



INYB newspaper

LOCAL FLAVOR WITH AND INTERNATIONAL FLAIR

VOL 2 - No. 39

BILINGUAL NEWSPAPER SERVING KEY BISCAIYNE, CORAL GABLES, COCONUT GROVE AND DOWNTOWN MIAMI

JUNE 24 - JULY 8, 2015



FAIRCHILD CELEBRATES
THE MANGOS OF JAMAICA
AT 23RD INTERNATIONAL MANGO FESTIVAL

SEE P.14



Barcelona:
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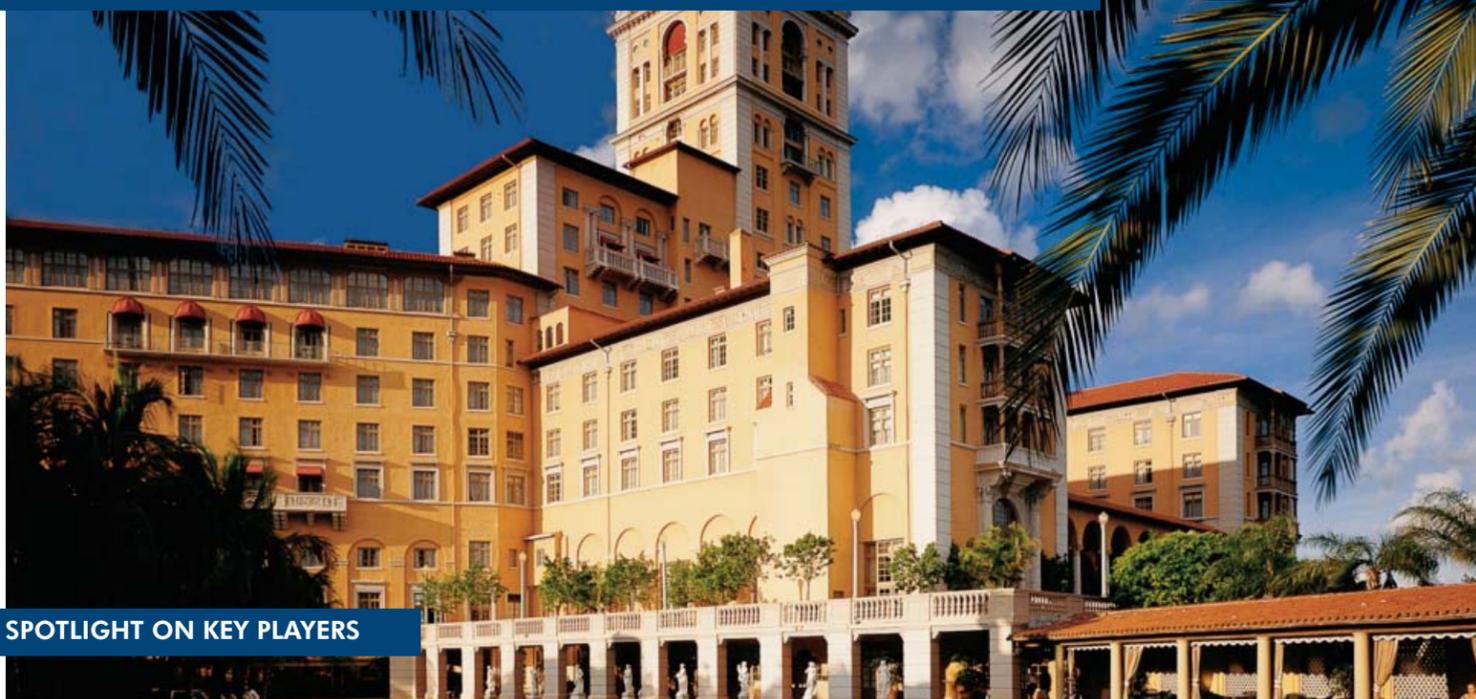
SEE P.8



PRIZE OF THE WEEK

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2 Passes to Fairchild's Mango Festival,
2 Tickets to Miami Lyric Opera's "Rigoletto",
2 Passes to Gables Art Cinema's Spanish Drama "Loreak"
& 2 Passes to the Tower Theater's Drama "Manglehorn" !!!

