



he shortest, coldest month is now upon us in Miami, where the weather is warm and the offerings in *BT* territory are quite long.

First up: The **Original Miami Beach Antique Show** returns February 9-12 at the Miami Fair Expo Center at Tamiami Park (10901 SW 24 St., originalmiamibeachantiqueshow.com). This is the same location it was held last year owing to ongoing renovations at the Miami Beach Convention Center. Tickets are still only \$20 for

all four days

, but plan on spending lots of dough with any (or many) of the hundreds of dealers attending. Also, bring in your own antiques to get them appraised Saturday, February 10. You might just find that Grandma's old vase is

really

old and valuable, just as she told you. Appraisals are free to any ticketholder but are available on a "first come, first served" basis, so arrive early.

The very popular and very free Fountain Terrace Concert Series returns to **Hialeah Park Racing & Casino**

(100 E. 32nd St., Hialeah, 305-885-8000) on February 2 for a three-month run every Friday at 8:00 p.m., including a warmup set from DJ Asho. See the ad for the long list of artists participating. Highlights include a three-day stint in March from the Havana Boys, who are described as Cuba's answer to Il Divo. Also enjoy a set in April from José Fajardo Jr., son of the legendary Cuban orchestra leader.

Not to make light of being lit, but if you are of a certain age, you might giggle unrepentantly at the chance to relive those carefree days at the old Planetarium laser light shows. Fortunately, this visual treat has survived the move from the old digs into the new ones at the **Phillip and Patricia Frost Museum of Science**

(1101 Biscayne Blvd., 305-434-9600). Several different artists are featured on

Laser Fridays

, the first and third Friday of the month, so check the schedule, or you might end up at the Michael Jackson show when you really needed to hear Pink Floyd. Yikes! Shows start at 7:00 p.m. Tickets are only \$10 for adults and \$8 for kids (3-11 years old) for each show. Parking is \$8, so please carpool.

At **Monsignor Edward Pace High School** (15600 NW 32nd Ave., 305-623-PACE, x342), it's time to enroll children for the 2018-2019 academic year. New student registrations begin on February 5, while returning kids can hold off until the 26th. Meanwhile, the Academy for Visual and Performing Arts will hold a "Hollywood Showcase" on February 2 at 7:30 p.m., where students debut their award-winning pieces to the public. Tickets are \$15, with proceeds going toward sending the kids to the Thespians State Competition.

February, unsurprisingly, is American Heart Month. How can you give your heart to your soulmate, if you haven't been taking care of it? Well, you can start today! **Mount Sinai Medical Center** is offering a couple of free lectures that deal with heart-related issues. The first, "High Blood Pressure: Myths vs. Facts," takes place at the Miami Springs Senior Center (343 Payne Dr.) at noon on February 12. The second, "Minimally Invasive Options for Heart Valve Treatment," is at the Aventura Community Center (3375 NE 188th St.) at 11:00 a.m. on February 22. Call 305-674-2626 to RSVP for either talk, or dial the hospital at 305-674-CARE to make an appointment with a cardiologist at any of the center's 11 locations.

Congratulations to Lee Chaykin, who was recently named CEO at **Aventura Hospital and Medical Center** (20900 Biscayne Blvd., 305-682-7000). The South Florida native has more than 25 years of experience in health care and is a graduate of FIU. One of his first major tasks will be overseeing the construction of a new, 60-bed patient tower and garage, which breaks ground this year. Fantastic! However, if you are feeling unwell right now, call Consult-a-Nurse at 305-682-6677, to see if you require an ER visit or other care. This year's flu strains have been particularly aggressive and deadly, so don't wait to be treated.

At **HealthyMe Medical Therapies**, which is located inside Medi-Station Urgent Care Center

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(9600 NE 2nd Ave., 786-731-4238), Dr. Carlos Sanchez offers such treatments as IV infusions, chelation therapy, hormone optimization, and even medical marijuana for an all-around approach to good health. Plus, he can guide you through other health modifications that can help rebalance your life. BizBuzz thinks one of those approaches is spelled d-i-e-t.

