

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



ummer seems endless in Miami. The only brightly colored “leaves” that fall here are the pages of the calendar. When they read “September,” we know its time to enjoy the pleasures of autumn -- such as it is for us.

So begins arts season at the **Adrienne Arsht Center** (1300 Biscayne Blvd., 305-949-6722), which has a magnificent lineup scheduled for fall, including Kathy Griffin, Jerry Seinfeld, and *¿Qué Pasa, U.S.A.? Today*

-- just in the first month. But on Saturday, September 8, the center hosts ArtsLaunch 2018, a free celebration to kick off the arts season. The day includes family-friendly activities, mini performances, dance classes, readings, interactive workshops, kids’ activities, food and beverage vendors, live bands and DJs, tours of the center, and more. Visit www.arshtcenter.org for details and to RSVP for chef demonstrations with kitchen master Brad Kilgore.

Congratulations to returning advertiser Saint Martha’s Concerts, which is opening its new season with a new name and a new venue. Earlier this year, **Martha/Mary Concerts** (305-458-0111, www.marthamaryconcerts.org) moved performances to the Corpus Christi Catholic Church (3220 NW 7th Ave.). Some concerts will be inside the church while others will be in the neighboring Chapel of La Merced. Expect the same high-quality music, but in a grander and yet more intimate setting. The first concert, “A Celebration of Leonard Bernstein and George Gershwin,” is Sunday, November 4, at 3:00 p.m. Tickets are still exceptionally well-priced at \$15 and \$25, but consider season tickets. Ample, secure parking is free.

Pan American Art Projects (274 NE 67th St., 305-751-2550) returns to our pages to alert *BT* readers to a new exhibit showcasing Gustavo Acosta. The Havana-born painter's "Structural Narratives" series of 24-by-24 paintings, which opens on Saturday, September 8, examines power relationships through the representations of the isolation of architectural spaces, inviting conjecture as to what is happening within them. PAAP was launched in 2001 to bring attention to underexposed artists from the Americas, particularly the Caribbean.

At the **Aventura Arts and Cultural Center** (3385 NE 188th St., 877-311-7469) parents can purchase a four-show subscription to the Family Fun Series. The kids gain an introduction to musical theater as they watch their favorite storybook characters come to life. Although the first show, *Giggle, Giggle, Quack*, is weeks away, on Saturday, October 20, tickets are going quickly. The rest of the series features *Your Alien*

,
The Very Hungry Caterpillar
, and
Stuart Little

. Your kids get the same seat at every show, enjoy pre-show activities, and even receive a chocolate treat.

(401 Biscayne Blvd., 305-577-3344). A panel of locally and nationally recognized celebrities and industry professionals will serve as judges for this competition. Winners receive paid gigs among other prizes. The event takes place on Wednesday, September 26, at 4:00 p.m. and is open to the public. Send your audition samples to soundsofbayside@gmail.com.

Can't hum a tune, but you still want to be part of the local entertainment scene? Do you think your talent may instead be in running a nightclub, bar, or restaurant? Then attorney **Steve Polisar**

(407 Lincoln Rd., Suite 2A, Miami Beach; 305-672-7772, x 206) has a skill you're definitely looking for. He knows the whole rigmarole involved in permitting a location that offers beer, wine, or sprits -- perhaps even better than the bureaucrats who stand between you and your dream. One call will save you time and money, so start dialing.

September is National Prostate Health Month, making it a great time to learn about risk factors and symptoms. Don't be afraid of a screening. **Mount Sinai Medical Center's** skilled urologists offer the latest treatment options, which means a faster recovery with minimal discomfort for a wide array of medical issues. Call 305-674-CARE to schedule a visit with any of the center's board-certified physicians.

Medical marijuana may not shrink an enlarged prostate, but patients experiencing anxiety, cancer, pain, and other conditions related to their glands may benefit from treatment with this ancient remedy. Call **Certified Associates** (44 NW 167th St., North Miami Beach, 786-900-0068) to talk to a doctor who can certify you for a marijuana card and explain to you the ins and outs of getting your prescription filled.

