



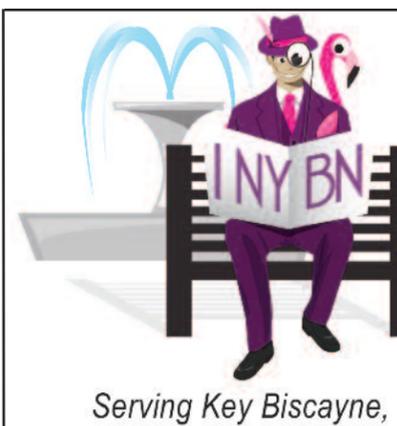
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ONDA HISPANA/Brújula Cultural

Segundo Festival Internacional de Cine Infantil de Miami, una ventana cultural para los más chicos



Photos courtesy of Gables Art Cinema
MINUSUCULE: VALLEY OF LOST ANTS (Opening Night Film)

Por Marilyn Romero
Marilyn@INYBN.com

Desde que abrió sus puertas, en octubre del 2010, la cómoda y acogedora sala de cine del Coral Gables Art Cinema, en Coral Gables, ha sido un oasis para los aficionados del cine internacional, el cine de arte y el cine independiente. Próximamente, del 17 al 19 de octubre, la misma sala que normalmente reúne adultos entregados al vuelo cinematográfico, se llenará de voces y risas infantiles con la celebración del Festival Internacional de Cine Infantil de Miami. Durante los tres días de mágico entretenimiento, la lista de películas internacionales cuidadosamente escogidas por los realizadores del evento, dejarán sembradas en los jóvenes asistentes una semilla de gusto por el buen cine y el recuerdo de un rato agradable, diferente y de gran valor cultural. El festival "incluirá algo para todos", afirma Javier Chavez, Coordinador de Programas del Coral Gables Art Cinema. Además de las películas de estreno en Miami, que serán del gusto de toda la familia, el Festival Internacional de Cine Infantil, en su segunda edición, ofrecerá tres días fantásticos, llenos de actividades, talleres y conversatorios con cineastas invitados. Entre las películas que se estrenarán en el

See **CULTURA**, page 15

We're Bilingual !!!



KB & SOUTH FLORIDA HEARTBEAT

Garden, Farm, Learn, and Eat at Fruit & Spice Park's GrowFest! 2014



Beekeeping demonstration



Heirloom tomato seedlings. Photo Credit: M. Wertalka

By Sarah Mason
Sarah@INYBN.com

Do you know what time of year you can buy strawberries? Do you know how to tell where they are from? Do you know how to pick the most flavorful batch? Can you cook with them? Can you grow them yourself? What about mangoes? Heirloom tomatoes? Carrots? Herbs?

South Florida's fertile landscape lends itself to lush plant growth, and the folks at Bee Heaven Farm and Redland Organics want to help you make the most of it at this year's GrowFest!, an annual celebration of leafy goodness. GrowFest! is all about food – but not just eating it. "It's about connecting the dots between the farm or garden and the dinner table," they explain.

The festival, which will be held at the Fruit & Spice Park in Redland, FL on October 18 & 19, aims to em-

See **GARDEN**, page 4

THE CHAMPION'S BENCH

Women Philanthropists To Be Honored At Mujeres Giving Back Luncheon




Executive Director Marilyn March
Photos courtesy of The Women's Fund

By: Tatiana Fiandaca
tfiandaca@INYBN.com

The Women's Fund Miami-Dade will recognize 10 Hispanic women for their exceptional charity efforts at the first edition of the Mujeres Giving Back event, on November 14th, at the Westin Colonnade in Coral Gables. "To highlight the economic impact and leadership of Hispanics in our community, we recognize women who have been leaders in leveraging their power and influence to give back," said Leticia Carrazana, BB&T executive, Women's Fund board member and event committee co-chair.

The purpose of Mujeres Giving Back, the first event of its kind in South Florida, is to acknowledge the effort of these Latinas who have committed themselves to making our community a better place. The 2014 honorees, nominated by South Florida residents and selected by an independent judging panel, are

See **PHILANTHROPISTS**, page 5

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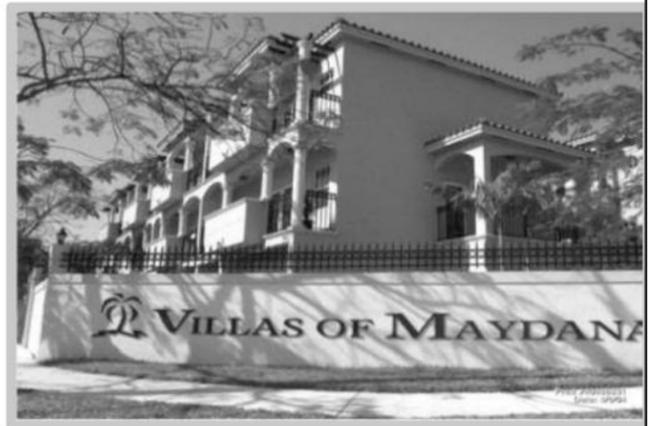
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From the Publisher's Desk



United Nations Day: A Call To Temper Individualism With Interdependency

Self-reliance and individualism, two core values and cornerstones upon which a legacy has been built from the pre-Revolution days to the present and which have constituted the driving force behind the American dream and a democratic society, have historically proven to be both a blessing and a curse. The cherished, inalienable right to “life, liberty and the pursuit of happiness” embodied in the Declaration of Independence, has shone a light on the path to self-determination, self-exploration, emancipation and autonomy. On the darker side, a rugged and ruthless individualism in which each actor is an end in himself, apathetic or indifferent to the world around him, and that incarnates the “to each his own” ideology is of moral concern and perilous to the collective whole.

It is precisely that radical, separating, isolating individualism that disregards the value of interconnectedness of human beings and their destinies and that neglects the power of interdependency on a local, national and international level which breeds social discontent and dislocation. “Go you own way”, as Fleetwood Mac sang, and “you can call it another lonely day”, for without a sense of belonging, each man becomes an island unto himself.

Underlying the syndrome of indifferent individualism is a sense of resignation and willful disconnectedness from our *raison d’être* and our veritable essence. We don’t care enough, we don’t fight enough for what we care about, and we don’t care enough about what we should fight for. We are too busy building walls and engaging in a bellicose rhetoric that deepen the gap and not busy enough waging peace and building bridges of understanding between us and those we mistakenly view as “different”. By following the wrong gods home- those of greed, self-interestedness, and self-gratification, and manifesting a callous disinterestedness in our fellow man, we find ourselves in a whirlpool of discontent, for there can be no fulfillment without acknowledgment of our interdependency. By opening the door, the cocoon of individualism learns to banish suspicion, judgment, cynicism, misunderstandings and stereotypes and welcome truth and understanding through authentic communication.

So, what is missing in our equation of indifferent individualism? Altruism, compassion, tolerance, courage, humanity, and dedication to something that is larger than life and meaningful. The road to happiness is taken by preparing ourselves for a higher cause, writes Richard Koch, author of *The 80/20 Principle*. “It doesn't matter much what the higher cause is, as long as it benefits other people or humanity as a whole. The cause can be art, ideas, a particular community, a club, the creation of products, the service of a team, family, nation, God, or a small group of friends.

There is no shortage of causes. There is just a lack of understanding that to be authentic, to be worthwhile, and to be personally rewarding, individualism has to serve a higher cause than the self,” observes the British speaker and former management consultant. It is not by “you fixing your infrastructure and me fixing mine”, as AFL-CIO policy director Damon Silvers points out, or by pulling ourselves up from our bootstraps that we will make it- but through the power of cooperation and mutual support.

A study published in PLoS One confirmed the increasing prevalence of the ‘I’ mentality, finding that phrases in over three quarters of a million American books published in the last five decades place an accent on the ‘I’, rather than the

“We”. Separate studies conducted by the World Health Organization and the Northwestern University in Chicago have found a direct correlation between individualistic societies (the U.S. ranking second in the world) and depression and anxiety levels, compared to collectivist countries, whose buffer provides a stronger safety net and social capital. “Not having certain freedoms, like freedom to know that we are somebody, to know that we are not alone, that there are others who go through similar situations as us, and to know that we are all dependent



on each other creates the feelings of insignificance and powerlessness,” maintains Fromm in “The Two Aspects of Freedom for Modern Man”. “It's clear that Americans interact with one another, particularly from a different social class or income category, less than they once did,” notes Notre Dame political scientist David Campbell. The “me first” culture and non-reliance on community is “so strong in Americans that research is starting to show that we fear being dependent on others as much or more than we fear death!”

In his essay “Creating the Good Society”, Manuel Velasquez argues that “this lack of common purpose and concern for the common good bodes ill for a people claiming to be a democracy.” More than ever, what is needed is for the common good to translate into “the pursuit of the good in common”, particularly in the international arena, where recognition of our interconnectedness is imperative. On October 24 or United Nations Day, let us take a hard-nosed look at ourselves and ask the question “What is the common good?” and continue striving to create that good society and better world.

Full Steam Ahead, Yara Zakharia, Esq.
Key Biscayne resident since 1982



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Garden, Farm, Learn, and Eat at Fruit & Spice Park's GrowFest! 2014

GARDEN, from page 1

power attendees with knowledge and resources for growing and caring for beautiful plants and ultimately eating healthier, more natural meals.

"I have felt for a long time that the Redland agricultural area is not as well-



Local fruit preserves

known as it should be to the rest of South Florida," observed Margie Pikarsky of Bee Heaven Farms. "We have this incredible park—the Fruit & Spice Park—that was created to help growers learn what kinds of edible things can be grown in this climate. At the farm, we grow certified organic fruits and vegetables and help educate people about the way food should really taste. Many people don't understand that food can taste better than

the artificially ripened items you find at the grocery store."

GrowFest! Will be a one-stop shop for herbs, vegetables, and fruit plants from Bee Heaven Farm and other growers who will be selling seedlings, trees and plants. They will showcase over 100 varieties of delicious and popular heirloom tomatoes and many exotic and rare herb



Local jackfruit curry and Florida rice

seedlings.

Attendees will not only be able to purchase fruits and vegetable plants that they can cultivate themselves, they will be able to learn methods of foraging and preparation from local experts and chefs from professional presentations, attend group workshops, and avail themselves of lively demonstrations. The presentations will focus on environmentally-friendly and organic practices for cooking, growing, and foraging. One demonstration will provide instructions and materials for making an at-home rain barrel irrigation system.

And just in case attendees forget what they learn from one-time-only demonstrations, books and magazines that highlight local flora and their associated

recipes will be available for purchase. Some of the books have recipes, while others feature poetry and photographs. One booth is dedicated entirely to mangoes and will include mango recipes, mango art, and even mango poetry.

Additional entertainment and learning opportunities are scheduled for both days. For instance, the documentary



Redland-raised fruit

"Hungry for Justice", which teaches about social justice issues for agricultural workers will be screened both days. Musical entertainment from The Redland Pickers and Satori Kings will provide a backdrop for GrowFest! visitors, who now have the opportunity to peruse South Florida artwork related to farming and native foods. This is the first time the festival will include such artwork.