TURBULENT HISTORY AT ONE OF MIAMI'S GRANDEST HOTELS



SPOTLIGHT ON KEY PLAYERS

BY: KIM HUTCHINSON | KIM@INYBN.COM

Photo Credits: The Biltmore Hotel

By historical annals, Miami and its surrounding communities are considered young compared to other cities

throughout the US and the world, and yet in their youthful state boast a rich colorful history of their own. The City of Miami

Beach recently celebrated its 100th birthday, Joe's Stone Crab Restaurant is 101, and the City of Coral Gables along with the majes-

tic Biltmore Hotel are both 90 years of age. There are only a

SEE BILTMORE | P.4



BUSINESS HUB

UVAGGIO: THE WINE BAR WITH A EUROPEAN CAFÉ FLAIR IN THE GABLES

BY: TATIANA FIANDACA | TFIANDACA@GMAIL.COM

SEE UVAGGIO | P.12

GLOBE-TROTTING

PHILADELPHIA FREEDOM: A TRAVEL STORY



BY: SARAH L. MASON
SARAH@INYBN.COM

Once again, July 4th is upon us. As more American flags begin to fly, marking the beginning of summer, the stars and stripes compelled me to learn more about our nation's independence. What better place is there to learn than the "Cradle of Liberty," Philadelphia, Pennsylvania?

As famous Philadelphian, Benjamin Franklin, once said: "Tell me and I forget. Teach

SEE PHILADELPHIA | P.6



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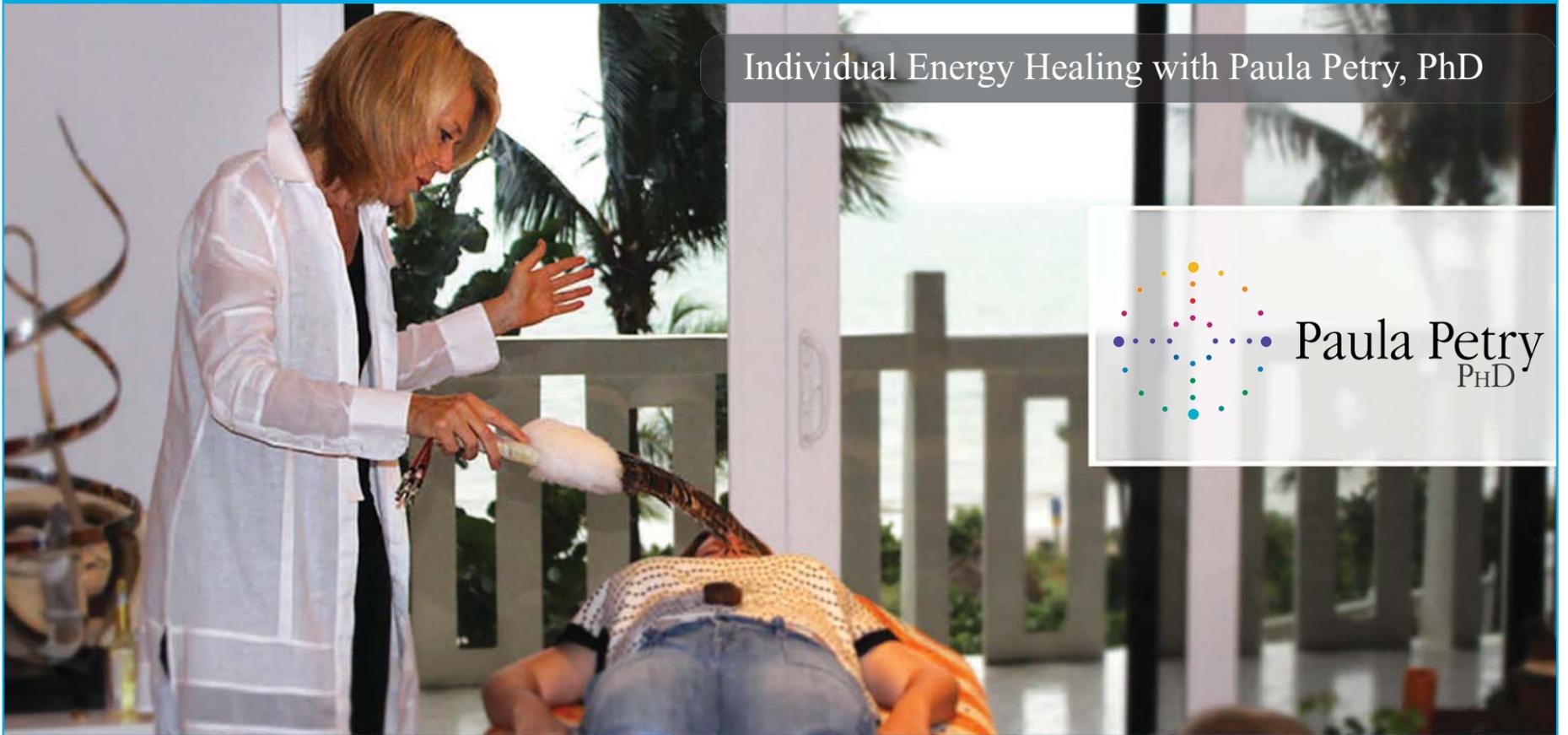
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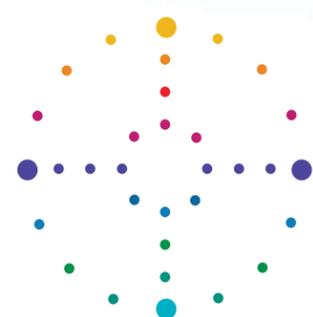
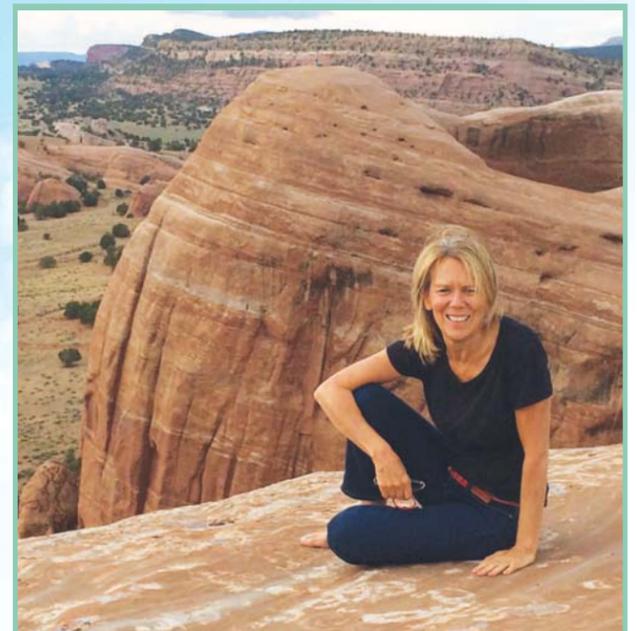
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William P. Fisher, Ph.D.



