

GREEN DAY - Saturday, November 2nd!

Participation, sponsorship and volunteer opportunities still available! See Page 5

Shores Young Professionals (SYP) Networking Mixer, October 10th at Mima Market - See page 6 DOCTORS CHARTER SCHOOL TURNS 15! See why they are celebrating on page 4

Check out Egret's new lifestyle and fitness column, Ask Matt, on page 12





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1169 NE 92 Street., Miami Shores Call Wes Pearce @ 305.790.3331 \$719,000



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Juan Zuluaga @ 850.803.1383 | Shane Graber @ 305.606.2200

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Celebrating 61 Years of Keeping Our Community Informed!

President's Message

Iohn Hornbuckle

President, Greater Miami Shores Chamber of Commerce

Hopefully, by the time you are reading this, two new restaurants will have opened on 2nd Avenue. Sins Gastrobar and Amarathine! Both locations are fantastic and we hope you check them out and support them...

On September 19, the Chamber held our first quarterly "Business Resource Breakfast", the event was well attended and we had representatives from Tropical Financial Credit Union, 50 State Technology, Pendella and Benefit Mall. Thank you to Susan Ackley, and her committee, for putting together a great event. Watch the Egret for information about our next one.

Speaking of events, there are a lot of fun things coming up soon... The first Plaza 98 of the season will be

October 19th with a "Howl-O-Ween Puppy

Palooza"! You can even bring your furry friend... more info on page 16.

See page 6 for information on the "Shores Young Professionals" happy hour at Mima Market... And, make sure to mark the date for Green Day, which will be held Saturday, November 2nd. Call Carla at the Chamber for booth or sponsorship information.

Finally, if you've been thinking of joining the Chamber, now is a great time. Pay the regular price for annual membership and it will be honored for all of 2020, so you get the rest of this year for free! See you around the Villages! Best Regards, -John

Cover Photo Credit: Ines Hegedus-Garcia, REALTOR from miamism.com

The Egret • October 2019 • Volume 62 • Number 10 9620 NE Second Avenue, Suite 201, Miami Shores, FL, 33138 • 305-754-5466 e-mail: chamberinfo@miamishores.com • www.miamishores.com • facebook.com/ MiamiShores, The Greater Miami Shores Egret is the official publication of the Greater Miami Shores Chamber of Commerce, and is published monthly. 7,000 copies of the Egret are distributed to homes, apartments, and businesses within the villages of Miami Shores, Biscayne Park, El Portal, and North Bay Village free of charge. Views expressed in this publication are those of the editorial staff and do not necessarily reflect those of the Board of Directors. Information in it is intended for Chamber member organizations as well as the residents of our communities. Please contact the Chamber for more information on membership, advertising, distribution, or content.

The Egret is designed by Carla Peters /MyWeeThree Design, printed by David Bloom/Physical Advertising Works.

For contact information please go to the Chamber's website: www.miamishores.com

Find a copy of the Egret at:

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Doctors Charter School's 15-Year Anniversary! Here's the TOP 10 Reasons They're Celebrating...

The school is celebrating its 15 years anniversary, how much do you know

Here's an easy TOP TEN HITS! And, there's no test, promise!

#1. \$5 million, (actually just under the \$5M mark) in scholarships for the 100% graduating 2019 Class.

That's actually 2 big stats in one.

The scholarship money's important, assisting the high-ranking scholars attend their schools of choice. And, the 100% graduation rate is an outstanding stat on its own. More about the scholars in #5.

#2. Newsweek's America Best High Schools, FIRST recognition from 2011-present. Washington Post's High School Challenge, 2011 FIRST recognition. U.S. News and World Report has placed DCS in both the Gold and Silver Award categories, issued to just 10% of schools nationwide! DCS was also distinguished, ranking in the top 9%

national Charter High Schools and top 11% of Florida High Schools.

#3. DCS, even without its own gymnasium, was DISTRICT CHAMP in Cross County, school year 2018-2019. Track & Field also sent 8 athletes to the State final competition. Other DCS sports include Volleyball, Swimming and Tennis, these teams have all achieved district and runner-up status within the State. Baseball, boys Basketball and girls Weightlifting complete the sports offerings. Boys Basketball made the county playoffs. And, in its inaugural season 2018-2019, Girls' Weightlifters qualified as 2, district runner-up's and the entire class qualified for the regional competition.