"I am hoping this artwork can be the start of something more," said Margie.

Last, but not least, festival-goers will be able to eat. Local vendors will prepare snacks and meals with fresh-from-Florida and Redland-raised ingredients.

This is the third GrowFest!, and attendance has increased each year. Sponsors are passionate about locally grown food

and want to share their knowledge and resources with the South Florida public. Their hope is that they will help locals engage in more meaningful farming and plant-growing, cooking, grocery shopping, and eating.

GrowFest! will be in full swing Oct 18 & 19 from 10am to 5pm at the Fruit & Spice Park. Attendance is \$10; for chil-



Selecting heirloom tomato seedlings

dren 12 and under, admission is free. Advance purchase tickets are \$8 and are available via the GrowFest! tab at BeeHeavenFarm.com, where you can find the schedule of events and other important information.

Photo Credit: M. Wertalka



Sarah L. Mason

is a freelance writer who teaches at Florida International University, where she is an M.F.A. candidate and the fiction editor at Gulf Stream literary magazine. She is from Maryland's Eastern Shore but now lives in Miami because of the palm trees. Sarah is currently working on a novel.

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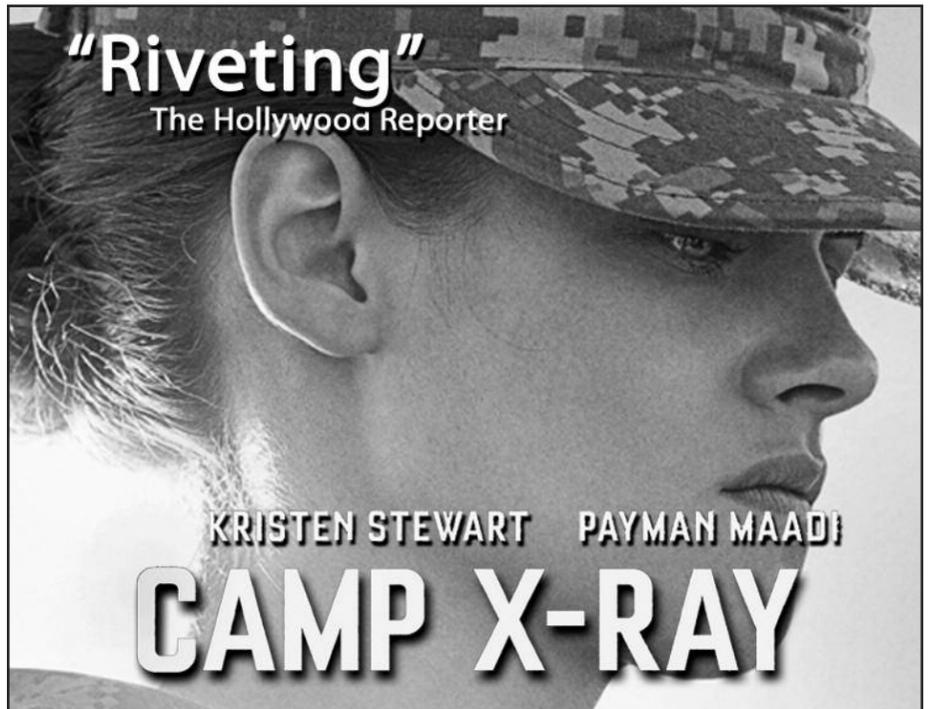
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On Friday 10/24 there will be a special Red Carpet Premiere with the film's director, Peter Sattler, in attendance. The screening is at 8:00 pm with a reception at 7:00 pm with drinks from Bacardi and a variety of food.



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Women Philanthropists To Be Honored At Mujeres Giving Back Luncheon

PHILANTHROPISTS, from page 1



Sasha learning how to grow organic vegetables through the Mustard Seed program, a collaboration between Agape and Soroptomist in Homestead funded by The Women's Fund



Photos courtesy of The Women's Fund

The Young Professionals Group crossfit event raises funds for The Women's Fund



Vicki Burns, Phd talks to The Women's Fund Junior Board on 'The sexualization of women'



The Women's Fund hosts women from Kyrgyzstan; Executive Director, Marilyn March, center.

Kristy Nuñez and Isabel Díaz (Joven Giving Back); Ileana Ros-Lehtinen and Jocelyn Cortez-Young (Mujer Giving Back Talent); Lourdes Castillo de la Peña and María Figueroa Byrd (Mujer Giving Back Time); Marile Lopez and Liliam Lopez (Mujer Giving Back Treasure); and Lilliam Machado and Roymi Membiela (Mujer Giving Back Time, Talent and Treasure).

Ana Martinez, Director of Philanthropy and Creative Strategies, coined the idea behind Mujeres Giving Back. Miami-Dade's population is 65% Hispanic, which represents a powerful economic force with an impressive philanthropic potential. "More and more we are seeing the philanthropic power of Hispanics within our own constituents. An event recognizing that Hispanics do give back in our own community and that mujeres play an important part of the economic growth and philanthropic framework of Miami-Dade County is something worth celebrating", said Executive Director Marilyn Fizer March.

Founded by Marilyn Gladstone in 1993, The Women's Fund Miami-Dade has a twofold mission: to raise money to grant to other organizations and to advocate for women and girls in four focus areas: Economic Security, Access to Healthcare, Freedom from Violence and Leadership. In the past 21 years, it has provided funding of over \$3.1 million dollars to more than 400 programs that support women and girls.

"Many of these programs received their initial seed funding to start their projects from us and now are sustainable organizations", said Fizer.

Fizer, who grew up in Miami during the 1960's, considers that the status of women and girls here has grown in many ways. "In the past, I could not be a flight attendant because I was married and was asked to leave my job when I was pregnant", she pointed out. However, she stressed the fact that there is much room for improvement, especially in areas such as salary equality, options for healthcare and the reduction in domestic violence. "I feel the inequality for women is still an issue, and many women are the sole support of their children working two or three jobs", she said.

The Women's Fund Miami-Dade engages donors by hosting four major fundraisers: Power of the Purse (its signature event), Raise the Bar, Mujeres Giving Back and Women's Voices Breakfast. The latter promotes partners' involvement by offering a free meal (reservation required) at their office the third Wednesday of each month. Also, the Fund offers opportunities for young professionals, as well as for helping with grants selection, volunteering, and becoming a board member, to name a few. "Everyone has something to give: time, talent and/or financial support. We believe, together we can make a difference in the lives of women and girls in Miami", Fizer concluded.

Mujeres Giving Back is a priceless opportunity to reach an important audience. The event is aiming to raise \$70K through corporate partnerships, advertising on the program book, and the sale of tables and individual tickets (for a cost of \$1500 and \$150, respectively). The Women's Fund invites Miami-Dade community leaders, corporate executives, elected officials, celebrities and professionals with a passion for philanthropy to attend this luncheon. The 250 guests can also expect a silent auction, live music and an inspiring and empowering program. For more information, please call 305.441.0506 or visit www.womensfundmiami.org.

Some of the sponsors to date are BB&T, Miami Herald, Hogan Lovells, South Florida Luxury Guide, Elevate Consult LLC, Passion XO, ALO Diamonds and *I'm Not Your Boring Newspaper* (I NY BN), committed to our community and proudly supporting this initiative.



Tatiana Fiandaca

Born and raised in Venezuela, Tatiana Fiandaca holds a degree in Mass Communications and an MBA. As a freelance Public Relations and Corporate Communications consultant, she combines her advisory efforts with writing.

5 LUPUS MYTHS: BUSTED

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- 2 **Lupus is contagious**
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- 3 **Lupus only affects adult women**
It is a fact that lupus is more common in women than in men. But children, teenagers and men can also have lupus.
- 4 **Women with lupus cannot have children**
Women with lupus can have children. There are, however, higher risks that should be discussed with your doctor before planning a pregnancy to ensure the best possible outcome.
- 5 **If you get lupus, you will probably die from it.**
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Miami -Flavorish Market, a new lifestyle and specialty foods store, brings a breath of fresh air to the historic Upper Eastside, located in the Belle Meade Plaza at 7283 Biscayne Boulevard, Miami, Florida 33138.

Jennifer Frehling, owner of the celebrated unique gift store Frangipani in Wynwood, and partner Alain Guillen's original intention was to build a business together to serve those who enjoy entertaining, because they love entertaining. Their partnership has blossomed into an eclectic market with an easy modern industrial decor, featuring home goods and gifts, a carefully curated independent wine collection, fresh Zak the Baker sandwiches, a wide variety of fresh cheeses, Marcona almonds, daily fresh squeezed orange juice, cured meats from Olympic Provisions, packaged goods like pastas and specialty rubs and oils, music-inspired ice cream from Roc Kat, fresh olives, and daily fresh homemade prepared food by former Fratelli Lyon chef/owner Ken Lyons like eggplant torta, chicken kebobs, meatloaf, quinoa salad, and beef lasagna.

"We love food and we love to eat," said Frehling. "We wanted a fun neighborhood spot for people who also love food and entertaining. It was really lacking in the neighborhood. Flavorish is a place we'd hang out in."

Not only does Flavorish offer a diverse degree of products to provide the ultimate wining, dining, and entertaining experience, but Frehling and Guillen also provide an on-site sommelier, Jenna Robinson, to handle wine pairings and take notes on customer orders for future purchases. Free delivery is available for residents north of the Design District and south of Miami Shores for a minimum order. In the spirit of entertaining, Flavorish will also host monthly wine, beer, and ice cream tastings.

Visit Flavorish Market – maybe even grab freshly made drip coffee and a homemade pastry for a light breakfast – and experience what has been missing on the Upper East Side! For more information visit www.flavorishmarket.com.

10th Annual Jazz In The Gardens Music Festival Announces Dates: March 20 - 22, 2015



MIAMI GARDENS, FL – The City of Miami Gardens is proud to announce dates for the 10th Annual Jazz in the Gardens music festival at Sun Life Stadium. The two-day multi-genre show will happen on March 21 and 22, 2015. The weekend will get started with the 2nd Annual Friday Night Pre-Party.

The 9th Annual Jazz in the Gardens (2014) broke attendance records with more than 68,000 tickets sold for the weekend music and food festival. Fans from all across the nation and abroad enjoyed performances from LL Cool J, Jamie Foxx, Maze featuring Frankie Beverly, Trey Songz, Kelly Rowland, Mint Condition, Anthony Hamilton, Stanley Clarke, Rachelle Farrell and Boney James. The festival was hosted by D.L. Hughley.

"Less than 2,000 people attended the first edition of Jazz in the Gardens and I was one of them. Ten years later we are preparing for our best Jazz in the Gardens ever. Our AEG Live production team is shaping a Jazz in the Gardens lineup for the ages and believe me, this show is going to be legendary. This will be special, we're very excited and March can't come fast enough," said City of Miami Gardens, Mayor Oliver Gilbert.

For more information about 2015's 10th anniversary edition of Jazz in the Gardens, visit www.jazzinthegardens.com and www.facebook.com/jazzinthegardens.