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NEWS SCOOPS FROM AROUND THE WORLD



Health and Medicine

Compounding existing concerns that high consumption of fructose (commonly added to sodas, sweet beverages, and ready-made meals as well as found in table sugar known as sucrose) could trigger hypertension and dyslipidaemia as well as contribute to obesity is a new finding by Swiss researchers that it can also lead to an enlarged heart and cardiac arrest. As reported in *Science Daily*, the annual per capita intake of high fructose syrup in the U.S. jumped from 230 grams to more than 28 kilograms between 1970 and 1997.

The brains of individuals whose response to others' feelings is emotional in nature exhibit physical differences to those whose response is more rational, concludes a research study conducted at Monash University's School of Psychological Sciences and published in the journal *NeuroImage*. Voxel-based morphometry (VBM) was used to determine how much grey matter density played a role in predicting the participants' (176 in total) scores on tests measuring their levels of cognitive and affective empathy. Those whose grey matter was more dense in the insula- area in the middle of the brain scored higher for emotional empathy, while those with a higher density in the midcingulate cortex had higher scores for cognitive empathy.

Among the questions raised by the study is the possibility of boosting certain types of empathy via training and the prospect of losing one's capacity to empathize if not utilized sufficiently. Lead researcher Robert Eres told *Science Daily* that in the future, his team would like to "investigate causation by testing whether training people on empathy related tasks can lead to changes in these brain structures and investigate if damage to these brain structures, as a result of a stroke for example, can lead to empathy impairments."