Speaking of that four-letter word, it's way too early into the year to just give up and put off dieting resolutions until 2019, especially when **Jackson North Medical Center** (160 NW 170th St., 305-585-TRIM) is holding a free gastric sleeve lecture on Thursday, February 8, at 6:30 p.m. Obesity is a serious condition that may require medical supervision. Learn how the surgery can help you trim your way to better health. It's not easy, sure, but with the support of the Jackson team, you won't regret making the right choice, right now.

In a related therapy, exercise not only improves the body, but also the mind. Which regimen is right for you? The one you'll stick to, of course. **Inner Balance** (12579 Biscayne Blvd., 786-383-3088, innerbalancemindbody.com) offers a \$59 introductory program for a month of Pilates, yoga, or barre group classes. Experts may want to sign up for the 200-hour Hatha yoga teacher training program, beginning February 16.

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readers can use promo code BT50 to save \$50 on the course.

Did you at least spend January adhering to some exercise routine? Great! Have you noticed that all the perfect people at the gym and yoga class have beautiful teeth as well? You haven't been working hard on that flabby rear just to greet your Valentine's date with stained choppers, have you? Call Dr. Valeria Soltanik at **Soltanik Dental** (2999 NE 191st St., 305-466-2334) to take advantage of her Zoom! whitening special. It's just \$299 for BT readers who mention it when booking.

Now take that date for a romantic Valentine's Day dinner at **Soyka Restaurant** (5556 NE 4th Ct., 305-759-3117) or Mark Soyka's nearby gem

Café Roval

(5808 NE 4th Ct., 786-953-7850), where you will absolutely, positively need to make reservations for that special night. Soyka is offering an evening of live music and specials, while Café Roval, tucked inside a 1920s coral rock pumping station, is one of the most interesting locations in town.

Lovers who waited too long to get reservations at those premier spots can try their luck at G

ulfstream Park

(801 Silks Run, Hallandale Beach), where there is a large array of restaurants from which to choose, like Adena Grill, Cantina Laredo, Mijano, Tito's Seafood Bar, and several more. Afterward, join a special party at PlugIn Karaoke (1-844-4-Plugin). Just \$49 buys you a cocktail, appetizers, chocolate, live entertainment, and raffles. And karaoke!

For the stay at home crowd, gather succulent meats, rich cheeses, tempting desserts, and a bottle of fine wine at **Milam's Market** (17100 Collins Ave., Sunny Isles Beach, 305-945-1890). Don't forget the chef's hat!

Is the love of your life, a Cane, Nole, or Gator? Surprise him or her with breakfast in bed, featuring T-Squared waffles. Teresa Temkin at **T-Squared Waffles** (tsquaredwaffles.com) licensed the school logos for UM, UF, and FSU, and incorporated them onto waffle iron plates, so the logos get "printed" on your waffles. The waffle iron, including one school plate, is just \$55. Extra waffle plates, for the other schools, are only \$25 each.

Although April 15 is still two months away, there's something about that impending tax season that makes one rethink investments in order to pay off that bill *less painfully*. Are yours in commercial real estate? Want them to be? Call

Hudson Capital Realty

(4770 Biscayne Blvd., # 1400, 786-245-2363) to discuss services and solutions in real estate financing and banking, locating commercial properties, foreign investing, and even general contracting (permits and regulations). Managing broker Martin W. Wasserman has been in the business for more than 30 years, and his family has been in the biz since the 1940s. Thanks to that long history, this one-stop agency knows all the ins and outs of conducting business here, which can be mystifying at times. Take advantage of that experience, and save yourself some money (and a lot of grief).

