



everyone was talking about the blood moon recently, but last month's lunar eclipse happened on the other side of the world. Closer to home, the new moon on August 11 means this year's Perseid meteor shower could be memorable, with plenty of shooting stars visible even in South Florida.

A different type of star will be appearing at the **Miami Home Design and Remodeling Show** (305-667-9299, www.homeshows.net) when it returns to town August 31 through September 3 at the Mana Wynwood Convention Center (318 NW 23rd St.). If you've been to one, you already know that you'll see the latest trends in home design, talk to professionals about your next project, and get sage advice at the celebrity panels and showcases. TV star John Gidding from TLC's *Trading Spaces* and HGTV's *Curb Appeal* will appear on Sunday, September 2, and on Labor Day, September 3, at 2:00 and 4:00 p.m. to discuss the role of art in your home. Tickets are \$10, but if you purchase online by August 30, you'll only pay \$7.

Sure, you can go see great exhibits for *free* at the **Institute of Contemporary Art**, Miami (61 NE 41st St., 305-901-5272) and enjoy the art of Sondra Perry, Louise Bourgeois, or Terry Adkins. However, membership has its privileges, and you can privilege yourself up this month for 30 percent off on the ICA's most popular membership level. With an ICA Next membership, you'll gain exclusive access to Next Level events, select art fairs during Miami Art Week, VIP cocktail receptions, the annual summer poolside soiree at Soho Beach House, and reciprocal membership at nearly 700 institutions in North America. Visit www.icamiami.org/support/ica-next-summer-2018 to sign up. It's \$250 until the end of the month.

Bayside Marketplace (401 Biscayne Blvd., 305-577-3344) is calling on rising stars to join the waterfront mall's second annual "Sounds of Bayside" event September 26 at 4:00 p.m. It's a competition for local musicians and spoken word artists wanting exposure, recognition, and a chance to get future gigs at the Bayside. A panel of locally and nationally recognized celebrities and industry professionals will serve as judges. Send your audition samples to SoundsOfBayside@gmail.com for consideration.

Everyone expects a relaxing massage to be great for relieving stress, but have you ever tried massage for a medical issue, such as pain, hypertension, or pregnancy? New advertiser **Meridian Spa and Therapy** has a stable of therapists knowledgeable in meridian, Swedish, deep-tissue, and other types of massage and acupuncture, which can help with a variety of disorders and problems. Consider getting a facial, too, while you're there. Brighten up your face with a deep cleansing, acne treatment, or collagen treatment. Feel great and look great for your weekend.

You'll likely need all that induced relaxation to gird yourself for the new school year if you've got a kid or two hanging around the house.

At **Allison Academy** (1881 NE 164th St., 305-940-3922) school starts August 16. In operation since 1983, the school lives up to its goal "to promote moral, intellectual, physical, and academic excellence so that each student may rise to honorable achievements, and contribute to the common good." Excellence doesn't mean boring, though. Students can enjoy stimulating electives that include robotics, coding, introduction to law, guitar, rock/jazz band, art, hands-on science, and an entrepreneurial program.

Classes begin at **Cushman School** (592 NE 60th St., 305-757-1966) on August 31 for PK3 through eighth grade. The high school (4700 Biscayne Blvd.) opens its doors three days earlier, on August 27. Are you interested in enrolling your child in a rigorous curriculum that's enriched with character-building experiences? For example, the Society & Me Challenge Seminar (SAM) is a required course for all high-schoolers at Cushman. Students identify and analyze the major issues of our time, choose one they wish to tackle, and deliver solutions that positively impact the society at large. Sound good? The high school is holding two open houses (October 18 and November 8) so prospective students and their parents can get acquainted with this venerable institution. Call to reserve a spot.

Written by Margaret Griffis, BT Contributor
August 2018

Monsignor Edward Pace High School (15600 NW 32nd Ave., 305-623-PACE) has been preparing for the new school year by renovating the chapel, STEM lab, and some bathrooms, while adding a new walkway bridge and elevator. The school is also accepting new student applications. Call soon to start the process, as the first day of school is August 20, and orientation day for new students is August 17.

Some parents already hear that their child “hates” math. Some will only find out in a couple months, when test grades begin to arrive. In either case, new advertiser **I Hate Math!** (1673 NE 123rd St., North Miami, 305-397-6429) can help you and your child. This tutoring service will make math concepts so easy to understand that your kid may learn to love math, not hate it. There’s also instruction for specific tests, such as the SAT, GED, or CLEP. Call for a free consultation.

Even if you still have kids in school, you should be planning for your retirement, as well as their college bills. Yes, it’s scary to think about the potential health-care costs in your silver years, but ignoring the problem won’t make it go away. Call **Treece Financial Group** (9999 NE 2nd Ave., Suite 203, Miami Shores, 305-751-8855) to schedule a free consultation or to attend a free seminar at Brockway Memorial Library (10021 NE 2nd Ave., Miami Shores) at 6:30 p.m. on Tuesday, August 7. The lecture will cover strategies to remain independent, comfortable, and secure in your own home as you age. Seating is limited, so RSVP to reserve your spot.

With the new school year coming up quickly, isn’t it time to take the kids to get a fabulous new look? Make an appointment with Hannah Lansky at **Hannah & Her Scissors** (611 NE 86th St., 305-772-8426) for cuts, styling, coloring, and highlights that will wow their classmates. While there, have them check out Hannah’s art gallery for creative inspiration; school isn’t just about math and language courses, you know.

August is also the perfect time to schedule an appointment at the **Florida Center for Allergy and Asthma Care**

(1-877-4-ALLERGY) to ensure your child is prepared to

not

sniffle and hack through another school year. With 17 convenient locations, you can easily address allergy and asthma concerns with a board-certified doctor, and learn about new medications and treatments that can help your child not only be more comfortable but survive a bad attack.