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2

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3

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Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4

SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5

SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6

* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR) Vital Signs: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 10, 2012 / 41(05):92–98.

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The Stage Miami: Local Live Entertainment With A Cabaret Twist



View of the patio



Entrance view of The Stage



View from the stage

By: Tatiana Fiandaca

tfiandaca@INYBN.com

In the midst of Miami's creative neighborhood -the Design District- and amongst a myriad of innovative architecture, art, fashion and dining spots, you can find The Stage: a motley corner that mixes a diverse cornu-



A night of live music @ The Stage - Photos courtesy of The Stage Miami

copia of talent -from live music to art and film- with the coziness of your hip, local coffee house, resulting in a velvety blend akin to a proverbial cocktail.

The idea occurred to founder Carlos García -music and arts events producer for 15 years and former radio host, named personality of the year by Miami New Times in 2010- during one of his Sound Theory live radio shows, when he realized "Miami had a need for a live music venue". The onset led him to develop a concept that "brings about a mix of New Orleans and New York", where he drew his inspiration. The end result, The Stage, is "really one of the coolest places to hang out in town", remarks the entrepreneur.

The venue is reminiscent of the Louisiana's capital, with its hints of Creole cabaret swirled in an urban look-and-feel. The high ceilings and comfortable seating are inviting, and the walls display the art of some of South Florida's top talent. The establishment offers bottle service, three full bars and a food truck on site, providing the vital elements to enjoy its organic fusion, whether on a live music show or an impro night.

Depending on the caliber of the musicians and acts, a cover charge is sometimes imposed, with the purpose of counteracting the costs associated with showcasing top notch entertainment. An enhanced audiovisual experience is guaranteed with unobstructed views of the stage, both from the interior space and the outdoor courtyard. The area also provides convenient and sufficient parking, contributing to an overall pleasant experience.

García affirms that The Stage has become a local cultural icon over the years, owing to that unique marriage of "the basic elements of artistic expression: song, cinema, literature and theatre, celebrating art and culture". He explains that their business model's primary mission

and focus model continues to be supporting the city's talent by booking local acts, as well as national and semi-national talent. García also underscores that the management and staff strive for excellence, in their "commitment to providing a carefully designed listening and visual experience for all valued patrons", which has been key to their success.

The Stage presents a wide variety of music shows, from hip-hop to soul, funk and rock, as well as Comedy Theater and improvisation- which are frequently part of the programming. The venue also holds regular events such as The Imperial, "an open mic night infused with live music custom made for the creative spirit and underground aficionados". Held every Tuesday at 10 pm., this upgraded version of the legendary Stone Groove back at the old Vagabond serves as a training ground for young artists- poets, singers, lyricists, and musicians- looking for self-expression.

The grateful audience has been able to take pleasure in some unexpected surprises in the past. "We did an opera show a couple years ago which was amazing", recalls García. Regarding future plans and what is on the roster for the public, he observes "We love much of what Miami has to offer". When selecting the programming, García notes, they review hours and hours of requests to determine what is optimal. "Coming up are some local greats like Problem Kids, Suénalo and ArtOfficial. Also one of our favorites, Black Violins, is coming back" he adds.

Stay tuned with The Stage's programming by visiting www.thestagemiami.com. For more information or reservations, call (305) 576-9577 (business hours are from 5:30 to 9 pm). The Stage is located in the Miami Design District at 170 NE 38th St.. Be aware that cover charges may apply.

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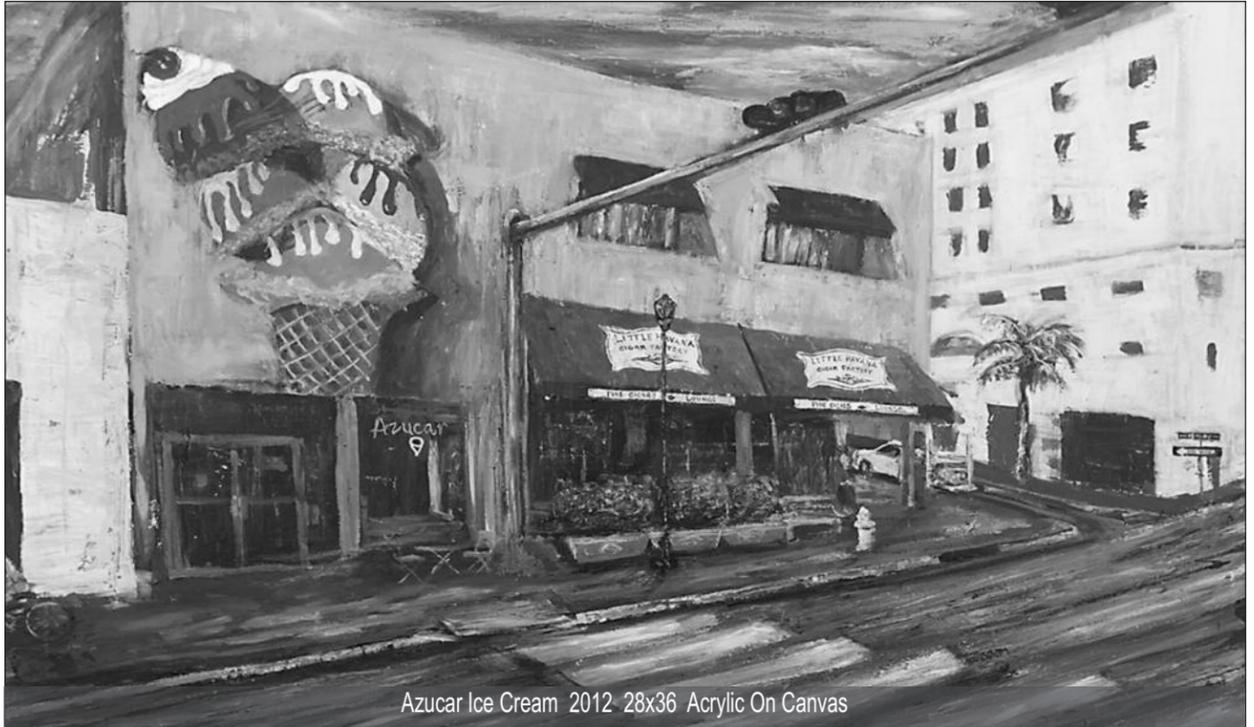
A Canadian in Little Havana

Kimberly "Kim" Hutchinson

Kim@INYBN.com

Growing up surrounded by a family of painters and musicians, Katey Penner appeared destined for a life in the arts. Today, she is known for her colorful paintings of jazz musicians. "I've painted a lot of portraits and enjoy capturing local landscapes like Little Havana," noted Penner. "But the work I am most known for is my jazz series. Jazz music motivates me. I tap my foot while I paint, sometimes tapping to the music of the artist I am painting." As an artist inspired by music and the environment, Penner lacks no shortage of stimuli at her studio in the heart of Little Havana.

Her jazz musicians, including a portrait of Count Basie considered a masterpiece, caught the attention of an investor who was a touring Little Havana and had swung by her studio. He was creating an art hotel in Kansas City, Missouri, and today Count Basie and other works by Penner are displayed in the Jazz Room of



Azucar Ice Cream 2012 28x36 Acrylic On Canvas

movement and bolder strokes of color," explained Penner. "Acrylics are water based so it dries fast. I can lay down a layer, and an hour later, I can lay another."

In addition to canvas, Penner has painted on

ting of a flower bouquet started by my grandmother over 40 years before."

Unknown facts: "I like carpentry and find I want to build things.

Artist Katey Penner and her works can be



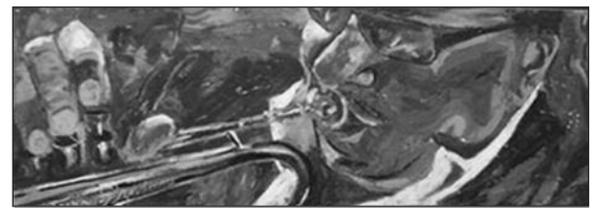
Celia Cruz 2011 36x60 Acrylic On Canvas



Muddy Waters 2013 48x60 Acrylic /Mixed Media



Coltrane 2013 24x36 Acrylic On Canvas



Sandoval 2014 8x36 Acrylic On Canvas

Photos Courtesy of Katey Penner Studio



Little Havana 2013 24x48 Acrylic On Canvas

the Oak Street Mansion Hotel as well as in a coffee table book that features hotel artists.

Born in Toronto, Canada, Penner's family moved to Miami when she was six years old but they only stayed for five years. At the age of 17, Penner had a chance to move back and seized it. "I fell in love with Miami," Penner said. She worked her way through Miami-Dade College to earn her AA degree and then graduated from FIU with a degree in Advertising.

Penner started her own little company and using PhotoShop, created business cards and flyers for the places where she was waitressing. "I did this for a while then wanted to get back into painting. I attended adult education art classes at the Miami Dade College InterAmerican campus where instructors had a huge influence on me. They taught me how to free up my style, to be open, and what I am doing now is really a result of those classes." She added: "My early work was realistic landscapes. Then, I took a portrait class and the instructor said to put down the paint brush and pick up the pallet knife... and I have not been able to put it down since."

"With the pallet knife, I am able to create

porch steps, wall murals and wood. In the gallery of her studio, one can see the towering 6.75 feet high by 3 feet wide dominos made from Styrofoam and one of three commissioned pieces for the owner of Azucar Ice Cream: a Cuban flag painted on plywood which will soon be covered with glass and serve as a desk. She has joined forces with other artists in the community to paint murals on the Goodwill building in Little Havana and the 40 differently designed, six-foot wide "Umbrellas of Little Havana" that colorfully lined the sidewalks between SW 15 & 17th Streets during Art Basel last year, creating quite a buzz.

When she is not painting, Penner loves cooking and working with different spices. She is highly active in many art festivals and enjoys helping local businesses with their creative needs.

On her bucket list: "Travel. I'd like to go to Puerto Rico. I'd also like to write a book about my experiences as an artist, paint a giant mural, create a huge sculpture, join in on a drum circle (at least once), and try kite boarding."

One of her personal treasures: "I finished a painting a few years ago that was handed down to me by my mother; it was an unfinished pain-

found at:

- Futurama 1637 located at 1637 SW 8th Street in Little Havana
www.penner-studio.com;
- 2nd Friday of each month at the Little Havana Art Walk
- Last Friday of each month, Viernes Culturales, (Cultural Fridays) www.viernesulturales.org
- NEW: The ArtCenter 2020, a new artist/gallery studio at 2020 Harrison Street in Hollywood, Florida. The gallery showcases many of her paintings, including a portrait of Albert Einstein created when she wanted a change of pace from her jazz series. "Einstein was really fun," observed Penner.



Kimberly Hutchinson

A fourth generation South Floridian, Kimberly Hutchinson is a graduate of the FIU School of Journalism and Mass Communications, and the Chapman Graduate School of Business. She is President of KTH Public Relations with over two decades of communications expertise.

