



month ago we were chewing our nails to the quick, hoping those Hurricane Dorian spaghetti tracks would move farther and farther offshore. Unfortunately, the tracks didn't move far enough, and our neighbors in the Bahamas took a direct and catastrophic hit.

Locally, relief efforts blossomed even before the storm moved away from Grand Bahama and the Abacos, and the Bahamas thanks us for our help. The **Bahamas Ministry of Tourism** reminds us that most of the tourist destinations were undamaged and are operating normally. A quick trip anywhere in the chain will help with the long economic recovery ahead. Visit [Bahamas.com](http://Bahamas.com) for ideas, tips, and help with booking a visit.

Among the local benefactors is the **Legion Park Farmers Market** (6601 Biscayne Blvd.), which collected \$260 to help Chef José Andrés' nonprofit organization, World Central Kitchen, deliver meals to needy Bahamians. With the hurricane season almost over and drier weather upon us, now's a great time to resume visiting the market if the recent thunderstorms kept you away. On October 26, the market kicks off the second season of Pallets in the Park with a City of Miami-sponsored Fall Festival, featuring great bands, authors, and poets. An edible pumpkin patch, face painting, and a bag monster are just some of the added attractions in time for Halloween.

Costumed kids of all ages are invited to join Trick or Treat on Our Street at **Bayside Marketplace** (401 Biscayne Blvd., 305-577-3344) on October 31, starting at noon. Live music will enhance the spooky atmosphere, and mall staff will be treated to a costume contest. Remember to zombie walk over to GG's Waterfront Bar & Grill to pick up a trick-or-treat bag filled with candy.

October is Breast Cancer Awareness Month. Hopefully, you'll never have to endure the metaphorical hurricane following that diagnosis, but the **North Shore Medical Center** (1100 NW 95th St., 833-773-6341) has advice on lowering your risk and raising your chances of survival. Join radiologist Terri Noe, M.D., on Saturday, October 5, 11:00 a.m. to 1:00 p.m. for an instructive lecture. Reservations are required and refreshments will be served.

Some of our readers have just returned from their northern haunts with a hankering to refresh, renovate, or remodel their local abodes. Consider guidance from a constellation of new advertisers in the newly christened Little River Design District. Begin the conversation at **Art & Home Gallery** (8363 NE 2nd Ave., 305-967-8511) to load up on fresh artworks, accessories, rugs, mirrors, and custom furniture. You'll also want to keep prying eyes out with new custom-made window coverings from **UrbanoShades** next door (8361 NE 2nd Ave., 786-262-7675). Maybe you want to modify your kitchen or change up that Florida room. Call **Urbano Home** (305-479-6389) to inquire about estimates. Aldo Puschendorf and Leonardo Roitman also offer turn-key interior design services from Puschendorf Interiors. They have put together a family of endeavors that makes their business a one-stop design shop. They're across the street from the Citadel.

Perhaps you're thinking about moving out of your Miami home instead. You're tired of the rat race, the traffic, the high costs, or just your crabby neighbors. Have you ever considered moving to Asheville, North Carolina? Tucked up in the tranquil Blue Ridge Mountains, but not far from sophisticated culture and state-of-the-art health care? That Asheville? New advertiser **The Preserve at Avery's Creek** (131 Avery Creek Rd., Arden, North Carolina, 828-258-1762) invites you to take a gander at the luxury housing still available at affordable prices -- half of what you'd expect. Click [thepreserveataveryscreek.com](http://thepreserveataveryscreek.com) to view the gallery. Goodbye, city life!

To pay for that new home, you may need to sell your old. Allow 25-year-plus Shores resident

Written by Margaret Griffis, BT Contributor  
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Vanessa Maggi at **Vanessa Maggi Team** (305-582-7917, [www.vanessamaggi.com](http://www.vanessamaggi.com)) to help you take advantage of the current seller's market in Miami Shores. Her team typically sells properties in fewer than 90 days and at an average of 96 percent of asking price.

