

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



These still and muggy days of early fall.... Fall? According to the National Weather Service, the start date of the dry season (i.e., fall, winter, and spring) in southeast Florida has come as late as November 5 in previous years. We seem to forget that as we tire of the sticky skin routine sometime around the autumnal equinox in late September. However, there's precious little to do about it, except pass the time under a shady tree by the water's edge.

Such a tree awaits you at **Bayside Marketplace** (401 Biscayne Blvd., 305-577-3344). The Bayside Banyan Tree stands over 75 feet tall and is estimated to be 110 years-old. Native to India and fast growing, banyans were brought to Miami in the late 1800s to fill in the canopy overhead quickly. Hurricanes and development have removed many of our older trees over the last century, but to celebrate this impressive tree's survival, as well as the ongoing renovation at the marketplace, orchids and philodendrons have been added to give the tree some pretty company. Stop by to say "hi" soon, and bring the kids. Remember trick-or-treating begins at 4:00 p.m. on Halloween.

Then take a shady route next door to the **Pérez Art Museum Miami** (1103 Biscayne Blvd., 305-375-3000), where an exhibition of paintings by local artist Lynne Golob Gelfman just went on display.

Speaking of renovations, congratulations go out to Turnberry Isle Resort, which is wrapping up a transformative expansion in December. The new 16-story Orchid Tower offers 325 spacious

guestrooms and suites, an additional 80,000 square feet of versatile event space, a 5-acre aquatic poolscape, and art deco-inspired design by Champalimaud. The revamp is so extensive, it earned the resort a new name: **JW Marriott Miami Turnberry Resort & Spa** (19999 W. Country Club Dr., 305-932-6200). Other renovations -- which also follow last year's multi-million dollar overhaul of the *Âme Spa & Wellness Collective* -- include upgrades to the main lobby, front drive, and other resort facilities. It's a great place to chill.

You can also hide from the swelter inside a dark, air-conditioned movie theater, watching the **Miami Dade College**

fall precursor to the 2019 Miami Film Festival. The GEMS fest showcases several prominent films that are strong awards contenders, such

Birds of Passage

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Border

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Burning

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Champions

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Dry Martina

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Everybody Knows

. Other events, such as a virtual reality exhibition and tributes to honored guests, are also scheduled. Everything takes place October 11-14 at MDC's Tower Theater (1508 SW 8th St.) Check with the highly interactive website (gems2018.miamifilmfestival.com) for information and tickets.

Readers who are here only part of the year may not have yet heard that the Saint Martha Concert Series is now **Martha/Mary Concerts** (305-458-0111, www.marthamaryconcerts.org). Or that the new season opens in a new venue, at the Corpus Christi Catholic Church (3220 NW 7th Ave.) in rapidly resurrecting Allapattah. Some concerts will be inside the church, while others will be in the neighboring and beautiful Chapel of la Merced. A "Celebration of Leonard Bernstein and George Gershwin" is set for Sunday, November 4, at 3:00 p.m. Tickets are \$15 and \$25. Ample, secure parking is free.

Lord knows the temptation to pepper a mention of a Kool & the Gang concert with song title references is strong, especially with material like "Ladies Night," "Get Down on It," and "Celebration," which are all easy to sew into any conversation. But that misses how important the Bell brothers and their musical colleagues have been to the histories of jazz, funk, pop, soul, and even rock over their 54 years of playing together. Come see them at **Hialeah Park**

Amphitheater

(100 E.

32 St., Hialeah, 877-840-0457) on Saturday, November 10, at 9:30 p.m. for as little as \$35 for grandstand tickets or as much as \$125 for front-and-center “gold circle” seats.

The **Aventura Arts and Cultural Center** (3385 NE 188th St., 877-311-7469) is offering *BT* readers a 20 percent discount on tickets to the hilarious and popular

Menopause: The Musical

, which comically deals with issues brought on by “the change” as described via four women at a lingerie sale. The show runs October 23-28. Don’t forget to beat the heat by using code

“meno20” when ordering at aventuracenter.org. Looking for more laughs? Remember that

Three Hysterical Broads... Off Their Medication

will bring Sheba Mason, Valerie Storm, and Sarah Tollemache to the same stage October 20.