Coral Gables Celebra la Hispanidad

By: Tatiana Fiandaca

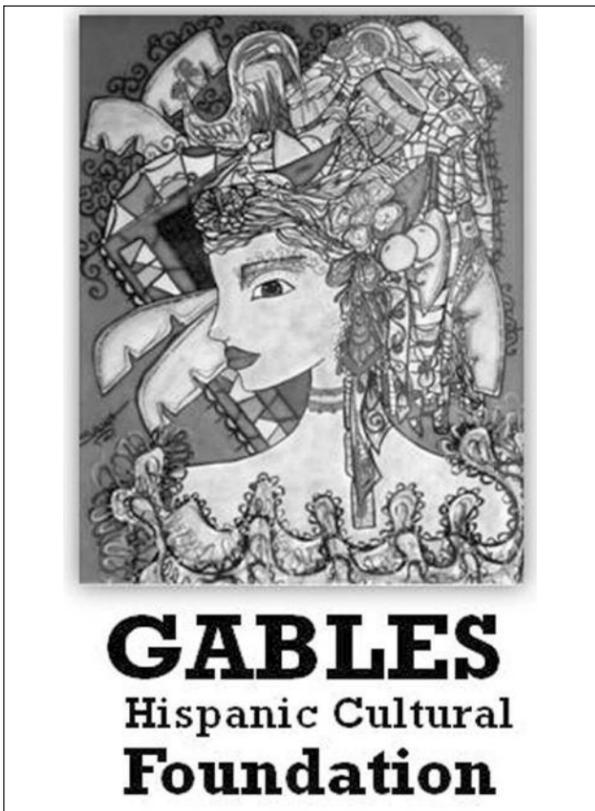
tffiandaca@INYBN.com

El 25 y 26 de octubre se celebrará la quinta edición del Festival Cultural Hispano de Coral Gables, un evento que convoca a representantes de la música y las artes plásticas con el objeto de celebrar nuestra herencia y tradiciones, así como de promover a nuestros artistas. Además, los visitantes podrán disfrutar de actividades para los más pequeños, artesanía, comida típica de nuestros países y mucho más.

“En esta oportunidad, vamos a presentar a una artista muy destacada: Aymee Naviola, quien se denomina la Sonera del Mundo y ha sido comparada con Celia Cruz. Ella ha sido nombrada la Reina de esta edición del Festival”, comentó Emilio Sauma, destacado artista plástico y presidente de la Fundación Cultural Hispana de Coral Gables. El mismo agregó que esperan recibir entre 13 y 15 mil asistentes este año.

Las actividades comenzarán desde temprano en la mañana del sábado, cuando la talentosa niña Tatiana dará apertura al evento con su interpretación del Himno Nacional. Luego, habrá entretenimientos para los niños como arte con globos y grupos infantiles de folklore. “Este año tenemos un grupo de música llanera venezolana. Ésta es una comunidad que está creciendo mucho en el sur de la Florida y el año que viene tenemos previsto darles una sorpresa especial con un gran talento de ese país que está en conversaciones para la próxima edición”, comentó Sauma.

La Fundación Cultural Hispana de Coral Gables es una entidad sin fines de lucro que, además de organizar este evento, adelanta otros programas y actividades educativos y caritativos, enfocados en el enriquecimiento cultural. Además de promover la herencia hispana y a



los artistas, su misión es producir materiales educativos para las escuelas y apoyar a otras fundaciones e iniciativas benéficas. La organización también se esfuerza por generar alianzas entre la comunidad artística y mercantil de Coral Gables, con el fin de atraer recursos e impulsar la actividad cultural y económica de la ciudad.

Sauma, quien es el fundador de esta iniciativa, comenta que fue la pintura lo que lo llevó a desarrollar la idea del Festival. “Para mi, al área de Coral Gables le faltaba algo, sobretodo porque ya a las noches de arte les había empezado a faltar movimiento. Por eso quise revivir el arte hispano en esta ciudad y poder exponer nuestra cultura para toda la Florida”, explicó. El artista se confesó contento de arribar a la quinta edición del Festival, y agregó que no ha sido fácil pues dependen de los fon-

dos que proveen los patrocinantes.

Recientemente, se celebró la primera edición del evento Fiesta On The Park, una iniciativa adicional de la Fundación para recaudar fondos para el Festival. “Nuestra intención, Dios mediante, es realizarlo mensualmente, lo cual está planteado comenzar a partir de noviembre. Eso nos va a ayudar mucho porque los costos para llevar cabo el Festival son bastante altos”, acotó Sauma, quien lamenta no recibir más apoyo de parte de la Ciudad de Coral Gables.

Sauma contó que el Festival empezó hace cinco años como una ventana para dar oportunidad a los artistas plásticos y músicos de exponer su talento de cara a la comunidad. “Abrimos la puerta para que vinieran artistas de todos los lugares, puesto que no es fácil promoverse en el mundo del arte y la música. Hoy por hoy, hemos podido darle continuidad a este proyecto y mejorar cada vez más, gracias al apoyo de los patrocinantes que han creído en nosotros y de la gente que nos apoya con su asistencia”, concluyó Sauma.

En cada edición, el Festival ha honrado la labor de un artista hispano. Cundo Bermúdez, Mario Carreño, Rafael Soriano y José María Mijares han sido reconocidos en las ediciones pasadas. Este año el homenajeado será el propio Sauma, tanto por su carrera artística como por impulsar a otros artistas a través del Festival. “El hecho de que me hayan incluido en ese grupo, junto a esos grandes artistas con una trayectoria inmensa, es para mi un honor. Me siento que he logrado casi todo”, aseguró el agasajado.

La cita es en Lejeune Road y Biltmore Way y la admisión es gratuita. Para más información, llamar al (305) 667-0577 o visitar www.gableshispanicfestival.com



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FAIRCHILD TROPICAL BOTANIC GARDEN

Chihuly Presents Most Comprehensive Garden Exhibition To Date Artist returns to Fairchild as part of Art at Fairchild 2014 – 2015

Coral Gables, FL- Fairchild Tropical Botanic Garden is pleased to announce that renowned American artist Dale Chihuly will return to unveil his most comprehensive garden exhibition to date in Miami as part of Art at Fairchild, the seasonal program that invites international artists to display their works throughout the 83-acre tropical oasis. The exhibition will be on view from December 6, 2014 – May 31, 2015.

Chihuly's magnificent works of art will be installed throughout many of the Garden exhibits, including the lush Rainforest, sprawling Palm Collection, picturesque Bailey Palm Glade Vista, and the new Wings of the

Tropics exhibit, where they will be surrounded by hundreds of colorful and exotic butterflies. Visitors can admire the luminous works of art reflecting off the surface of the palm-lined lakes, where art and nature will meld seamlessly together. Works will be nestled next to the broadleaf plants and shimmering orchids of the continental U.S.'s only outdoor Rainforest exhibit. They will stand tall alongside stately cycads and palms or lay low among vibrant bromeliads. Bright water lilies will float beside them in the Victoria Amazonica Pool, uniting art with the magnificent colors of the tropical landscape.

Chihuly previously exhibited work in the Garden during the 2005-2006 and 2006-2007 Art at Fairchild seasons. For his exhibition, the artist will debut new works of art that have never before been exhibited. Special art viewings will be held throughout the season, including night viewings and activities during Art Basel Miami Beach.

The opening of the Chihuly exhibition also coincides with the opening of the Adam R. Rose and Peter R. McQuillan Arts Center, a 3,000-square-foot facility that will enrich Miami's cultural renaissance with programs celebrating the fine arts. As they walk into the building, visitors will be met with botanical reliefs on the exterior walls that were created by Miami-based artist Naomi Fisher. During Art at Fairchild, it will be home to the Chihuly Gallery.

As part of Design at Fairchild, a design exhibition featuring 99 limited edition Fish Chairs by Indian designer Satyendra Pakhalé will also be on view. He part-



Dale Chihuly, Nijjima Floats, 2005, Fairchild Tropical Botanic Garden, Miami

nered with creative director Giulio Cappellini of the Italian design firm Cappellini, part of the Haworth Collection, to produce the designs. The Fish Chairs will be surrounded by more than 700 species of tropical flowering trees in the Arboretum. Pakhalé is represented by Cologne, Germany-based ammann//gallery, and his Fairchild exhibition will be curated by Cristina Grajales of New York's Cristina Grajales Gallery.

Chihuly is credited with revolutionizing the Studio Glass movement and elevating the perception of the glass medium from the realm of craft to fine art. He is renowned for his ambitious architectural installations

around the world, in historic cities, museums and gardens. Chihuly's work is included in more than 200 museum collections worldwide. Major exhibitions include Chihuly Over Venice (1995-96), Chihuly in the Light of Jerusalem (1999), Garden Cycle (2001-14), de Young Museum in San Francisco (2008), the Museum of Fine Arts, Boston (2011), the Virginia Museum of Fine Arts, Richmond (2012), and the Montreal Museum of Fine Arts (2013.) Chihuly Garden and Glass opened at Seattle Center in 2012.

Prices may vary for art-related events. General garden admission is \$25 for adults, \$18 for seniors 65 and up, \$12 for children 6-17, and free for Fairchild members and children 5 and under. Fairchild is located at 10901 Old Cutler Road, Coral Gables, FL 33156. For more info, call 305-667-1651 or visit www.fairchildgarden.org.

The 2014-2015 Art at Fairchild season is sponsored by CBS4.

About Art at Fairchild

Art at Fairchild is committed to the cultural enrichment of South Florida and supports Fairchild's conservation work, education outreach, and science programs. Fairchild has exhibited the works of Dale Chihuly, Claude and François-Xavier Lalanne, Roy Lichtenstein, Yayoi Kusama, Mark di Suvero, Fernando Botero, Yoko Ono, Kris Martin, and more. Art at Fairchild is generously supported by The John S. and James L. Knight Foundation, Dr. Lin Lougheed, and the Aaron I. Fleischman Foundation.



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Courtesy of Geno Marron, mixologist at Dune Oceanfront Burger Lounge



Photo Credit: Ritz-Carlton Key Biscayne

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The Coral Gables Museum is Going to the Dogs for Halloween on the Mile

Enjoy the 4th Annual Doggie Costume Contest on the Coral Gables Museum Plaza



CORAL GABLES, FL— The Coral Gables Museum, located at 285 Aragon Avenue, is hosting the 4th Annual Doggie Costume Contest in conjunction with Halloween on the Mile, Friday, October 31 at 5:30pm.

Dress up your pooch to win great prizes. Registration is only \$5 and all proceeds go to the Humane Society of Greater Miami. The Museum's panel of expert judges will award the prizes and there will also be a people's choice award. The contest, on the Museum Plaza at Salzedo Street and Giralda Avenue will feature beverages, music, candy and more.

"This is a tradition at the Museum started four years ago and we look forward to the contest every October, stated Museum Director, Christine Rupp. "We love that all proceeds from the contest benefit the Humane Society of Greater Miami. Everyone has so much fun for a great cause."

A howling good time is guaranteed. For registration forms, call 305-603-8067 or stop by the Museum front desk at 285 Aragon Avenue to register in person.