Travel & Tourism

In an effort to grow its brands and attract more customers, Starwood Hotels & Resorts is introducing numerous tech-based amenities for its select-service line-namely, Aloft, Element and Four Points by Sheraton. As reported by *Travel Weekly*, these include: Apple TV video-streaming;



a robotic butler; a touchscreen virtual cookbook on the hotel kitchen's wall; the option of regulating coffee brewing, lighting, and room temperature from a smartphone; "virtual-reality bike rides" while exercising on a stationary bike; a Keyless feature enabling guests to use their smartphones to check in and open their hotel room door; "digital smart mirrors" broadcasting news and weather reports; "dual-streamed TVs" providing patrons the option of watching several programs simultaneously with a wireless headphone; tiles that light up when walking between the bedroom and bathroom. Through its "Sheraton 2020" initiative, Starwood will inject \$100 million in marketing and introduce an upscale line of hotels appropriately named Sheraton Grand.

Technology

The Cuban government recently met with representatives from Twitter to discuss expansion of the latter's network in the island nation. *PC Magazine* reported that while Cuba might be "decades away from building anything resembling a modern high-bandwidth smart-mobile landscape that most people in the U.S. use to access Twitter", an SMS-based platform is conceivable for now. Since 2013, the regime set up "navigation halls" offering residents hyper-regulated access to the internet. In view of the fact that the average monthly salary in Communist Cuba is \$20, the \$4.50 hourly fee to access the internet is exorbitant. According to website traffic estimator Alexa, the leading websites surfed by Cubans are Google.com.cu, Google.com, Facebook, Yahoo, YouTube, Cubadebate.cu,

Wikipedia, Blogspot, Wordpress, and Granma, with Twitter figuring only at 26.



Fashion

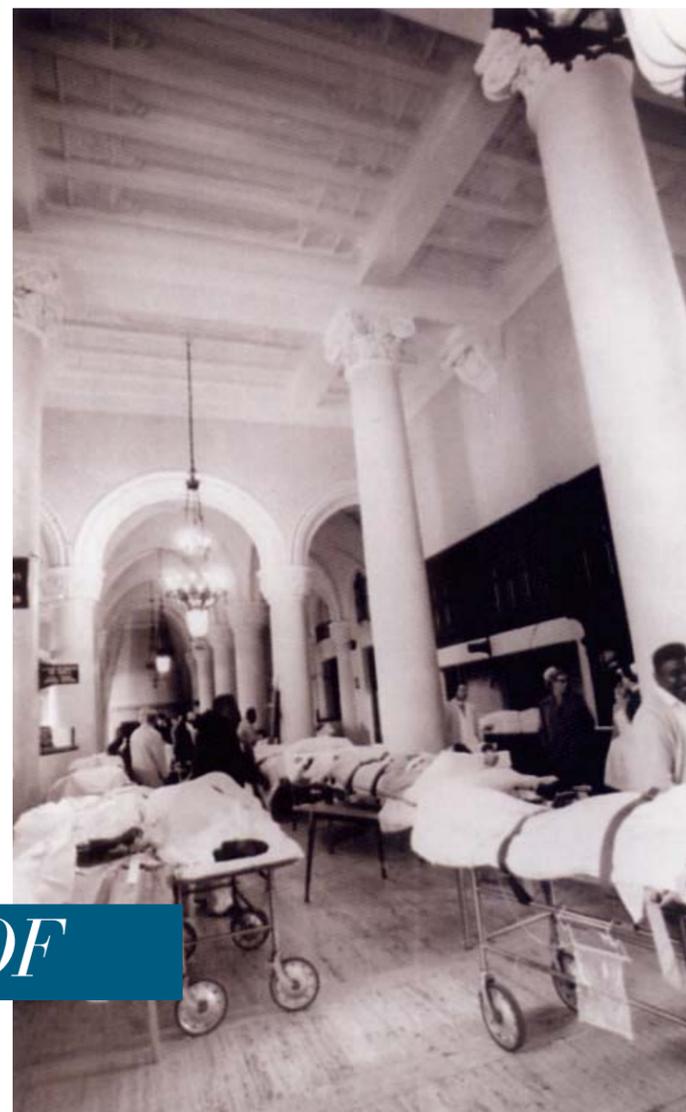
By January 2016, Gap will close 175 or a quarter of its stores in North America. A victim of persisting, dwindling sales (with its label, Old Navy, being the exception), the apparel retailer plans to continue operating 300 outlet stores and 500 specialty stores in the market. Lower-cost chic brands such as H&M have succeeded in luring shoppers away from the Gap, which expects a loss of up to \$160 million- attributed to inventory write-offs, lease buyouts, and costs flowing from significantly reducing its workforce. Its cuts are also expected to produce an annual savings of approximately \$25 million, reports *The Canberra Times*. It is anticipated that beginning next year, customers will witness improvements and see new styles.