#4. Prestigious dual enrollment academic programs offered from both Miami Dade College and Barry University. There are also DCS' own high-achieving High School Advance Placement classes, Middle School

Gifted programs and the Senior Capstone Program.

#5. The Class of 2019 had two students matched with Questbridge, a competitive and prestigious scholarship. They received full-ride scholarships to Rice University and Amherst College. Both schools accepted less than 10% of applicants and are in the top 20 college and universities in the nations. These two scholarships equaled more than \$560,000. Other outstanding students were accepted at Barry University, Duke University, Florida A&M, Florida Atlantic University, Lynn University, Penn State University, University of Central Florida, University of Florida and other local and State Colleges and Universities, Three students enlisted in the U. S. Coast Guard, U.S. Navy and U.S. Army.

#6. DCS has been a State of Florida "A" rated school. 14 of its 15 years. This achievement is due to the teachers and administration's dedication to excellence.

#7. In the academic arena, DCS has distinguished itself with several

awards and competitions. including:

2019 Imagine Math Award; DCS students have won first place every time it participated in theDaughters of the American Revolution essay contest, and one year Josiah McGlaughlin's essay was accepted in the State competition. The 2010 Regional Black History & Culture Brain **Bowl Competition** sponsored by both MDCPS and FIU, Doctors Charter Hawks Placed #1! In previous years,

DCS, continued on page 6

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SAVE THE DATE 11.2.19

3:30-7:30pm, 95-100th Streets - Downtown Miami Shores



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For information on how you can become a Green Day sponsor contact Carla Peters @ 305-754-5466 or chamberinfo@miamishores.com Please visit greendaymiamishores.com for registration information.



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2007/2008 DCS students were finalists in the State of Florida's Black History Event, educational symposium.

DCS, continued from page 4

#8. Doctors Charter School was so named having been founded with a \$10 million grant dedicated by the North Dade Medical Foundation affiliated with North Shore Hospital.

#9. DCS is a Miami Shores Village Charter School. Residents approved a 2004 bond to support a new, village middle/high school with a generous ground lease from Barry University through their extensive campus real estate holdings.

#10. Since 2008, each class of graduates have been accepted to multiple colleges and universities enabling them to select the college of their choice. A testament to both the academic rigor and special attention of teachers and administration.







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Tuesday, October 29th, 2019, 6:30-7:30 p.m.

APPLICATIONS FOR ADMISSION:

Friday, November 1, 2019 to Monday, February 3rd, 2020

Doctors Charter School 11301 NW 5th Avenue, Miami Shores, FL 33168 305-754-2381

www.doctorscharterschool.org

Down to Business

Check back monthly to see what's happening in local business news!

Primal Fit

Results-Oriented Fitness

Matt Pack's mantra is "Move better, feel better, look better." Pack is the owner of Primal Fit Miami, a personal training gym that helps to change lives and bodies. Matt's business model is to provide personalized coaching at a cost-effective price point. The philosophy behind Matt's personal training programs is to provide realistic expectations, accountability, simplify nutrition and fitness, and to make exercise more fun and less intimidating.

Matt believes that everyone needs a coach to reach their fitness goals. He stated, "Most people have a professional do



their hair and fix their cars, so why wouldn't people seek professional help to get in the best physical shape possible?" Primal Fit Miami's clients range from busy professionals, business owners, moms, dads to young athletes looking to lose weight, build muscle, tone up. These clients have one thing in common – they're looking for RESULTS, expert coaching, and fun workouts without the risk of injury.



2019 Miami Shores Fine Arts Exhibit Series



Primal Fit Miami's small group personal training system allows members to get a customized experience, taking into consideration their exercise level. health history and goals but at a fraction of the cost of what a private trainer would cost. Put simply, if you're willing to make the effort, Primal Fit Miami will get you better results, faster, while working out in a positive environment. You are not just a number, you become part of the Primal Fit Miami family, where everyone knows your name.

Primal Fit was voted by Expertise. com one of the "Best Gyms in Miami" in 2019 and voted best service business by the Great Miami Shores Chamber of Commerce and given the "Best of the Shores" award. Since opening in 2011, Primal Fit Miami's success has been due largely to the Miami Shores residence and the surrounding areas that love to support their local businesses. Last month Primal Fit Miami made the difficult decision to leave downtown Miami Shores and move into the new Ebb + Flow in Miami's Little River. This is a destination where progressive and local residents come together to create an atmosphere of fun and excitement.