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The Patricia & Phillip Frost Art Museum

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 4pm-8pm

FREE and OPEN to the public

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 The Frost Art Museum receives ongoing support from the Steven and Dorothea Green Endowment; the State of Florida, Department of State, Division of Cultural Affairs and the Florida Council on Arts and Culture; the Miami-Dade County Department of Cultural Affairs, the Cultural Affairs Council, the Mayor and the Miami-Dade Board of County Commissioners; Agustin Venero and the Venero Family; The Miami Herald; and the Members & Friends of The Frost Art Museum.
 Wang Qingsong, Follow Me (detail), 2003. Chromogenic print, 47 1/4 x 118 1/4 inches, Courtesy of the Artist



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HISTORYMIAMI
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Monster Splash Daytime Splash & Nighttime Bash October 24, 25, 26 and 31st, 2014

MIAMI – Little ghosts and goblins get set for big fun at Miami’s biggest kid-friendly Halloween Extravaganza - Monster Splash Daytime Splash & Nighttime Bash returning for its 20th year on October 24 – 26 and 31st, 2014 from 2:00 p.m. – 10:00 p.m. A 50% discount on day or evening Monster Splash admission is available until October 22 at www.miamiseaquarium.com/monster-splash.

With more ghoulish treats and ghostly fun than ever before, this year’s event features trick-or-treating at Sharky’s Sweet Tooth Station; kiddie rides and bounce houses at the Little Monsters Play Area; the Monsters in the Mangrove Haunted Walk; Flipper’s Dance Party and the only place in Miami to enjoy Halloween themed marine animal shows. Monster Splash Daytime Splash & Nighttime Bash is a safe Halloween alternative for kids and their families.

“We love Halloween at Miami Seaquarium,” commented Andrew Hertz, General Manager at Miami Seaquarium. “We are happy to provide local families with a safe event to celebrate Halloween in South Florida for two decades.”

Halloween themed marine animal shows to give guests a fright during Monster Splash Daytime Splash & Nighttime Bash includes a daytime Superheroes Killer Whale Show, Flipper’s Thrills and Chills, Finding Nemo sea lion show along with the splashy fun of the Swashbuckling Pirate Top Deck dolphin Show.

Admission for the Daytime Splash is regular park admission which is \$42.99 and \$33.99 for children (ages 3-9).

Special admission price for the Nighttime Bash is only \$24.95 plus tax after 5:00 p.m. for adults, and \$19.95 plus tax for children (ages 3 to 12 years) after 5:00 p.m.

For more information on Miami Seaquarium, please call 305-361-5705 or visit www.miamiseaquarium.com.

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Santos Fine Art Gallery
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Villamil Art Studio

“My Old Lady”: Una Comedia Trágica que Mantiene a la Audiencia Entre Risas y Angustia

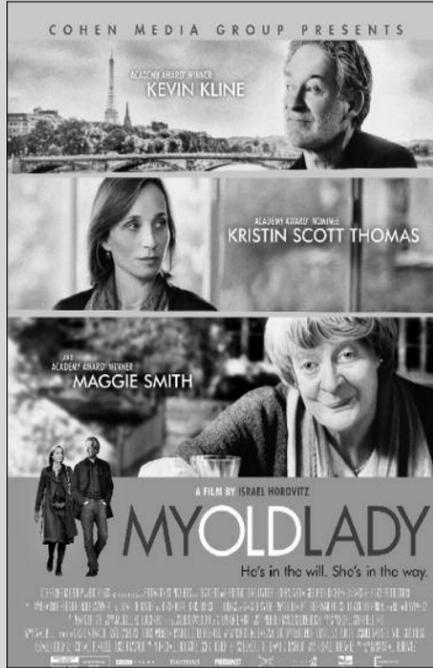
By: Daysi Calavia-Robertson
Daysi@INYBN.com

“My Old Lady” o “Mi Viejita” es la más reciente producción del dramaturgo Israel Horowitz.

A través de este filme, Horowitz de 75 años demuestra que aun en la tercera edad nuevas propuestas son posibles pues es la primera vez que actúa como director de cine.

La película es una adaptación de la obra de Horowitz que lleva el mismo nombre y aunque algunos críticos se preguntan porque habrá escogido esta obra entre todas las que ha escrito, la mayoría de ellos coinciden en que hizo un maravilloso trabajo al escoger al elenco.

La historia de “My Old Lady” es esta: Mathias Gold (Kevin Kline) es un neoyorquino en sus cincuentas que ha tenido mala suerte toda su vida, al morir su padre con el cual tenía una muy mala relación hereda un apartamento en París. Gold piensa que la vida le está comenzando a sonreír pero una vez ya en Francia descubre que no es así y que el apartamento tiene unos cuantos prob-



lemitas.

El mayor problema de la vivienda tiene nombre y apellido, pelo gris y hasta una hija! Es Mathilde Girard (Maggie Smith) una anciana de 92 años que reside en el apartamento. Resulta que el apartamento es un viager - un antiguo sistema inmo-



Kevin Kline as Mathias Gold and Maggie Smith as Mathilde Girard in MY OLD LADY.



Kristin Scott Thomas as Chloé Girard in MY OLD LADY.

biliario francés con reglas complejas relacionadas con su reventa.

Chloé (Kristin Scott Thomas), la hija de Girard, también vive en el apartamento de Gold y ninguna de las dos piensan en ceder su lugar allí y como si faltara más las leyes francesas dictan que Gold

debe de pagarle una mensualidad a Girard hasta que ella fallezca.

“¿Por Dios! Pero qué edad tiene usted?”, le pregunta Gold a Girard asombrado de la situación en la que su padre lo involucro “Pues ya me doy cuenta que lo que herede fue una deuda de \$2,400 Euros pero eso ya era de esperarse de parte de él”.

“Tengo noventa años”, contesta Girard a lo que su hija le grita ‘no mientas mamá tienes noventa y dos’.

Gold se atreve a buscar a la doctora de Girard para indagar sobre su salud pero es evidente que la señora tiene para rato.

Lo más divertido e interesante de “My Old Lady” son los dimes y diretes entre los tres personajes principales, Gold, Girard y Chloé.

Poco a poquito como una bola de hilo la relación entre los tres a la vez que un pasado que los une, se va desarrollando a lo largo de la película.

Escenas reveladoras y dolorosas entre Gold y Girard y Girard y Chloé acarrean la película de chiste en chiste. Hasta en los momentos más tristes del filme Gold se ríe de su propia miseria y de sí mismo.

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Kevin Kline as Mathias Gold in MY OLD LADY.

La actuación de Kline en el filme es espléndida algo que no es sorprendente, tomando en cuenta que el actor es ganador de un Oscar y de un sin número de premios de la industria cinematográfica.

Al igual que Kline, Maggie Smith cuenta con un Oscar y es además considerada una de las mejores actrices en Hollywood. Smith ha ganado premios por su trabajo en el teatro, el cine y la televisión.

En “My Old Lady” hace de viejita difícil pero son sus gestos y actitud que le brindan un toque cómico a su personaje.

El papel de Chloé realizado por Kristin Scott Thomas fue el que le dio una pizca de romance a la película. Similarmenete que a sus compañeros del rodaje Scott Thomas ha sido galardonada en más de una ocasión y fue nominada al Oscar en 1997.

“Eres Bella” le dice Gold a Chloé en una escena en la cual ella le responde “No, estoy casi vieja”.

“La flor más perfecta también está casi vieja.” La dinámica entre Kline y Scott Thomas en la pantalla es creíble y funciona para darle vida a dos personajes que han sufrido mucho y que aunque por solo unos minutos se permiten ser vulnerables uno en frente del otro.

“My Old Lady” está siendo proyectada en el Tower Theater de la Pequeña Habana 1508 S.W. 8th Street Miami, Florida 33135. Los boletos cuestan entre \$8 y \$10. Para los horarios de las películas y más información visite www.towertheatermiami.com.

Photos courtesy of Cohen Media Group



Daysi Calavia-Robertson

Born in Miami, Daysi has a BA in Mass Communications from Florida International University. Her articles have appeared in *The Miami Herald*, *El Nuevo Herald*, *The Sun-Sentinel* and *The South Florida Times*. No matter what the medium, Daysi believes in the power of storytelling.

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Segundo Festival Internacional de Cine Infantil de Miami, una ventana cultural para los más chicos

CULTURA, from page 1

festival está Minuscule: la Vallée des Fourmis Perdues, (Minuscule: El valle de las hormigas perdidas), filme francés que abre el festival. Esta película combina escenarios naturales con personajes de animación; insectos de grandes ojos son protagonistas en una comedia que cuenta la lucha entre dos colonias de hormigas por el control de una caja de azúcar abandonada entre las sobras de un picnic. Luego, una valiente mariquita es protagonista en la solución del conflicto. O Menino e o Mundo (El niño y el mundo) es un animado brasilero que cuenta la tierna historia de Cuca, un niño que se va de su casa del campo y se encamina a la gran ciudad en busca de su padre. El filme utiliza vivos colores y técnicas que van desde el mosaico hasta la acuarela para mostrar el mundo a través de los cándidos ojos de Cuca y apuntar los contrastes entre el campo y la ciudad, la pobreza y la riqueza, lo artesanal y lo motorizado, pero sobre todo, para dejar un mensaje de amor en el corazón del espectador. Una banda de música de samba y de hip hop anima musicalmente este filme. Selkirk, el verdadero Robinson Crusoe, se desarrolla en Londres, en 1690, época de piratas y tesoros, y narra las peripecias de Selkirk, un pirata egoísta que a base de apuestas gana los ahorros de sus compañeros y su capitán y termina aban-

donado por estos en una isla desierta. Este animado que hace su estreno en los Estados Unidos en el festival, será presentado por su director, Walter Tournier, de Uruguay, quien además ofrecerá un conversatorio con la audiencia presente en el estreno. La tarde del viernes, se presentará una serie de 12 cortometrajes animados para niños desde los tres años: entre ellos La tía Hilda, de Francia; Copo de nieve, de Rusia; La adorable letra L, de Estados Unidos; La nueva especie, de Checoslovaquia y películas de Canadá, Alemania, Taiwán, Latvia y España, entre otros. El Museo de Coral Gables se une a la celebración del segundo Festival Internacional de Cine Infantil de Miami, abriendo sus puertas para ofrecer un Taller de Animación para niños entre 6 y 12 años. Además de las actividades relacionadas al cine, el evento incluye una feria para niños con varios tipos de entretenimiento y música. Que no se diga que no hay actividades de calidad cultural para los niños en Miami. El Festival Internacional de Cine Infantil de Miami ofrece una gran oportunidad para enriquecer culturalmente a los chicos y disfrutar un rato agradable y divertido. No se queden en casa. El Coral Gables Art Cinema esta en el 260 Aragon Avenue, Coral Gables, FL 33134. Vea el programa completo en Internet, yendo a gablesescinema.org o llame al 786.385.9689. Los esperamos.