Being outside only at night is a common reaction to these hot, humid days, but you don’t have to skulk around in darkness. Visit **Farrey’s Lighting and Bath** (1850 NE 146th St.,

305-947-5451) to enhance your property with attractive outdoor lighting. In Coconut Grove?

Visit Farrey’s other showroom (3000 SW 28th Ln., 305-445-2244) for the same great products and service.

Quite soon, though, cooler weather and Halloween will kick off feast season, the two months we fatten ourselves up ahead of New Year’s, the day when we adopt resolutions meant to trim us back down. It’s also the time of year we indulge our kids by making them arts and crafts out of old leaves and flour paste. Why not blend both traditions by learning how to create beautiful Halloween cake toppers, using icing, fondant, and isomalt (instead of leaves)? This month, sugar artist Alexandra Rivas offers a four-hour decorating class at returning advertiser **Pastry Is Art**

(12591 Biscayne Blvd., 305-603-9340) for \$150, materials included. Call for details.

But why stop at just one cake? **Nothing Bundt Cakes** (15400 Biscayne Blvd., Suite 112, 305-974-4536) is celebrating fall by adding pumpkin spice to its array of cakes featuring all-natural ingredients like eggs, butter, and cream cheese. Besides standard bundt cakes and towers, you can purchase individual bundtlets or bite-sized bundtinis to get that same full-size flavor in a smaller package.

Leave some room for the main course, though, from **Côté Gourmet** (9999 NE 2nd Ave., Miami Shores, 305-754-9012) where owner and chef Amina Ly serves her unique take on standard

bistro fare. The Senegal-born chef was trained in Europe and served royalty before settling in Miami. She proves that you can have high-quality meals at affordable prices. Drop by to enjoy \$15 lunch specials.

Endless stale candy and leftover turkey don't appeal to everybody this time of year, so plan on a number of quick, delicious breaks. **Piccolo's Pizza & More** (2014 NE 123 St., North Miami, 305-893-9550) returns to the *BT*
this month with a 20 percent off deal that's good on orders Monday through Thursday if you mention the ad. The substantial lunchtime specials are under \$8.

Or you can reserve that tummy space for a trip to returning advertiser **Dogma Grill** (7030 Biscayne Blvd., 305-759-3433), which invites readers to drop in and enjoy not only hot dogs, sausages, and bratwursts, but also hamburgers and specialty sandwiches.

Nutritious snacks are also available at **Legion Park Farmer's Market** (6601 NE Biscayne Blvd.), open every Saturday from 9:00 a.m. to 2:00 p.m. Fresh fruit can be just as sweet as candy...we keep telling our kids.

Now back to real candy! **Aventura Hospital and Medical Center** (20900 Biscayne Blvd., 305-682-7000) is hosting a Pumpkin Patch Festival on Sunday, October 28, from noon to 3:00 p.m. There will be free pumpkins (while supplies last), pumpkin decorating, a pumpkin patch, photo booth, face painting, pony rides, a children's slide, and a bounce house. There will also be a teddy bear clinic where all teddies can get a free checkup. Kids are invited to wear their costumes. Admission is free. Meanwhile, Mom can take advantage of the MammGlam event October 22-26, 4:00-7:00 p.m. Schedule a mammogram and enjoy a free massage with aromatherapy, nail polish change, and hors d'oeuvres. Most insurance plans are accepted.

No insurance? October is Breast Cancer Awareness Month, and **Mount Sinai Medical Center** (305-535-3434) is offering reduced-rate imaging: 2D digital screening mammograms for only \$50, and 2D diagnostic screenings or breast ultrasounds for \$100 each. You can schedule the procedures at the center's Miami Beach or Aventura locations.