Matt and his wife Grace are longtime residents of Miami Shores and are happy to be raising their daughter in our beautiful Village. Matt believes in our community and all that surrounds it. He believes that if you focus on quality, then quantity will come. And in a day when most people believe that customer service is a forgotten art, Matt and his fellow trainers will prove that it's still alive and well.

Primal Fit Miami is a private fullservice gym with state-of-the-art amenities. Matt offers a FREE consultation and evaluation to help determine if Primal Fit Miami is the right fit for your needs. He doesn't believe in long-term contracts, just RESULTS. Primal Fit Miami is at 8200 NE 2nd Avenue, on the S.E. corner of the Ebb + Flow shopping center. For more information: 305-392-0624 or PrimalFitMiami.com. A new location, same great people and personal training that is second to none.

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How Do Home Improvements Effect The Value Of Selling My Home?

Over the years I have been asked this question by many clients who either want to remodel their home to get a higher price when their home is sold, or clients who are afraid of over improving their home fearing that they will not get the cost of the improvement back in a sale.

The value added for a home improvement is different in different neighborhoods and in different home values. For example, in general, for dry lot homes (not waterfront), when a home is valued at \$400,000 or less, a buyer is not expecting a garage or hurricane impact windows. However, when a buyer is shopping in the price range of \$1 million and higher, they are expecting a 2-car garage and impact windows and doors. As another example, in a home valued at \$400k, a new kitchen will generate a faster sale and the owner will gain 125% of the cost back (if the kitchen costs \$20k, the value of the house will be increase by \$25k). However, if the house is valued at \$1 million, the seller will get \$200% back for the cost of the new

kitchen (if the seller spent \$40k on the new kitchen, the value of the home will be increased by \$80k).

The most expensive and most difficult remodel to complete is the kitchen. Kitchens are very important and always help sell a property. In general, a new kitchen will cost between \$10k-\$50k though, it is easy to spend \$70k. I have seen kitchens that look almost exactly alike where one cost \$20k and the other \$50k. It pays to shop around for the best quote. Kitchen cabinets imported from China are 50% cheaper than custom cabinets or cabinets imported from Canada.

The second most important rooms for increasing value is the master bathroom and guest bathrooms. A new master bathroom ranges from \$12k-\$25k, while a guest bathroom costs \$7-\$10k. A remodeled bathroom will return 200% of the cost to the sale price of the property.

Inexpensive home improvements that return the biggest bang for the buck are landscaping and painting. Curb appeal will add to a faster sale and a higher price for your home. Painting the exterior and interior with bright clean colors (white, creams, pale grays, light beiges), will bring more then double

the cost of the paint job. Landscaping is like a frame around the painting. In general, landscaping will only return the amount you spent, but it still pays for itself.

New impact windows and doors, and a new roof. will return about 75% of the cost to the value of your home. In fact, impact windows are becoming a home improvement that buyers are taking for granted. Add a swimming pool? In general, a pool will return only about 50% of its value to the sale price of a home.

Buvers today look for homes with tile floors. Wood porcelain is currently most popular. In general, you will get back 150% of the cost of the new floor and will decrease the time the house is on the market. Finally, the addition of solar panels, a house generator, a "smart house" system or crown moldings, will not add any value to the sale of your home. If you are thinking of any home improvements and you want to know what most buyers are currently looking for, call the Jack Coden Group, and we will be happy to discuss materials, colors, and finishing's that will add the most value to your home's sale price.



1165 NE 135th St.

\$395,000

CURB APPEAL, Beautifully updated 3 Bedroom 2 Bath home with 3 car garage siting on an almost 12,000 sq ft lot!



1800 NE 114th St #1804 \$549,000

Welcome to the MOST DESIRABLE corner line at The Cricket Club! This 2 beds & 3 baths Rotunda features a spacious floor plan, ALL impact windows & doors.



8550 Arboretum Ln.

East of Biscayne & South of Miami Shores in Miami's Upper East Side sits CasaBianca, this is the last home available in a new private gated community.



780 NE 69th St #2006

BREATHTAKING PANORAMIC VIEWS OF THE BAY AND BEACHES from this 1BR/1.5BA condo in the desirable Palm Bay Yacht Club.



This Old Spanish treasure is what people come to historic Morningside for! Built in 1924, this 2 story gem is located on one of Morningside's prettiest tree-lined streets.