Nocturna (Victor Maldonado, Dir. Q&A)



Slekirk, The Real Robinson Crusoe (WalterTournier, Dir. Q&A)



Bot and the World



Nocturnal
Fotos cortesía de Gables Art Cinema



Marilyn Romero
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Consejos para reducir los químicos en el hogar

Por Saida Santana
Saida@INYBN.com

Miguel Ángel Cisneros-Abreu, fundador de A-CAM Institute, nos ofrece una interesante guía acerca de cómo evitar los químicos en el hogar que pueden estar provocando enfermedad. Hace ya 30 años que Cisneros-Abreu investiga las propiedades antiinflamatorias y antibacterianas de los aceites esenciales de plantas, y cómo ciertos olores pueden repercutir positiva o negativamente en nuestra salud.

“Cuando comenzamos nuestros estudios vimos que la química del ambiente, tal y como ya recoge la agencia EPA (Agencia de Protección Ambiental de Estados Unidos), puede causar malestar. Hace diez años no existían apenas casos de perros y gatos con tumores y cáncer. En cambio ahora sí”, explica Cisneros-Abreu. “Vivimos en ambientes cerrados. Tenemos la mala costumbre de no abrir las ventanas, y no ponemos atención a eso. La química en el hogar puede producir desde dolor de cabeza a estrés u otras dolencias”.

Por eso Cisneros-Abreu realiza una serie de preguntas al paciente cuyas respuestas pueden ser reveladoras: “¿su perro o gato ha tenido tumores?, ¿cuándo usted se va de su casa por unos días, tiene los mismos síntomas o, por el contrario, desaparecen? Tanto las mascotas como nosotros estamos sometidos a una alta concentración de química con un efecto nocivo para la salud. Tal y como lo asegura la EPA, se está dando en nuestra so-

bles es fibra de cristal que viene de la ventana del aire acondicionado. Esas mismas fibras se depositan en la persona que duerme, absorbiéndolo por la noche. Muchas enfermedades como asma, alergia, dolor de cabeza, lupus, o fibromialgia, están directamente relacionadas con la química del ambiente de la casa. Estudios recientes de la Cruz Roja argumentan que los bebés nacen ya con 287 químicos del ambiente a través de la madre. Esta información es

cristal salgan. Al terminar el proceso el lugar va a oler diferente. Probablemente las personas que tenían insomnio ya no lo tengan porque cualquier problema con el que te levantas es fruto de lo que respiraste durante la noche. Este proceso se debe repetir cada mes”.

Además, como solución para evitar la fibra de cristal, Cisneros-Abreu nos invita a poner un filtro fino dentro de la ventana del aire acondicionado que impide que ese polvo caiga en la noche sobre nosotros cau-

crisales, por una mezcla de agua y 30 gotas de aceite esencial de naranja. Para limpiar el baño, en vez de usar los habituales polvos agresivos, introduciremos en una botella de spray: bicarbonato sódico y vinagre que, al unirse, forman unas burbujitas que generan una acción ácida natural capaz de limpiar cualquier superficie. También podemos hacer insecticidas naturales con aceites esenciales. La idea es convertir una casa enferma en una casa sana como primer paso hacia nuestra salud integral”.

Los aceites esenciales deben ser, tal y como nos alerta Cisneros-Abreu al 100%, que son aquellos que al dejar destapados no se evaporan y que al contacto con la piel penetran sin dejar rastro de grasa. En su centro y a través de su web se pueden obtener.

Estos aceites esenciales fueron los que se usaron para paliar las grandes plagas del mundo, antes de la existencia de medicina moderna. Volver a lo natural puede ser un paso hacia la recuperación de nuestra salud.

INFORMACIÓN ÚTIL

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<http://a-caminstitute.com/>

12201 SW 129th Corte,
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Miguel A. Cisneros-Abreu

Fotos cortesía de Miguel A. Cisneros-Abreu



ciudad el “síndrome de la casa enferma”. “En cambio, cuando las personas abren todas las ventanas de la casa y la airean, al reducir la concentración de química, habitualmente desaparece el dolor de cabeza, la alergia o el asma”, argumenta Cisneros-Abreu.

“Ese polvito que vemos sobre los mue-

muy útil para que la gente tome conciencia y lo solucione de un modo sencillo”. Para paliar esta situación Cisneros-Abreu nos propone “abrir las ventanas de la casa durante media hora a la vez que tenemos el aire acondicionado puesto durante diez minutos. Con esto logramos que la química del hogar y las fibras de

sando un daño acumulativo. Para reducir la química del ambiente también podemos sustituir los habituales productos de limpieza por otros más naturales, enseñanza que imparte Cisneros-Abreu en A-CAM Institute. “En nuestra sede enseñamos por ejemplo, a sustituir el amoníaco que limpia el espejo o los

Saida Santana es doctora por la URJC, máster en Artes Escénicas, life y executive coach, licenciada en Periodismo. Combina el periodismo televisivo, con publicaciones en distintas revistas, escritura de guiones, la conducción de programas y su trabajo de actriz.

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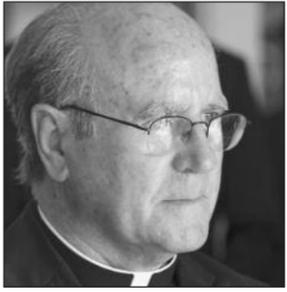
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NO SOLO DE PAN

DE LA NEGACION A LA ACEPTACION



Por: Padre Jose L. Hernando

La pérdida de un ser querido, el diagnóstico de una enfermedad terminal, el rompimiento de una larga relación en el noviazgo, en el matrimonio, en la amistad, o el ser víctima de un desastre natural con pérdidas de cosas materiales... Todo esto supone un proceso de duelo y recuperación. Esto puede durar un año, tres años o muchos más. Les quiero hablar hoy de las cinco etapas, ya clásicas, por las que hay que pasar para procesar el duelo, el dolor, y la reacción ante una pérdida afectiva o material.

1-NEGACION. Este es el primer paso, cuando no podemos entender ni aceptar lo que ha pasado. Automáticamente surge la reacción: "No puede ser". "El diagnóstico del médico puede que esté equivocado". "Jamás pasó por mi mente que ella iba a morir antes que yo". Hay quienes en su negación actúan con-

tra todo razonamiento. Esperan que el esposo o la esposa regresen cualquier día después del divorcio. Incluso se puede vivir pensando que el ser querido, que ha muerto, nos espera al llegar a casa o al entrar en el dormitorio vamos a escuchar su voz.

2-IRA. La pérdida provoca un malestar de ira que se apodera de uno. Estamos siempre de mal genio y buscamos a alguien a quien echarle la culpa, casi siempre comenzando por Dios y en la mayoría de las veces nos culpamos a nosotros mismos. También podemos culpar a un amigo o pariente.

3-NEGOCIACION. Hacemos tratos para recuperar lo perdido. Dejaré de fumar, para superar este cáncer terminal. Comenzaré a ir a la Iglesia, para que Dios me cure. Cuando un matrimonio termina en divorcio, alguno dice: "Si vuelves conmigo, te juro que cambiaré".

4-DEPRESION. Cuando los tres pasos anteriores no se van superando: cuando se cansa uno de negar, culpar o negociar; cuando se pierde toda esperanza de recuperar lo perdido, nos puede invadir la tristeza, se puede caer en la depresión, al darse uno cuenta de que nada puede cambiar la situación. Esta etapa es difícil y peligrosa.

En muchos casos se necesita ayuda



profesional para evitar que la depresión se convierta en una enfermedad crónica.

5-ACEPTACION. Esta es la etapa más importante para vivir en paz nuevamente. Se reconoce la pérdida y uno tiene claro que el abatimiento no puede dirigir nuestra vida. Tiene un control de si mismo. Gradualmente va disminuyendo la intensidad del sufrimiento. Pero no todos logran llegar a esta etapa. Hay personas que no superan su ira, su depresión o su negación y reflejan este malestar en todo lo que hacen y dicen. Viven amargados y amargan a todos los demás.

Por ser humanos, somos vulnerables. Estamos expuestos a toda clase de pérdidas, traumas y sufrimientos. No vivamos lamentando el pasado. Vivamos con gratitud el momento presente y miremos con esperanza hacia el futuro. Solo así podremos aceptar la realidad de cada día, poniéndonos en las manos de Dios, al mismo tiempo que aceptamos en todo su voluntad.

El Padre José L. Hernando es un sacerdote de la Arquidiócesis de Miami. Durante 20 años fue Párroco de la Iglesia Católica de St. Agnes en Key Biscayne.

Commenoz Gallery

The current exhibition at Commenoz Gallery, which opened on October 9th, features the artworks of Joaquin Gonzalez, from Cuba, and Dominique Rousserie from France.

What unites these two artists, from different backgrounds and cultures is that at different times in their lives they have explored The Amazonia. Gonzalez has traveled many times to the Amazonian region of Peru and Rousserie to Brazil.

The Paintings from both artists are Mixed Media on canvas, with exuberant colors and language. In the case of Gonzalez with his use of yellows and reds, one can almost feel the heat of this region. Rousserie shows us the language of the caves, with primitive drawings of everyday objects and plants. "At the very crossroads of botany and ethnology, lie Dominique Rousserie ' works. His canvasses are like illustrated plates of a universal encyclopedia of magic plants. But it seems more of a questioning than celebrating, as if, through tirelessly exploring the almost always fascinating morphology of these plants, he was expecting it to unveil the mysteries of their workings. Making no pretence of being able to paint the sublime visions their intake can generate, he paints these plants in their simple and sacred bareness."

The exhibition will continue until November 10th.

Contact Information:
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Fotos Courtesy of Commenoz Gallery

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With works by

Joaquin Gonzalez
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Opening Reception
Thursday October 9th, 2014
6:00 to 9:00 pm

Exhibition will continue through November 10th
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Bonfire of the Vanities

www.condecontemporary.com

Miami, FL- Conde Contemporary, located at 1007 SW 8th St, is proud to present, "Bonfire of the Vanities", featuring the work of Aurora Molina and Ernesto Capdevila, opening on Friday, October 17th at 7:00pm.

"Bonfire of the Vanities" references the Florentine bonfire of February 7, 1497. Followers of Dominican priest Girolamo Savonarola burned allegedly vain and sinful objects by the thousands. Subject to destruction were books, fine dresses, cosmetics, mirrors, paintings, sculpture, and secular music.

The exhibition questions the nature of vanity and frivolity, their source, and ultimate influence on society.

Molina's work addresses the negative and strangely positive impact vanity has on culture.

"The modern cult of appearance and superficiality actually serves the common good. Tocqueville feared that mass culture would create passive citizens incapable of political reasoning, Lipovetsky argues that today's mass-produced fashion offers many choices, which in turn enable consumers to become complex individuals within a consolidated, democratically educated society. Superficiality fosters tolerance among different groups within a society, claims Lipovetsky. To analyze fashion's role in smoothing over social conflict, he abandons class analysis in favor of an inquiry into the symbolism of everyday life and the creation of ephemeral desire", says Aurora Molina.

Capdevila's work delves into the subconscious mind, questioning the "turning away" from the oft unpleasant matters of substance and subsequent embrace of the vain and frivolous.

