology department's director, Dr. Estelamari Rodriguez, and thoracic surgeon Dr. Fernando Safdie. The pair will discuss the latest treatments and early diagnostic services. The lecture at the MDC Hialeah Campus (1780 W. 49th St., Hialeah) on November 15 at 11:00 a.m. is free, but please RSVP by calling 305-674-2626.

Heads up for early next month. Miami Art Week is December 3-9. Art Basel may be the centerpiece, but there are numerous fairs and events to satisfy every type of connoisseur, and BizBuzz is happy to see returning advertiser **Superfine!** (1001 Ocean Dr., Miami Beach) on that list. This art fair strives to bring collectors together with affordable pieces from superb artists who don't yet command high prices. Visit superfine.world for tickets, which start at only \$8. The fair is open December 5-9.

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