Location! Location! This HISTORIC Art Deco masterpiece is dripping with charm. Located on one of Morningside's most beautiful corner lots.



1880 S Treasure Dr. #1K \$169,000

HOT HOT! Large 1 Bedroom waterfront condo. Unit located on the first floor for easy access to the pool area!



16699 Collins Ave #3806 \$699,000

Amazing panoramic ocean views from this 2 bedroom PLUS DEN, 2.5 bathroom condo home in the iconic La Perla condominium.

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Tip of the Month

The #3 killer of a successful showing is cat odor. You may not realize when it's time to change the litter box, so before any showing, make sure the litter box is emptied and filled with fresh, clean litter. Litter brands that are scented are always a plus. You want the house smelling fresh and clean, so it makes the best impression!

Properties Exclusively For Sale by The Jack Coden Group



MAGNIFICENT POOL & GORGEOUS BACKYARD! This charming 4 BR and 3 BA is a MUST SEE!



GORGEOUS MIAMI SHORES WATERFRONT TOWNHOME! This huge 3 story 2 Bed 2.5 bath TH is bright & spacious all the way through!



Seller offer SELLER FINANCING! Zoned C2 (mixeduse commercial), the property can be turned into a hotel, medical center, or develop a 10 story building.



780 NE 69 St #T-1A

Rare 4,000 + sq ft Penthouse in the sky with 14 ft ceilings! This exquisitely remodeled 4BR/2.5BA, SE corner condo is a MASTERPIECE.



Fourplex has well below market rent with projected Cap Rate of 8%.



Very rare to market after 20 years, this ENJOY MIAMI BEACH LIVING in this beautifully maintained MIMO style home surrounded by lush tropical landscaping! Gorgeous 3BR/3BA PLUS bonus room.



Large multi-family in highly sought after Palm Grove in the Upper Eastside! Entire property gated and fenced.



Amazing wide bay views from this 1,460 sg ft 1BR/2BA Cricket Club condo. Huge 30 ft balcony (like a second living room)!



6011 N. Bayshore Dr. #8D \$399,000

Morningside's best kept secret and extremely rare to market, this is one of only 12 townhomes located in Morningside's beautiful historic section.



2104 NE 123rd St. \$138,000

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415 NE 95th St.

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170 SE 14 St. #1508

This charming 2 beds/2 baths is the perfect place to call home! Features 2 COVERED PARKING SPACES and spacious split floor plan.



white kitchen, beautiful quartz countertops.



Incredible Value for this large 3BR/2BA open concept Welcome to a huge 2,350 sq. ft. South Rotunda home that's perfect for entertaining w/ a brand new with water views and lots of sunlight! This charming and spacious Rotunda has two balconies.



Stunning! Totally remodeled 2/1 charming ranch home in Miami Shores. Original charming Stone fireplace and high vaulted ceilings in the living room.

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Ask MATT is *Egret's* newest featured guest column with local personal fitness and nutrion expert, Matt Pack, a 20+ year fitness professional and owner of Primal Fit.

Have a question? Send your fitness, nutritional and healthy lifestyle related questions to: chamberinfo@miamishores.

COM. As always, please consult your doctor before beginning any new fitness or nutrional plan.

What's ONE change that I could make right now to help me lose weight?

It's hard to give dietary advice without meeting someone in person and gathering more info but let me start with saying that in order for anyone to lose weight it's essential to lower the amount of calories that you consume. I believe most people could lose weight simply by reducing the amount of meals that they are eating.

A great place to start would be to eliminate snacking and eat no more then 3 meals per day. Calories are KING when it comes to losing weight so eliminating snacking alone will reduce calories and assist in dropping some pounds.

Should I weight train? I don't want to get bulky.

I totally hear you but the only way that could happen is if you are consuming too many calories. In fact, I believe weight training is the ONE thing that most women need more of if their goal is to lose fat and tone up. Weight training also has many other positive benefits beyond fat loss including preventing injury, improving bone density, posture and self image.

What type of diet do you recommend?

I believe in you subscribing to whatever eating style that is sustainable and you can stick to forever. I recommend that you limit processed foods found in a box and strive to consume foods found on the perimeter of the store or foods containing no more then ONE ingredient like chicken, fish, beef, broccoli, spinach, asparagus, potatoes, rice etc... This style of eating will be healthier and make it easier to get in a calorie deficit to lose weight.