Most people associate springtime with allergies. Grasses, trees, and other plants are busy making pollen then, but rhinitis can affect some sufferers year round if they're allergic to household triggers, such as dust, mold, and pet dander. Stop rubbing your eyes, and see a board-certified doctor to find out about the latest therapies for your particular allergy, even if you don't yet know what's causing your symptoms. **Florida Center for Allergy and Asthma Care** (877-4-ALLERGY) has 17 convenient locations across the area. Call now, and *gesundheit*!

A great massage can make anyone feel lighter and brighter in an hour or two, but for those with medical issues, it can be life changing. Therapists at **Meridian Spa and Therapy Massage** (1131 NE 163rd St., North Miami Beach, 305-915-3318) are knowledgeable in Swedish, meridian, deep-tissue, and other types of massage, which can aid clients suffering from stress, sports injuries, digestive matters, and circulatory problems, among other concerns. While there, consider pampering your face with a deep cleansing, acne treatment, or collagen treatment. Feel great and look great in one afternoon.

You may already know that **Biscayne Dental Center** (14550 Biscayne Blvd., North Miami Beach, 305-945-7745) offers sedation dentistry at its new state-of-the-art facility. What you might not know is that the center is offering \$500 off dental implants as a goodbye to summer special. The center also offers additional cosmetic enhancements, braces, oral surgery, and other dental treatments.

Downtowners understandably may not want to travel that far for implants, veneers, Invisalign, and other dental treatments, so please welcome **Midtown Dental Miami** (3915 Biscayne Blvd., Suite 306, 305-598-6070) to our pages. Dr. John Nelson is an expert at restorative and cosmetic dentistry, including surgery and root canals. Although restoration can be difficult, Dr. Nelson's focus is always on keeping the patient comfortable and informed throughout various treatment options.

Need pretty pearlies real quick? Dr. Valeria Soltanik at **Soltanik Dental** (2999 NE 191st St., Aventura, 305-466-2334) is offering a \$200-off special on porcelain onlays and inlays that can be made specifically for you in about an hour, while you wait. That's right, just one hour!

With perfect teeth, you can now bite into the perfect cake. At **Nothing Bundt Cakes** (15400 Biscayne Blvd., Suite #112, 305-974-4536), you'll find a vast array of bundt cakes in several sizes and flavors. Founders Dena Tripp and Debbie Shwetz began using all-natural ingredients like real eggs, butter, and cream cheese to make incredibly delicious cakes for friends and family. Nothing Bundt Cakes was born when they realized that everybody else needed great cake, too. Drop in and get two bundtlets for the price of one when you mention the BT.

Amina Ly, owner and chef at **Côté Gourmet** (9999 NE 2nd Ave., Miami Shores, 305-754-9012) was born in Senegal and trained in Europe, which gives her a unique take on standard bistro fare. She wants *BT* readers not to miss out on it, so she's offering daily lunch specials at an attractive \$15. On the weekends, take advantage of the kid-friendly brunch.

For an even bigger discount, buy one lunch and get one free at **Sandwich Where?** (36 NE 54th St., 786-502-4696). Lunch is only \$5.99 and varies daily, but you'll get half a hoagie, chips, and a drink for you and a buddy.

Treese Financial Group (9999 NE 2nd Ave., Suite 203, Miami Shores, 305-751-8855) continues its enlightening series of free financial seminars with "Gayging Alone: Grow Bolder, Not Older" at 6:30 p.m. on Thursday, September 20. Guest speaker Corrine Markey will explain and share advice concerning the unique challenges of "solo-aging" that older LGBT individuals encounter in housing, caregiving, health care, and relationships. The free seminar takes place at Lambda Living (7275 NE 4th Ave., #110) 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.