Don't frown if you're sticking around -- there's plenty to do all over town. However, the Yayoi Kusama installation presented by the **Institute of Contemporary Art** is a must-see of the arts calendar this season -- but it won't be easy. Although "All The Eternal Love I Have for the Pumpkins" (2016) runs from October 12 through January 31, the long queues expected at the off-site location (112 NE 41st St #106) are forcing the ICA to institute a timed ticketing system that makes fashionably late impossible -- and at a rare cost of \$15 per adult (with one child free). Thursdays remain free on a first-come, first-served basis for the thrifty with a lot a patience. Kusama's whimsical paintings, sculptures, and experiential installations have drawn huge lines elsewhere, demonstrating that this Japanese artist's vision is accessible to all types of art lovers. Visit [icamiami.org](http://icamiami.org) for timed tickets and instructions.

The arts and entertainment season is ramping up quickly as the **Aventura Arts and Cultural Center** (3385 NE 188th St.,

877-311-7469) returns to the pages of

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. The October line-up includes Jimmy J.J. Walker,

*The Vagina Monologues*

, and

*The Little Engine That Could Earn Her Whistle*

, but you'll want to check out the rest of season and pick up those great seats early. See their calendar ad in this issue.

**Martha/Mary Concerts** (305-458-0111, [www.marthamaryconcerts.org](http://www.marthamaryconcerts.org)) launches its 2019-2020 Yamaha Concerts Series on Saturday, October 12, at 7:30 p.m., and Sunday, October 13, at 3:00 p.m. with the Portland String Quartet performing "Beethoven, Brahms, and Shortnin' Bread" accompanied by Miami's own Paul Posnak. Besides Beethoven and Brahms, the concerts will showcase "Five Folksongs in Counterpoint" by Florence Price, the first African-American woman recognized as a symphonic composer. Tickets range from \$15 to \$50. All concerts take place on the campus of the Corpus Christi Church/La Merced Chapel (3220 NW 7th Ave.). Free onsite parking is available.

Here's a great lecture series for fans of real-life espionage stories. Retired criminal defense attorney Stephen Singer hosts the intriguing "Spy Series" for FIU's **Osher Lifelong Learning Institute** (305-919-5900).

Meet Mata Hari, the Rosenbergs, CIA agents, and Alfred Dreyfus, among others you shouldn't get too involved with professionally. The Friday presentations will be given on November 1, 8, 15, 22, and December 6 and 13, at 10:30 a.m. at the Miami Shores Brockway Library (10021 NE 2nd Ave.). Cost is \$100. Check out all the interesting lectures and classes OLLI offers ([olli.fiu.edu](http://olli.fiu.edu)).

The fall holidays are now upon us. You can get away with unattractive choppers for many Halloween costumes, but you'll want pretty teeth for the other festivities. Call **José J. Alvarez & Associates** (3483 NE 163rd St., North Miami Beach, 305-224-6714) to discuss your dentition issues. This month the doctor is offering \$3490 Dental Veneers: eight-in-one-visit composite veneers for an instant smile makeover. Too many cortaditos? Take advantage of the \$199 one hour, in-house Zoom Teeth Whitening service to brighten and improve your smile. If your problem is more extensive, cosmetic and implant consults are free. Dr. José J. Alvarez is an award-winning graduate of the University of Pennsylvania, a cosmetic expert, and board-certified implantologist.

Our South Florida trees are very uncooperative when it comes to displaying autumnal colors, leaving it to the humans to change *our* colors instead. Make an appointment with Hannah Lasky at **Hannah & Her Scissors** (6900 Biscayne Blvd., 305-772-8426) to brighten up your hair for all these upcoming fall art exhibits, concerts, parties, and holidays. Whether you keep your hair naturally colored or not, mention the

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, and you'll get 10% off on a flattering haircut.

Another great way to enjoy the colors of the autumn leaves is through sampling craft beers. Hialeah will soon be home to South Florida's largest brew house when new advertiser **Unbranded Brewing Company** (1395 E. 11th Ave., Hialeah, 305-773-1045, [unbrandedbrewing.com](http://unbrandedbrewing.com)) opens its taproom to the public. The use of nontraditional water profiles, choice barley, experimental hops, and novel woods for aging provide a basis for the golden ale, guava wheat ale, IPAs, a rotating wood-aged beer, and other lovely colored suds that promise to be a large draw in the burgeoning LEAH Arts District. Stay tuned for a grand opening date.