Retire Now, Retire Later?

Social Security
and Medicare
in an Age of Uncertainty

Thursday, October 24 | 6:15 p.m. Brockway Memorial Library 10021 NE 2nd Ave. Miami Shores



Retirement may bring liberation from some responsibilities, but will bring new ones.

Planning for this chapter of your life requires careful attention so you don't fall into pitfalls that can cost you. These decisions are far more complicated than most people realize and can have a tremendous impact on the total amount of benefits received over a lifetime.

This informative workshop will help attendees decide when to begin Social Security benefits and enroll in Medicare. Learn innovative strategies for maximizing benefits and when you can, should, and must enroll in the different parts of Medicare and how this decision correlates with the Social Security claiming decision.

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Greater Miami Shores Schools' Report

The Greater Miami Shores Chamber of Commerce welcomes its members to submit upcoming school events and news to chamberinfo@miamishores.com.

DOCTORS CHARTER SCHOOL(DCS)

We are excited to announce that Doctors Charter School of Miami Shores will celebrate its 15th Anniversary with Evening in the Courtyard (EITC) on Friday, October 25th, 2019 at 7pm.

Since 2009, EITC has been a signature event in our community and is the pinnacle fundraising event of our school. The celebration brings together parents, faculty, college educators, professionals, and members of Miami Shores and the surrounding communities for a spectacular evening of food, live music, and festivities. Pre- sale ticket price is \$50.00 per person, and \$75.00 per person at the event door. Tickets are on sale now at www. doctorscharterschool.org. Funds raised from this event will benefit student activities and programs.

Some of the EITC sponsors are: Fiori and Leaves, Suman Entertainment Group, Robert Bourne Realty, Nothing Bundt Cakes Aventura, Georgeé Team KW Realty, Juan Lugo Photography and Productive Blink.

For more information and sponsorship opportunities for this wonderful event, please contact Mrs. Melida Matos, Director of Development at matosm@doctorscharterschool.org This event is for persons over the age 21.

MIAMI COUNTRY DAY SCHOOL

(MCDS) Join the Country Day and Greater Miami Community for the 20th Annual Walk for Cancer on Saturday, October 12, 2019. The 5K walk through Miami Shores is the largest annual student-run service project at Country Day. In its 20th year, the "Walk" has raised over \$750,000 for Cancer research. Registration begins at 8am on the field at the Koch Athletic Complex followed by a walk through Miami Shores at 9am. Afterwards, join participants at a "Family Fun Day and BBQ" on campus, 601 Northeast 107th Street. To register or to learn more about this special event, please contact events@miamicountryday.org. We hope to see you on October 12!

The Miami Country Day School Middle School Drama Club is pleased to announce performance dates for its Fall 2019 production: Clue: On Stage (High School Edition). Public performances, which will take place in the Center for the Arts (CFA), will be on Thursday, October 10 and Friday, October 11 at 7pm located at 10931 Northeast 6th Avenue, Miami, Florida, 33161. Tickets are free for all ages. Email Middle School Drama Director, Laura A. Rizzo, at rizzol@ miamicountryday.org for more information.

Mark your calendars for the following Country Day Community-Wide Events: Saturday, October 5 at 7pm, Opening Exhibit and Reception for "It's A Kind of Magic" in the Sol Taplin Gallery; Thursday, October 17, Homecoming Football Game at 7pm.; Thursday, October 24 at 7pm, The John Davies Cultural Arts Series first event of the 2019-2020 season; Monday and Tuesday, November 11-12, Annual Holiday Bazaar (This one-stop shopping event will cover all of your holiday needs! Entry is free and open to the public); and Wednesday, November 13 – Saturday, November 16, Upper School's Theater for Social Change presents "Noises Off." For more information, contact events@miamicountryday.org.

MIAMI SHORES COMMUNITY CHURCH

SCHOOL is a non-profit school that is a ministry of Miami Shores Community Church. We welcome and equally accept families from all religions, races and socio-economic backgrounds. Our mission is to provide your child with the ability to think creatively and critically in a safe and welcoming environment. We help your child build a love for learning while giving them the tools they need to succeed in a diverse and challenging world. At Miami Shores Community Church School, we are more than a community, we are a family. We provide a curriculum enriched education with experienced and qualified teachers who understand that all children have a unique way of learning. Music, Spanish, Art, Public Spéaking and Debate are taught weekly as part of our regular curriculum. We also offer small group classes and a variety of enrichment programs such as Mandarin, robotics, dance, basketball and much more. An exciting new addition to our facility is our STEM lab and upgraded library!