(954-735-5429, Scott@SawgrassRE.com). This licensed real estate broker has a large portfolio of warehouse spaces for lease just across the county line.

are ready to help you find a investment property or new home. Contact Keily Berrios (786-308-5459, K.Berrios@KW.com) or Jesus Soto (786-262-2118, JesusSoto1594@gmail.com). Both women are

associated with KellerWilliams (700 NE 90th St.). Their specialties are as buyer's agents, listing agents, consulting, short sales, foreclosures, rentals, and property management.

A hearty welcome back to the *BT* for **Ojeda Lazar Real Estate** (740 NE 79th St., 305-790-6168). Mario Ojeda, president and managing broker, founded this boutique company in 2015 with the "goal to offer our neighbors and our clients the best service in the industry." The company's commitment to excellence paid off handsomely, and the location in the Upper Eastside has given him and his agents an edge on the Biscayne Corridor and neighboring areas.

Are you are looking for a waterside luxury condo up in North Miami Beach instead? Check out new advertiser **The Reserve at Marina Palms** condominium (17111 Biscayne Blvd., 786-629-9670), which includes, among its assets, the first private marina built in decades. Residences start at \$950K and feature upgraded amenities and outstanding personal services. Your unit is guaranteed to have great views. How does BizBuzz know this? Because with a marina on one side and a nature preserve on the other, you'll never have to worry about another building blocking your line of sight.

Now beautify that new home with plants and accessories from **Pebble and Vine** (216 NE 98th St., Miami Shores, 786-636-8664). The shop will help you select living arrangements that coordinate with your home and lifestyle, so don't worry if you've got a brown thumb. Even the smallest and most easy-care plants can turn a mundane space into a respite from all life's problems. Ask about their gift arrangements and delivery options.

Looking for a party location that's a little *different*? **Artsy Hive Studio** (211 NE 95th St., Miami Shores, 305-456-1059) is a relaxing and fun studio where you, your friends, and your kids can spend the afternoon exercising your budding artistic talents while creating keepsakes for friends and family. The concept allows you to select pre-fired ceramic pieces, then decorate them yourself in a 40-seat studio designed as a community gathering place.

Bayside Marketplace (401 Biscayne Blvd., 305-577-3344), which has been undergoing renovations and accepting new retailers in recent months, now offers a farmers market in conjunction with its Artist's Square feature. Fashioned after Montmartre's Place du Tertre, the Artist's Square brings together local artisans, crafters, and painters every Saturday and Sunday in Banyan Park at the front entrance. The farmers market is held at the flag entrance from 11:00 a.m. to 6:00 p.m. on Sundays and features locally produced breads, juices, doughnuts, and

other fresh foods and produce.

BT readers who regularly travel downtown on weekdays may instead take advantage of the **Arsht Center Market Mondays**

at the Adrienne Arsht Center (1300 Biscayne Blvd., 305-949-6722). As well as snacking on standard farmers market fare (SNAP benefits are doubled here), you can also enjoy the Brava Biergarten, Kids' Storytime, Chef Allen's Farm to Table Dinners, and the occasional special event. It's held every Monday from 4:00 p.m. to 8:30 p.m. Plus, there's free parking in the lot just south of the Arsht! Bizbuzz is sure that this is all much nicer than being trapped in the parking lot known as I-95 during rush hour.

Did someone mention rush hour? The **Miami-Dade Transportation Planning Organization (TPO)** (MiamiSMARTPlan.com) is inviting the public for input on rapid transit plans that will greatly affect the Biscayne Corridor and Miami Beach. The TPO is a county organization that has overseen public transportation planning for the past 40 years. The first of three charrettes took place on Thursday, February 1, at the City of North Miami Public Library (835 NE 132nd St., North Miami). The next two are on Monday, February 5, at 6:00 p.m. at the New World Center (500 17th St., Miami Beach), and on Saturday, February 10, at 10:00 a.m. at the Miami Marriott Biscayne Bay (1633 N. Bayshore Dr.).

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