An unexpectedly early start to the flu season in Australia this year has compelled Health and Human Services Secretary Alex Azar to ask Americans move up their own inoculation schedules. **Medi-Station Urgent Care** (9600 NE 2nd Ave., Miami Shores, 305-603-7650) offers flu shots seven days a week on a walk-in basis. Most insurance plans are accepted, but rates are also kept low for patients paying cash. The clinic can also accommodate mobile

vaccinations for larger groups. Call for more info.

Most people plan their reducing diets around their New Year's resolutions, but you can get a head start by attending a free weight-loss lecture at 6:30 p.m. Thursday, October 10, at **Jackson North Medical Center**

(160 NW 170th St., North Miami Beach, 305-585-TRIM). Doctors will discuss gastric sleeve surgery and other therapies they can use to help you reach your weight-loss goals effectively.

Reduce, reuse, and recycle. Those are the new Three R's. Some clothes horses are reluctant to give up their reliable regalia, but you absolutely can revitalize, revivify, and reinvent your wardrobe regularly, while staying friendly to the environment and your pocketbook. Give a welcome to your clothing solution: **Swish Boutique** (771 NE 125th St., North Miami, 786-482-8780). This fashion exchange and resale boutique offers an eclectic mix of vintage and contemporary clothing, accessories, and costume jewelry just a quick walk away from MOCA. Trade in your old threads and get 50% of the resale value in store credit. Students, remember that you get a 15% discount on Saturdays with your current school ID.

If your car has been in the garage since you left for colder climes last spring, bring it in to **Ruben's Auto Care**

(63 NW 71st St., 305-756-7426) for an oil change and other restorative care. Master mechanic Gregorio Reyes spent 22 years repairing

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readers' and staffers' automobiles at Plaza Tire & Auto, but bought his own place when Plaza closed down earlier this year. The garage is proud to offer teachers and military personnel (both active and veterans) a 10% discount on labor costs in appreciation for their service to our country and community.

Opening your own business isn't easy, especially if it involves obtaining a liquor license. Find out how to get through the process the easy way, by calling attorney **Steve Polisar** (407 Lincoln Rd., Suite 2A, Miami Beach; 305-672-7772, Ext. 206). He's a veteran of the South Beach renaissance, and has the scars to prove it.

Homecoming Week at **Monsignor Edward Pace High School** (15600 NW 32nd Ave., 305-623-PACE) begins September 30. Alumni are invited to the homecoming game Friday, October 4, where there will be a special tent set up, and the classes of 1969 and 1970 will be honored. Call for more information.

Between the new school year and the sharing of Halloween costumes, you may have discovered that your kids have picked up a case of lice. Don't nitpick the children over this lapse in hygiene, when you can have **Kids Go Kuts** (2130 NE 123rd St., North Miami, 786-618-5992) do an in-home treatment instead. No embarrassing trip to the salon or doctor's office. A technician will visit your kids in your home, assess the situation, provide treatment, and then clean up. Call for more details.

Another common problem with kids and adults is wayward teeth. Visit with Dr. Valeria Soltanik at **Soltanik Dental** (2999 NE 191st St., 305-466-2334), who is promoting clear aligners produced affordably at the office. No wires! No brackets! Call for a free consultation to learn if this treatment is right for you or your kids, and remember to mention the ad in the  
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Help yourself by helping others this holiday season. **RentConnect** (305-349-7368, [Paul.RentConnect@miamidade.gov](mailto:Paul.RentConnect@miamidade.gov)), a service of the Miami-Dade County Homeless Trust, engages a team of housing professionals to give you support in finding vetted tenants for your rental properties. That includes easy registration, 24-hour online access to listings, advertising help, no time limits on listings, and a pool of eager applicants who want a place to call home for the holidays. The program has a 95% success rate, so make the call.

Other readers may have more of a generalized interest in the housing crisis. Join "Closing In on 10,000: A Housing Summit" presented by **Miami-Dade Public Housing and Community Development** on Monday, October 7, from 8:00 a.m. to 5:00 p.m. at Miami Dade College's Wolfson Campus (300 NE 2nd Ave.) Visit [miamidade.gov/housingsummit2019](http://miamidade.gov/housingsummit2019) for a list of speakers and panelists, and to purchase the \$40 tickets.

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