We currently have openings in both our preschool and elementary program which ranges from nursery through fifth grade. We are located in the heart of Miami Shores. Contact us at (305) 757-5866 and stop by for a tour. Visit our web site: www.msccs.org Miami Shores Community Church School Director: Leilani Destephan

ST. ROSE OF LIMA CATHOLIC SCHOOL

students are soaring to new heights this school year with the new high potential learning program! SOAR was created to meet the needs of all students in Kindergarten through fifth grade. Homeroom teachers partner with additional teaching staff and break each class into small groups in order to provide added instructional support for Reading and Math. This program helps to meet the students where they are in order to strengthen skillsets and build confidence.

Another amazing tool St. Rose has introduced to students in grades three through five is the digital portfolio resource, Seesaw. Using an iPad, students create a digital timeline of their projects to explain what they have learned along the way. This has been an amazing way for students to share project based learning in the classroom with their parents.

In the midst of all of the amazing academic activities the students at SRL prepared an amazing World Peace Day celebration. It was an amazing day dedicated to ways of strengthening peace across the globe and celebrating our cultural diversity. Students are taught the simple, yet powerful message that "peace begins with me" and how something as common as a smile can change the world. These students now challenge all of you to share your smile and promote kindness at home and in your community.





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305.779.7230 MIAMICOUNTRYDAY.ORG

20TH ANNIVERSARY WALK FOR CANCER



Community News & Events

The Greater Miami Shores Chamber of Commerce welcomes it's members to submit upcoming community events and news to chamberinfo@miamishores.com.

BROCKWAY LIBRARY will host its 4th annual Artisan Fair on Saturday, October 5th: 10am-2pm. Rain or Shine!

Live Folk Music! Shop beautiful, one-ofa-kind, handmade items and homemade treats from over 20 local artisans. Free admission. See you there!

Long before Art Deco was a movement and prior to the arrival of the youth culture of MTV and Miami Vice, South Beach was home to the largest cluster of Jewish retirees in the country. By the 1970's, they were turning from seasonal visitors to year-round residents, all the

while making Miami Beach home to a population that was primarily over 70 and overwhelmingly Jewish.

The Last Resort is a film where viewers embark on a journey to the iconic Miami Beach of yesterday through the lens of young photographers Andy Sweet and Gary Monroe. With camera in hand, they embarked upon an ambitious 10-year project to document the aging population living in the sunburned paradise of 1970's Miami Beach and into the changing, turbulent 1980's. Working in different styles and

approaches, they captured the end of an era through Monroe's engrossing black and white images juxtaposed with Sweet's captivating candy-hued color photos.

Featuring interviews with Pulitzer prize winner Edna Buchanan, filmmaker Kelly Reichardt, Jewish Museum of Florida Executive Director Susan Gladstone, and photographer Gary Monroe, The Last Resort is a celebration of some of Miami's greatest visual artists and a stunning testament to a community all but forgotten...until now. Join Ellen Sweet Moss and Stan Hughes for the film followed by a Q&A session. Free. Please RSVP at 305-758-8107. Thursday, October 10th at 6:00pm.

Join HistoryMiami Museum's Resident Historian, Dr. Paul S. George, as he recounts The Great Real Estate Boom of the 1920s.

Dr. George will highlight the causes of the Boom, the feverish activities in 1924 and 1925, the "culture" of the Boom, its collapse in 1926, and the swift economic downturn that followed.

Thursday, October 17th: 6:30-7:30pm. Free. Please call 305-758-8107 to register.

Join local guide, John Bachay, on a trolley tour of the Village's historic sites and points of interest.

Highlights of this year's tour include a stop at the former Verona Gas station on Grand Concourse and a special visit to the Vagabond Hotel, listed on the National Register of Historic Places, with a private viewing and presentation by owner, Avra Jain. Fee: \$35/person. Register at eventbrite: https://miamishorestrolleytour2019.eventbrite.com Saturday, October 19th: 10am - 1pm. Check-in and departure from Brockway Library: 10021 NE 2nd Ave. Refreshments provided at tour's end.