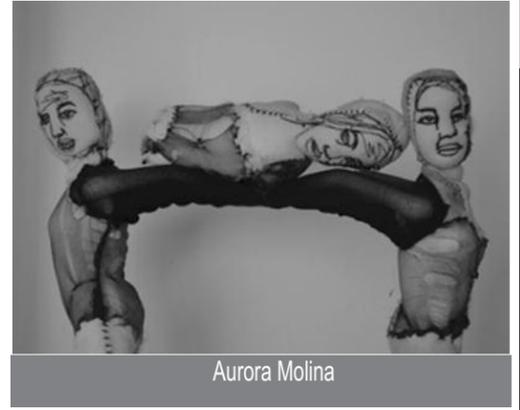
He explains, "The cult of instincts, passions and iniquity are amplified infinitely as the individual ceases to be, and recognizes a false reality; unconsciously led back to the time when he felt safe living in hordes betting on magic as a response to their fears.

The dictionary defines frivolous as light, fickle and unsubstantial, but our time may give way to a more complex connotation. Frivolity is to have a table of inequality or inverted values, where form matters more than content, appearance more than essence."

The exhibition "Bonfire of the Vanities" runs through Wednesday, November 12th.



Ernesto Capdevila



Aurora Molina



Aurora Molina



Ernesto Capdevila

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Friday, Oct. 17:

2nd Annual Miami Children's International Film Festival

Kids Mix @ 4:00 pm; Minuscule @ 6:30 pm (reception) & 7:30 pm (screening)
\$11.50 and under; opening night prices are \$20 and under at Coral Gables Art Cinema, 260 Aragon Avenue; info@gablesfilmfestival.com or 786.385.9689

A Midsummer Night's Dream by William Shakespeare

An FSU/ASOLO Conservatory For Actor Training Production
Main stage; \$15 all tickets
8 PM @ South Miami-Dade Cultural Arts Center, 10950 SW 211 St., Cutler Bay smdcac.org; 786.573.5300

Rhythms of Gypsy Jazz: A Night on the Orient Express

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Travel through countries in elegant style, atmosphere, food, and drink
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Meet at 6:45 PM @ bus entrance of KB Community Center
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Saturday, Oct. 18:

2014 Susan G. Komen Miami/Ft. Lauderdale Race For The Cure

@ Bayfront Park, Downtown Miami
305.383.7116; www.komenmiamiatl.org

Stars At The Park's "Noches Tropicales"

Free gala concert featuring American Grammy winner Marlow Rosado and La Riquena Band
8 PM @ Tropical Park, 7900 SW 40th St., Miami 305.271.0812

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Schumann Symphony No. 1, "Spring" and Brahms Piano Concerto No. 2
8 PM @ Arsht Center's Knight Concert Hall, 1300 Biscayne Blvd, Miami
305.949.6722; tickets@arshtcenter.org

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8 PM @ Hard Rock Live, 1 Seminole Way, Hollywood
\$69 / \$89; 954.797.5531

Sunday, Oct. 19:

Keyboard Arts Series: Liszt Festival

The annual Liszt Festival is dedicated to advancing knowledge about the great Hungarian pianist and composer.
FIU faculty members Kemal Gekic; and José López join the FIU Symphony Orchestra for Chopin's Second Piano Concerto in F minor, Op.21
4 PM @ Herbert and Nicole Wertheim Performing Arts Center, 10910 SW 17th Street, Miami
\$5-\$15; (305) 348-1998

Redland GrowFest
10 AM- 5 PM @ Fruit & Spice Park, 24801 S.W. 187th Avenue, Miami; 305-247-5727

Monday, Oct. 20:

Industry Mondays
Happy Hour at 4 PM @ Vinos in the Grove, 3409 Main Highway
Industry friends get 35% off the check every Monday!

Tuesday, Oct. 21:

Classical Guitar Favorites- Aranjuez and Andaluz

An intimate guitar and orchestra concert featuring Joaquín Rodrigo's Fantasia para un gentilhombre with guitarist Rafael Padrón; Concierto de Aranjuez showcasing Rene Izquierdo; and Concierto Andaluz, Isaac Bustos, soloist.
8 PM @ UM Maurice Gusman Concert Hall, 1314 Miller Drive, Room 110
\$35/\$25/\$20; 305-284-2241

Wednesday, Oct. 22:

Patti Austin Sings Ella Fitzgerald- With Frost Studio Jazz Band

8 PM @ UM Maurice Gusman Concert Hall, 1314 Miller Drive, Room 110
\$50/\$40/\$30; 305-284-2241

Peter and the Starcatcher

Winner of five Tony Awards, Peter and the Starcatcher is the innovative and imaginative play with music based on the best-selling novel by Miami native Dave Barry and Ridley Pearson
8 PM @ Arsht Center's Carnival Studio Theater, 1300 Biscayne Blvd, Miami
305.949.6722; tickets@arshtcenter.org

Advanced Literary Workshop (in Spanish)

Reading, analysis and ongoing training of narrative techniques for the writing of short

stories, taught by writer and editor Pedro Medina León
6:15 PM @ Koubek Center, 2705 SW 3rd Street, Miami
\$15/class; 305-237- 7750

Thursday, Oct. 23:

Humano Screening

This inspirational film tracks the journey of Alan, a twenty-five year old man who journeys through the Andes with an Andean priest to unravel the true meaning of existence.
7 PM @ Gables Art Cinema, 260 Aragon Avenue, Coral Gables; 786.472.2249
\$11.50/ticket

Los Lonely Boys

The Texan trio of brothers blends elements of blues, Tex-Mex, rock and Chicano music to create their own signature sound.
8 PM @ Broward Center for the Performing Arts, 201 SW Fifth Avenue, Fort Lauderdale
\$35.00 - \$45.00. browardcenter.org; 954.522.5334

Divine Wine Tasting (20+ wines)

6-9 PM @ Global Liquors, 2947 Coral Way, Miami
Complimentary

Friday, Oct. 24:

XV Yearbook Baquiana Literary Magazine

7:00 pm at CCEMiami, 1490 Biscayne Boulevard, Miami
Baquiana Literary Magazine will present its printed version of the publication at the CCEMiami.
With over fifteen years of existence, the magazine has been distinguished as one of the most emblematic Spanish magazines in the southeastern U.S..
Cocktail courtesy of Rum Barceló
Free admission;
305 448 9677

Viernes Culturales/Cultural Fridays

Enjoy music and discover works by local artists and artisans and behold contemporary and historic artworks at many fine art galleries along Calle Ocho
7-11 PM @ SW 8th St., Miami
305.643.5500 info@viernesculturales.org

Zombie Crawl & Movie (Casper) on the Green

5:30 PM @ Village Green Fountain
305.365.8900

Beethoven: Music and Liberation

Following the performance, enjoy a complimentary cocktail reception
7:30 PM @ New World Center, 500 17th Street, Miami Beach
nws.edu; 305-673-3331

Saturday, Oct. 25:

5th Annual Gables Hispanic Cultural Festival

11 AM- 11 PM @ Biltmore Way & LeJeune Road
Free admission. gableshispanicfestival.com; 305.667.0577

Dino-Light

"Unique and visually dazzling, Dino-Light has been praised for its cutting-edge blend of puppetry, technology and dance..."
Main Stage; \$10 all tickets
11 AM @ South Miami-Dade Cultural Arts Center, 10950 SW 211 St., Cutler Bay smdcac.org; 786.573.5300

Sunday, Oct. 26:

Enrique Iglesias and Pitbull

7:30 PM @ AmericanAirlines Arena, tickemaster.com; 800.745.3000

Community Center's 10th Anniversary Celebration

BBQ, swimming, performances, children's activities, fitness classes and more
Noon- 6 PM @ KB Community Center, 10 Village Green Way

Monday, Oct. 27:

Margarita Carrillo Arronte- Mexico: The Cookbook

The first truly comprehensive bible of authentic Mexican home cooking, written by a living culinary legend, Mexico: The Cookbook features an unprecedented 700 recipes from across the entire country, showcasing the rich diversity and flavors of Mexican cuisine.
6:30 PM @ Books & Books, 265 Aragon Ave., Coral Gables

Tuesday, Oct. 28:

Letra Urbano Encuentros

Patria, migración y después... Es un libro que invita a la reflexión sobre los aspectos psicológicos que conlleva la migración.
8 PM @ Books & Books, 265 Aragon Ave., Coral Gables

Festival Miami- Jazz Guitar Summit

A gathering of amazing jazz guitarists in a not-to-be-missed evening of guitar reverie and revelry.
Featuring recording artists John Hart, Diego Figueiredo, and the cutting-edge New West Guitar Group
8 PM @ Gusman Concert Hall, 1314 Miller Drive, Coral Gables
305-284-4940

Kids' Home Newspaper

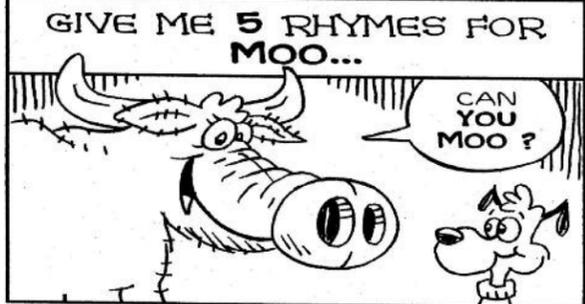
Games, rhymes and riddles for children and their parents, too!

10-13-14

By J.R. Rose-Creators Syndicate

DRAW IT!

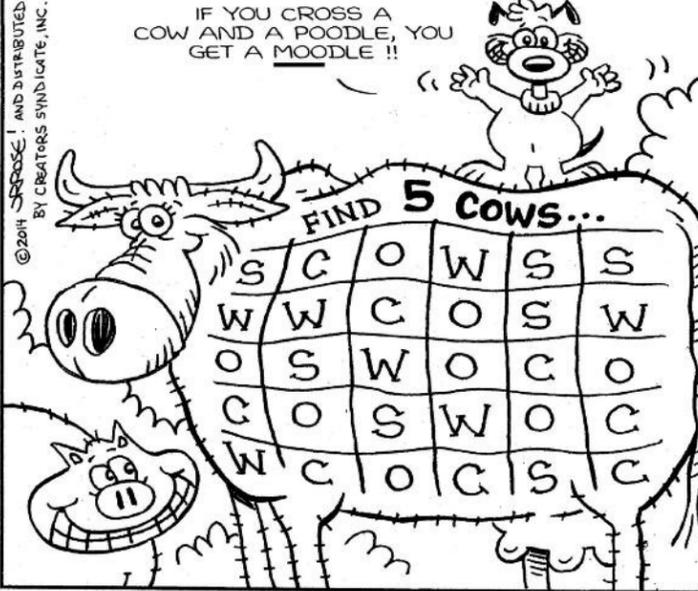
DRAW HORNS ON THIS COW...



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HOW DOES A COW SAY THANK YOU IN SPANISH ?



TAKING PICTURES CAN BE FUN ! THIS PHOTO IS MY FAVORITE ONE ! I LOST MY CAMERA. CAN YOU SEE JUST HOW MANY ARE HERE WITH ME?!