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August is also National Immunization Awareness Month. No matter your age, there's probably a vaccine you could benefit from. Call 305-674-CARE to schedule a next-day visit with a health professional at **Mount Sinai Medical Center** to get the necessary shots for enrolling in school or just for having a healthy year.

It can be daunting to try to follow diet and exercise regimens without a teacher, so sign up for the next seminar at **North Shore Medical Center** (1100 NW 95th St., 855-767-8772). Dr. Juan Velasquez is an expert in interventional cardiology and will help you learn how to prevent heart disease at any age and risk level. The free lecture will be held Wednesday, August 22, at noon. Reservations are required, and refreshments will be served.

Jackson Health Systems (160 NW 170th St., North Miami Beach, 305-585-TRIM) is also holding a free seminar that will address your questions about the hospital's holistic weight-loss program. This one's Thursday, August 9, at 6:30 p.m. Not only will you learn about surgical options, you'll find that the program takes your individual needs and problems into consideration. Sometimes dieting and exercise just isn't enough. Don't give up. Get help.

Sahara dust and a cooler Atlantic Ocean may have moderated this year's hurricane season, but a tropical storm can still form close by at any time. **Always Classic Care** (1380 NE Miami Gardens Dr., Suite 235, 305-403-2622) offers hurricane preparedness for the elderly, among other services, such as medication management, transportation services, shopping, meal preparation, continence care, Alzheimer's planning, and more. Call for a consultation about your specific needs.

While we're talking about storm prep, let's keep in mind that South Florida often gets big hurricanes late in the season. Wilma appeared out of the Caribbean at the end of October, remember? Call **Ocean Impact Windows and Doors** (675 NW 116th St., 305-640-5288) now to ensure that you'll have new impact windows and doors should the inevitable happen this year. With their 45 years of hands-on experience, you can rest assured that the work will protect you and your property.

If you prefer to prepare on your own, consult with staff at returning advertiser **Joe Blair Garden Supply** (320 NE 79th St., 305-757-5554) to stock up on generators, tools, and other materials you'll need should a storm decide to trim trees in Miami-Dade again. Can't afford new? Come in to inspect the pre-owned equipment or to repair any of the old and trusty tools you've relied on for years. And

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it's okay to glance at the new mowers while you're there.

Here's a deal for edible hurricane supplies. **Milam's Markets** (17100 Collins Ave., Sunny Isles Beach, 305-945-1890, and four other locations) is offering

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readers free grocery delivery this month! Use code "Milamsfree," order \$35 worth of goods online, and you won't have to fight traffic to get your summer fruits and veggies, local seafood, tasty treats, and specialty products.

With all that hard work preparing for the worst, how about rewarding yourself with the best? In 1997, **Nothing Bundt Cakes** (15400 Biscayne Blvd., Suite #112, 305-974-4536) founders Dena Tripp and Debbie Shwetz joined kitchens to bring family and friends a taste of cake perfection, using all-natural ingredients: real eggs, butter, and cream cheese. They also realized that the general public needed access to this goodness, and Nothing Bundt Cakes was born.

And yes, it *is* nothing but bundt cakes in various delicious flavors and several appealing sizes. For its first appearance in the

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, the bakery is offering readers a BOGO special. Buy one bundtlet and get one free during August, if you mention

Biscayne Times

Want another BOGO special? Buy one lunch and get one free this month at **Sandwich Where?** (36 NE 54th St., 786-502-4696) by using the coupon available in this issue. Lunch is only \$5.99 and varies daily, but you can expect half a hoagie, chips, and a drink...times two!

Wednesdays can be such a drag, but *BT* readers stopping for dinner at **Moon Thai Organic Kitchen** (3455 NE

163rd St., North Miami Beach, 305-974-5129) can liven up midweek with two complimentary glasses of wine with dinner. Just mention

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when ordering. What a treat when paired with the restaurant's exciting pan-Asian offerings.

If you've been sitting on your bottom watching the World Cup, Wimbledon, Tour de France, or any other televised sporting event, instead of going outside this summer to engage in sports yourself, you may find you've added a few beers and nachos to your waistline. It's not too late to

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get back to ship shape by the end of summer. Visit **Wike-up! Aquabikes** (1776 Sans Souci Blvd., North Miami, 786-288-0722), and check out their fitness bikes that fit perfectly within the coolness of your own pool. Shopping online? Use coupon code 15PERFS544 at www.wike-up.com to get 15% off and free shipping anywhere in U.S. Or take advantage of the \$99/month financing plan.

This is going to sound like absolute *crazytalk*, but dental procedures don't have to hurt. Seriously! Say hello to returning advertiser

Biscay

ne Dental Center and Spa

, which offers sedation dentistry at its new state-of-the-art facility. If you're difficult to numb or just get queasy when a dental mirror approaches your pearlies, consider being knocked out completely at appointment time. The center can treat any of your dental issues from simple checkups and braces to oral surgery and cosmetic enhancements, and more. Call today for new-patient deals.

Did you know that the **Miami-Dade Water and Sewer Department** will hand you a check for up to \$200 if you switch out your old bathroom fixtures for new high-efficiency toilets, faucets, and showerheads? Not only do new fixtures make your bathroom look better, they can also reduce your water bill. Sounds like a win-win situation. Visit www.miamidade.gov/BetterBathroom for rebate forms and details.

Voting is important. And so is being informed. Visit www.iamelectionready.org or call 311 to find out about your election dates, receive a sample ballot, or request an absentee ballot -- all thanks to the folks at Miami-Dade Elections. And be sure to read the ads in *Biscayne Times*.

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