SPOTLIGHT ON KEY PLAYERS



Photo Credits: The Biltmore Hotel



TURBULENT HISTORY AT ONE OF MIAMI'S GRANDEST HOTELS

BILTMORE | CONTINUED FROM P.1

handful of buildings in our area that some would dub iconic, majestic, classic, and elegant. The Biltmore Hotel is such a property with a legacy that not many can match.

Over the years, The Biltmore Hotel (originally known as the Miami-Biltmore) on Anastasia Avenue served to pamper the privileged, house and care for the wounded, and slipped into obscurity only to rise once again to become the beacon George Merrick and John McEntee Bowman envisioned.

In the 1920's, South Florida was undeveloped and pristine with dreamy tropical breezes blowing from coast to coast. "It was a paradise," recalls Ruth Jacobs, one of the trustees for the Dade Heritage Trust that provides guided tours of The Biltmore Hotel. When Merrick met Bowman, he had the land, and Bowman had access money and personal knowledge of the hospitality industry as the President of the Bowman-Biltmore Hotel Corporation, with luxury properties in Baltimore, Atlanta, and Havana, Cuba. "This property was built as a part of a chain and was a great spot between their existing Atlanta and Havana properties," explained Jacobs. Its construction would be a \$10 million Mediterranean design to include a 400-room hotel, country club, championship golf course, polo fields, tennis courts, an immense 150' x 225' swimming pool, and the iconic Giralda Bell Tower modeled after Spain's late 12th cen-

tury Giralda Tower.

Merrick and Bowman broke ground in November 1924 and debuted The Biltmore in January 1926. "The Biltmore was built to look like a castle, and once inside, you were treated like royalty," pointed out Jacobs. "High speed trains at the time were promoted as Miami-Biltmore Specials and ran from the Northeast to here in 36 hours and 23 minutes."

It was a grand time at The Biltmore, where the famous and infamous near and far came to play in the Florida sunshine: the Duke and Duchess of Windsor; Hollywood celebrities Ginger Rogers, Judy Garland, and Bing Crosby; the notorious Al Capone. Johnny Weissmuller, the original Tarzan was a swim instructor at The Biltmore pool and broke world records during his tenure. There were weekly shows of fashion, synchronized swimming, and alligator wrestling. The Biltmore also housed a high rolling casino on the 13th floor.

When World War II broke out from 1942-1947, the regal hotel was transformed into a military hospital. Breathtaking one-of-a-kind light fixtures and pieces of furniture once costing over \$1million were left curbside; beautiful windows were sealed with concrete; imported travertine floors were covered by linoleum, and the exterior of the building was painted government issued battleship grey. Even during these difficult times, The Biltmore remained a site for many high profile visitors such as First Lady

Eleanor Roosevelt and celebrities who came as a part of USO tours to entertain the troupes: Betty Grable, Jimmy Cagney, Lucille Ball, Jack Benny, Bob Hope, and many more.

After the war between 1947 and 1968 The Biltmore became a Veterans Hospital. On a recent tour, one of the participants informed all that her grandfather had told her "he would swim in the pool of The Biltmore when it was a VA Hospital as a part of his daily physical therapy." During this time in 1952, the University of Miami's School of Medicine - Florida's first medical school- was established at The Biltmore.

The property was vacated in 1968 when the VA Hospital moved out to become a part of the Jackson Memorial Hospital complex, and The Biltmore was made available for various events. Coral Gables High held their proms here, and even a film director heard of the empty space and rented the entire building to shoot a movie for \$250.

The City of Coral Gables and the federal government both agreed that this property



of architectural wonder rich in US history needed to be protected. In 1973, Julie Nixon Eisenhower, daughter of then President Richard Nixon, handed the keys to The Biltmore and its surrounding properties to the City of Coral Gables when the National Historic Monuments Act protected it.