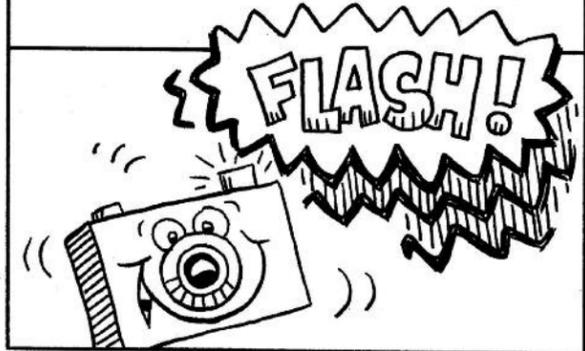
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DRAW IT!

DRAW YOURSELF IN THE PHOTO...



GIVE ME 5 RHYMES FOR



HOLD THIS UP TO A MIRROR TO SEE WHY THE MAN TOOK A PICTURE OF HIS FOOT...



WHAT GETS TAKEN BEFORE YOU RECEIVE IT ?



SUDOKU PUZZLE

	4	8	6		1			3
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9	6	8	5	4	2	7	3	1
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OUT ON THE TOWN

Charles Schwab's Merrick Way location celebrates Hispanic Heritage month with "Reminiscence...Vivid Memories of My Homeland", an exhibit featuring paintings by artist Marcy Grosso



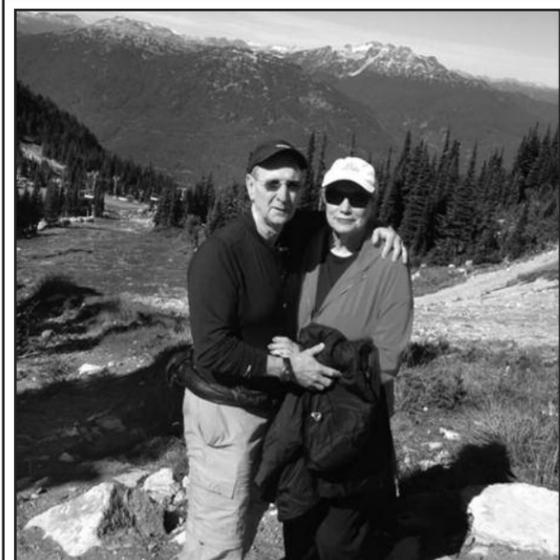
Photo Credit: Daisy Calavia-Lopez



Pickleball (sponsored by ASK) at the Key Biscayne Community Center. Pictured (l to r): Tana Henderson & Pat Kelly.



Champagne and Popcorn tasting (and Veuve Clicquot & Moet and Chandon Champagne Specialist Tara) at Vinos in the Grove- Photo Credit: Vinos in the Grove



Hal Sawelson and Grammy nominee Sylvia Bennett on top of Canada's Whistler Mountain

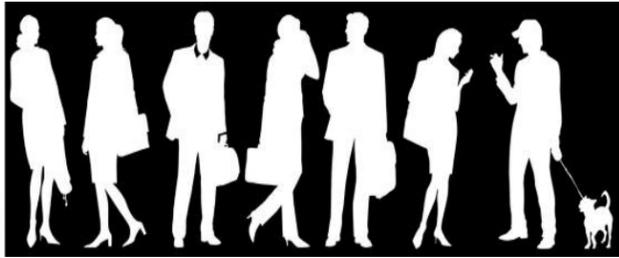


Grammy nominee Sylvia Bennett and Hal Sawelson at Green Lake in Whistler, Canada



Allene and Marcelo Correa of Lauderdale at Argentinian steakhouse The Knife

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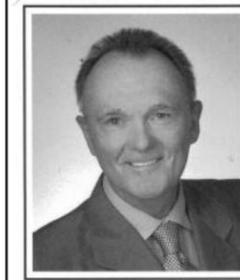


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STAR ENCOUNTERS- BI-WEEKLY EDITION

October 15, 2014 to October 28, 2014 *Happy Birthday, Libra!*

ARIES MAR 20 - APR 20

Early this week, you will still be enjoying a Grand Trine in Fire! You will be busy but maintain optimistic momentum. Be process, rather than task oriented now. Many calls, texts and e-mails, both personal and professional are seen! Save everything! On the weekend, you spend precious time with a loved one. As the work week opens, criticism looms large!! Listen well!

Early next week, others easily confide in you and relationships deepen. You are funny and philosophical! On the weekend, you choose to spend some time alone or go off the beaten path. Nature is such an inspiration to you. As the work week opens, others give you the third degree and want to know where you disappeared to! Keep them guessing!

TAURUS APR 20 - MAY 21

Early this week, you are in good company and the spirit of cooperation is enhanced. There is much sharing about romance and travel. On the weekend, you will want to be involved in group activities but there is difficulty in agreeing on the details. Prepare to get lost if you travel out of your area. As the work week opens, it is difficult to concentrate. Focus!

Early next week, your ability to arbitrate and be very observant is enhanced. Others respect your approach to difficult situations. On the weekend, choose to spend time with your closest friends and burn the midnight oil! Time flies! As the work week opens, your energy is high and you accomplish much. You are deeply creative and insightful! Got to love it!

GEMINI MAY 21 - JUN 21

Early this week, it is easy to put yourself on "automatic". Your subconscious helps you to perform tasks with ease and flow. Nevertheless, double check your work. On the weekend, you want to do something different. You do not want to go to the same old restaurant or theater. Exploring is best! As the work week opens, you feel a bit bored. Breathe!

Early next week, meetings go remarkably well but many items are tabled. Bright ideas will be long remembered. Take notes! On the weekend, you desire to inspire and be inspired. Choose friends with vision and attend a concert or live theatrical performance. As the work week opens, there is much to share with friends and co-workers. Smile!

CANCER JUN 21 - JUL 22

Early this week, your intuition is keen and you help to put out more than one fire in your workplace. Others appreciate your insight and give you a pat on the back. Nice! On the weekend, you extend yourself to one in need and the results prove quite rewarding. There is still time for fun and frolic. As the work week opens, a strong teamwork effort is seen. Group hug!

Early next week, the spirit of cooperation is still in place and meetings go well. The core of the team is strengthening now. Imagination and inspiration take a quantum leap! On the weekend, you are ready for some nightlife and passion. Seek your joy! Prepare to park and walk in a crowd! As the work week opens, you are filled with high energy and determination!

LEO JUL 22 - AUG 22

Early this week, it is blissful to blend work and pleasure. Good moods abound and a sense of humor is all about. The natural flow of the energy is stimulating. On the weekend, you are the center of attention! Everyone seems to want to talk to you at the same moment. Bask in the glow! As the work week opens, you are appreciating each challenge! Go with the flow!

Early next week, strong feelings of nostalgia surface. You choose to seek out those who have helped you to manifest your dreams. A reunion works its way into your schedule for the weekend, and you are overjoyed! Passion deepens now in all you say and do. As the work week opens, a sense of inner peace and strength accompanies you as you go your merry way!

VIRGO AUG 23 - SEP 22

Early this week, it is difficult to get much accomplished. Minor obstacles put you in delay and you feel frustrated. Do something creative rather than chores that go against your flow of energy. On the weekend, you simply want to relax with some good friends. An outing to the beach or a barbecue is best! As the work week opens, you are overwhelmed! Pace yourself!

Early next week, it will seem imperative to plan a reunion. Everyone is on the same page and you have some great ideas. On the weekend, you firm up these plans and are gleaming in anticipation. Only inclement weather can throw off the timing. As the work week opens, you are buzzing with good news. Camaraderie quotient is high! Enjoy!

LIBRA SEP 23 - OCT 22

Early this week, it is all about romance and loving relationships! You are at peace and your life feels quite in order. You will be planning an excursion for the weekend and can hardly wait! On the

weekend, there is much laughter and good cheer! Perhaps you are celebrating your Solar Return! Enjoy every minute! As the work week opens, you are full of smiles!

Early next week, you are very busy trying to complete projects. This is a challenge! Pace yourself. The weekend holds promise of passion and fulfillment. There is a beautiful blending of activity, intimacy and relaxation! Yes! As the work week opens, you are relaxed and those around you seem to have had a great weekend as well! Share the joy!

SCORPIO OCT 23 - NOV 21

Early this week, you are busy and diversified in your activities. Everything is in good order and you are pleased with your progress. The weekend starts early as, even on Friday, social opportunities arise! You will spend time with loved ones but also make an important career contact! As the work week opens, you are relaxed and in a fabulous mood! Create!

Early next week, a couple approaches you regarding a business opportunity. Do some research before you extend time, energy or intention. A decision to contribute is best next week. On the weekend, you are compelled to spend time by the water! You happen upon some good friends and have a ball! As the work week opens, you feel solid! Pounce!

SAGITTARIUS NOV 22 - DEC 20

Early this week, you are full of inspiration and have high aspirations for the future. Opportunity knocks and doors are opening up for you! You have a radiant presence! On the weekend, you are celebrating and romance looms large! You happily share your progress. As the work week opens, you have a bounce in your step and a song in your heart. There is so much to do! Go!

Early next week, the responsibilities that are coming your way, need to be carefully reviewed. You are well organized and create a remarkable plan. On the weekend, others may have concerns that you are working too hard but you are embracing a labor of love. Ignore them! As the work week opens, it all pays off in feelings of success! Keep glowing!

CAPRICORN DEC 21 - JAN 19

Early this week, you receive wonderful news about a family member's health and well-being! A difficult time is coming to an end and you have been so supportive. Your cautious optimism has seen them through! On the weekend, you decide to celebrate! You truly can relax and dine with a few friends. You chill out! As the work week opens, you feel

light as a feather!

Early next week, you will be looking into your financial picture and reviewing options for investment. You want to work smarter not harder in the years ahead. Take your time. On the weekend, you meet with family and get some new ideas on how to grow your resources. You also have a great time! As the work week opens, you are pensive and delve into more research.

AQUARIUS JAN 20 - FEB 19

Early this week, you are surrounded by bores and crybabies! It is best not to overreact but to inwardly stimulate patience. You do have back-up from a selected few. On the weekend, you are invited to a house party! You bring a delightful surprise and kick off the party in grand style! As the work week opens, you are both optimistic and sociable. Life is good!

Early next week, your popularity grows. Your patience and innovative ability to deal with staff has won you loyalty. Nice shift! On the weekend, your own words to a loved one come back to haunt you. Have a sliver of humble pie! Now, you understand. As the work week opens, there are plans for expansion on the table. Much hard work lies ahead. Step up!

PISCES FEB 19 - MAR 19

Early this week, you are filled with imagination and inspiration. You may feel as if you have stepped back in time and a youthful exuberance simply takes over! Big dreams are seen! On the weekend, you share your creations with one other but then disappear into your art. As the work week opens, your mind is far away. You prefer to be in your creative flow. Wait!

Early next week, your psychic abilities are magnified. Your powers of concentration are excellent and you move into a more productive stream on all levels. On the weekend, you connect with others that share your spiritual essence and feel deeply satisfied. Embrace those who are inspired as it fuels your fire! As the work week opens, others share your joy! Nice!



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