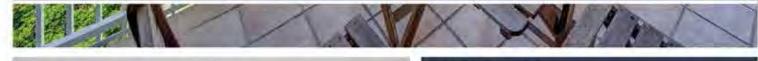
The **HEIDI HEWES** Chapter of the Woman's Cancer Association of the University of Miami is based in Miami Shores, and is dedicated to increasing wellness in the community through raising funds for cancer research, support, education, and service. The next meeting will be Wednesday, November 6th at





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Did You Know. . . .

Quayside has one of the best tennis complexes in Northeast Miami run by Rick Fagel who was once ranked among the World's Top 100! Rick offers tennis instruction for adults and kids tennis camp for all ages. He also facilitates various tournaments and exhibitions every year here in Quayside.

Did you know that Quayside has an **on-site Massage Therapist** and **Aesthetician** for men and women with prices that are far lower and much better than top spas in Miamil.

Did you know that Quaysite offers a full state-of the-art gym with the latest equipment as well as an array of classes instructed by certified professionals including yoga, pilates, aqua classes, power workout, 20/20/20, spinning, stretch, tai chi, cardio and it's all included in your maintenance!

Contact me today for more information or to schedule a private showing!



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REST LES TRIVEN

Cathy Imburgia

786-566-1903 ©

Cathy@ImburgiaRealty.com @

IMBURGIAREALTY COM @

7:00pm. If you are interested in joining or would like more information, please email heidiheweswca@gmail.com.

Miami Country Day School's Annual 'Walk the Walk' will be held on Saturday, October 12th. Heidi Hewes is always privileged and honored to help these young fundraisers in their effort to donate time, energy and funds to finding a cure for cancer. The event starts on the Miami Country Day School Athletic Field with registration at 8:00am, and a 5K walk at 9:00am. Come join us for a beautiful stroll through our Miami Shores neighborhood. Tickets are on sale now at MCDSwalk2019.bpt.me. Online early bird price \$25 until 10/4, online regular price \$30 until 10/10.

The 28th Annual Holiday Walk will be held on Sunday, December 15, 2019. This year we will be showcasing a selection of homes located East of Biscayne Boulevard. To add to the festivities, we will once again be featuring a Holiday Market of unique items perfect for Holiday shopping and one-of-a-kind gifts. After the tour commences, a festive block party will take place for quests to enjoy light bites, refreshments, and music with neighbors and friends. It is our hope that with the community's support we will exceed our goal of \$60,000 raised for this event. You can make a personal donation, have your company or business provide sponsorship and/or purchase tickets to attend. For sponsorship information

please email norabob.tenney@gmail. com. Ticket information coming soon!

Heidi Hewes is collecting donations for the Bargain Box. Located at 1350 West Flagler, the Bargain Box is a resale thrift shop offering outstanding values to the community while profiting the Woman's Cancer Association of the University of Miami. Everyone is invited to shop and to make tax-deductible donations of items they can no longer use - gently worn clothing, home furnishings, linens, glassware, accessories, art work, luggage, jewelry, etc. Please visit the WCA Thrift store, open Monday-Saturday, 10am to 5pm. Please call Jackie Butler at 305-633-8068, ext 107 or Bill Tenney at 305-308-4639 for questions and FREE pick up. Heidi Hewes thanks donors Gaby Henderson and the Estate of Barbara Poe

New at the **MIAMI ART LEAGUE**: Morning, Afternoon, Evening and Weekend Fine Art Classes! The classes include instruction in Basic Drawing. Drawing the Body, Acrylic Painting, Watercolor- Fast and Fresh, Open Studio – with and without instruction. For Artists seeking Models there are 3 sessions per week with Live Models. For a full list of classes and on-line Registration, visit MiamiArtLeague.com. For more information call 305-757-3161 or write MiamiArtLeague@aol.com. Miami Art League is proud to call Miami Shores home for over 20 years.

Real Estate of the Month



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The entrance to Quayside is located at 107th and Biscayne Blvd where you are met with stone, concrete, and flowering vines of bougainvillea full of color. This community is ideal for avid boaters with a fully renovated marina and only 8 minutes to the Ocean. Residents enjoy 9 championship lighted clay tennis courts, basketball, racquet ball, children's playground, dog park and two on-site restaurants. Quayside offers a full state-of the-art gym with the latest equipment and a fully array of classes instructed by certified professionals including, yoga, Pilates, aqua classes, power workout, weight training, spinning, tai-chi, cardio, meditation and children's yoga.

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