If you are already counting down to New Year's resolutions and know that counting calories hasn't been enough to get your weight down, call **Jackson Health Systems** (160 NW 170th

St., North Miami Beach, 305-585-TRIM) to enroll in a weight-loss seminar that takes place Thursday, October 11, at 6:30 p.m. Why now, instead of January? Because if you qualify for surgery or other therapies, you'll need that buffer to get your doctors, insurance, and yourself authorized and prepared for treatment before then.

When most people think of allergies, they imagine a runny nose. But allergic reactions can affect all the senses, which is why **Florida Center for Allergy and Asthma Care** (877-4-ALLERGY) has 17 convenient locations where board-certified doctors can perform asthma management, ear lavage, immunotherapy, allergy testing, pulmonary function tests, dermatitis treatment, and more. Stop suffering and get relief.

In alternative medicine, *tui na* is a form of Chinese massage and acupressure that seeks to balance the body's vital energy. It is generally used in a therapeutic sense, often in combination with other modalities, and not for pleasure and relaxation. The practice is based on time-honored Chinese medicinal theories, so getting the right therapist is crucial. Specialists at **Meridian Spa and Therapy Massage** (1131 NE 163rd St., North Miami Beach, 305-915-3318) have decades of experience in *tui na* and other massage therapies. Give them a call today to see what discounts are available.

Tai chi is another Chinese tradition, one that blends meditation and exercise into a low-impact martial art practiced by enthusiasts of all ages and in various physical conditions. The graceful movements promote mental serenity while improving balance, flexibility, muscle strength, and breathing capacity. If you're curious to try it, first-time advertiser **Pelican Harbor Tai Chi** (305-929-3780) is offering a free class to new students. Afterward, each session is only \$5. If you're already familiar with the practice, Oliver teaches in the Cheng Man-ch'ing style. Classes meet on Mondays at 9:00 a.m. and Thursdays at 6:00 p.m., and are held at the Pelican Harbor Marina (1275 NE 79th St.).

Another alternative therapy comes to you directly from nature. Marijuana has been lauded as a cure-all for many bodily problems, but cancer, glaucoma, and anxiety patients unquestionably know that the herb can reduce their symptoms. Call **Certified Associates** (44 NW 167th St., North Miami Beach, 786-900-0068) to learn how the clinic can help you with your particular needs, including how to obtain a necessary medical marijuana card from the state.

Youth, like this summer, seems to never end. But then, suddenly, the golden years are upon us

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with their aches and pains. Soften the blow by planning ahead with investment advisor David Treece from **Treece Financial Group** (9999 NE 2nd Ave., Suite 203, Miami Shores, 305-751-8855). This month he's hosting two free seminars on preparing for increased health-care costs that age forces on us. The first lecture takes place on Thursday, October 11, at 6:00 p.m. at Miami Shores Brockway Memorial Library (10021 NE 2nd Ave., Miami Shores). The other is on Wednesday, October 17, at 6:30 p.m. at Lambda Living Center (7275 NE 4th Ave., #110).

Maybe it's too early in the game to talk about Medicare, and you're still figuring out where to send your first baby to school? For the younger kids, check out returning advertiser **Aventura Learning Center** (2320 NE 171St., North Miami Beach, 305-940-0475) which follows a STEM educational program. The learning center, open since 1997, provides a trilingual academic education that is fully accredited.

Are they a little older? Educators and scientists have been arguing lately about school start times for teenagers. Seems that ringing the bell later in the morning equals better grades for students, but large school districts can't easily justify changing the clock for millions of working parents. Administrators at **Cushman School** (592 NE 60th St., 305-757-1966), however, are investigating the pros and cons, and discussing them with parents. Only time will tell if Cushman will modify its hours, but learn more about the school's progressive programming during the annual open house on October 18.

Monsignor Edward Pace High School (15600 NW 32nd Ave., 305-623-PACE) is also holding an open house this month. Prospective parents can visit the campus Saturday, October 27, at 8:30 a.m. or 10:30 a.m. Although Pace is a Catholic school, students of all religions are welcome. Call for more info.

Also, remember that elections are just a few weeks away. Now is the time to study the issues and familiarize yourself with the candidates. You can start the journey by reading the ads right here in *Biscayne Times*.

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