Monsignor Edward Pace High School (15600 NW 32nd Ave., 305-623-PACE) and the *BT* wish new and returning students a happy and successful new school year. Over the summer, the school did its own "homework" by renovating the chapel and STEM lab, updating several bathrooms, and adding a new walkway bridge and elevator. Prospective parents, the next open

house is Saturday, October 27. Call for more info.

Much-deserved congratulations go out to Caroline Lewis, the high school director at **Cushman School**

(592 NE 60th St., 305-757-1966). She was recently recognized by

Time

as one of “31 people who are changing the South” for her work as director of the CLEO Institute, an organization dedicated to educating others on climate change. Lewis was instrumental in creating Cushman’s “Agents of Change” curriculum, in which students are challenged to pick a global issue and seek a positive solution. Interested? The school is holding an open house next month. Call to reserve a spot.

Not all schoolkids are quite ready to tackle serious issues when they’re feeling overwhelmed by classwork, and math is a subject that can create anxiety during the school year. But there is help. **I Hate Math!** (1673 NE 123rd St., North Miami, 305-397-6429) is a tutoring service that can teach your kids a real understanding of the language of numbers, whether at the elementary or college level. Need instruction for specific tests, such as the SAT, GED, or CLEP? That’s offered as well. Call for a free consultation.

Usually the free lectures at **North Shore Medical Center** (1100 NW 95th St., 855-767-8772) are about helping patients better understand their own medical conditions. This seminar, however, is for everyone. Christopher Montgomery, director of emergency services, will conduct an interactive presentation, explaining what to do if you happen across an emergency situation, including how to perform hands-only CPR on a collapsed adult. Call to reserve a seat for Wednesday, September 26, at noon. Refreshments will be served.

In May, as subtropical storm Alberto waltzed by, it seemed we were in for a long tropical storm season, but a liberal sprinkling of Sahara dust in the following weeks has kept the hurricanes at bay. That may change as conditions in September are becoming more conducive to tropical activity. Use this time to visit **Joe Blair Garden Supply** (320 NE 79th St., 305-757-5554) to purchase generators, tools, and other materials you’ll need in a storm.

Labor Day only just passed, but Halloween and Thanksgiving are arriving soon, followed by December’s thrill ride through even more calorie-laden dishes and beverages, eliciting fear and delight in chronic dieters. If that sounds like you, **Jackson Health Systems** (160 NW 170th St., North Miami Beach, 305-585-TRIM) may have a solution. Attend a free bariatric weight-loss

seminar Thursday, September 13, at 6:30 p.m. to learn about effective weight-loss options. Gain control before feast season.

Of course, the first real step to healthy eating is changing your shopping habits. **Milam's Markets**

(17100 Collins Ave., Sunny Isles Beach, 305-945-1890, and four other locations) offer a vast selection of healthy produce, meats, and even snack foods that are significantly better for you than drive-through fodder.

A hearty welcome back to the *BT* for the **Legion Park Farmer's Market** (6601 NE Biscayne Blvd.), which is open every Saturday from 9:00 a.m. to 2:00 p.m. Enjoy this lovely and shady park while picking up your favorite produce, snacks, and gift items. Because it's run by the Urban Oasis Project, SNAP benefits are not only accepted, they are doubled, up to \$40 per week.

Exercising not only assists with weight loss, it also makes you generally healthier, whatever your dress size. Have you see the latest equipment? **Wike-up! Aquabikes** (1776 Sans Souci Blvd., North Miami, 786-288-0722) has taken the stationary bike and converted it for use in water, which means you get the benefits of bike riding with the cooling and relaxing effects of water. Visit the showroom to see how it works, and take advantage of their \$99/month financing plan.

Miami-Dade County wants to hire your business! The Internal Services Department has more than 240 pre-qualification groups that it uses to purchase a variety of goods and services from local vendors. Once a business is pre-qualified and assigned to a group, it's invited to bid on county contracts. For more info, visit www.miamidade.gov/localvendor.

You know what *is* everybody's business? Ending environmental pollution. Join the **Save Our Waters** movement by calling 786-452-9244 or visiting SaveOurWaters.com.

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