The City of Coral Gables began a renovation program that would span four years at what was projected to cost \$40 million and ended up at \$62 million. The first 27 hotel guests checked in Christmas Eve 1986, and the grand reopening gala was held on Jan. 16, 1987 to benefit the Dade Heritage Trust,

SEE BILTMORE | P.5



National Association of Professional Women

THE POWER TO BE YOU

DOWNTOWN MIA & SOUTH FLORIDA HEARTBEAT

CONTEMPORARY DANCE COMPANY BRINGS HOPE TO LOCAL COMMUNITY AND LOCAL DANCERS

BY: EDYNA GARCIA
EDYNA@INYBN.COM

Tribal drumbeats took over the studio as the agile dancers rehearsed a contemporary piece titled *Kayala*, inspired by the Brazilian folktale *How Night Came to Be*.

Augusto Soledade, artistic director of Augusto Soledade Brazzdance Company, sat in the front of the studio, a notepad in hand and a glint of excitement in his eyes, as he watched his dancers perform the innovative piece with utmost precision.

The choreography stood out amongst today's modern dance as it fuses African and Brazilian elements with ballet, modern and contemporary dance.

"I try to incorporate everything that I can because I feel that this is a way to produce what I consider to be contemporary dance work," said Soledade.

He works closely with his team to create unique choreography, steering away from dance formulas and formal training. Soledade opts for improvisational exercises that he believes generate movements and material that are created in accordance with the topic they are exploring.

"This process lets me create the most honest and the most coherent work that I can, as opposed to just doing movements that I already know. As an artist, I think it's important to not fall in that trap," he explains.

His dancers create many of the movements seen in his choreography; others are of his own making. He pieces them all together until the final product represents the idea that he originally had in mind.

In addition to fusing various cultures, the Augusto Soledade Brazzdance Company is a recipient of the 2012 Knight Arts Challenge Award in support of their Miami Dance Mecca Project. Soledade sets out to create an oasis for dancers across the nation, to create a community in Miami that allows professional dancers to reside in South Florida and live out their dreams, creating a space and environment for dancers to come and work.

NYC native Manuela Sanchez left New York to join the Brazzdance Company. "I auditioned for the company in New York. At the time, I was actually looking to leave New York, it was getting too hectic. I wanted somewhere more intimate, somewhere where I could be more concentrated and I could really focus on my artistry. I came to Miami, and I found a dance family and a home."

Currently, all four of Soledade's dancers are fulltime employees of the company.

"Augusto likes to take care of his dancers," remarks Brazzdance Company dancer Veronica Cato. "A lot of companies take advantage of their dancers, and I would dance for free but [Augusto] wants us to maintain ourselves as well and not have to get three or five jobs and dance here for eight hours a day. And that's something he definitely brings to the mecca. He's showing people to respect their dancers."

Soledade also prides himself on the ethnic diversity his company brings to the dance community, feeling that is an essential part of the work he is creating.

The Brazzdance Company is based out of the African Heritage Cultural Art Center in downtown Miami. The dancers of the

Soledade also prides himself on the ethnic diversity his company brings to the dance community, feeling that is an essential part of the work he is creating.

company feel that their location alone is incredibly inspiring, having the opportunity to rehearse in front of inner city kids and to show them that this too can be their reality.

Roderick Calloway just completed his first season with the Brazzdance Company. He expressed his appreciation for Soledade's commitment to the community.

"He's so serious on making an impact on the community. I'm sure he could've rehearsed elsewhere, but just to be at the African Heritage Cultural Art Center and to see the young kids come through and to

see their reactions to what we're doing is fulfilling because they look up to us, and that's where we were at one point. It's inspiring. To show kids that look like you that they'll be able to do it too," underscores Calloway.

The Augusto Soledade Brazzdance Company is currently on its summer hiatus. It will resume in October 2015, with the season continuing until June 2016. The performances typically take place during the springtime. For more information on the Augusto Soledade Brazzdance Company or to make a donation, visit www.brazzdance.com.



Edyna Beatriz Garcia is the Founder and Creative Director of WearToNow.org, a philanthropic fashion blog that helps cancer survivors discover beauty and art in their battle scars, while focusing on their plans, goals and dreams for the future. Currently residing in Miami, she spends her days traveling, blogging, taking on a new DIY project and finding inspiration in all that life has to offer. You can follow her adventures on Instagram: @edynalove.

BILTMORE | CONTINUED FROM P.4

Florida Heritage Trust and the National Trust. For the next three years. The Biltmore was the site of exquisite weddings, afternoon high teas, fashion shows, and golf and tennis tournaments, then sadly closed again in 1990 when the entire US economy took a nosedive.

The Seaway Hotel Corporation stepped in, entered into a long-term lease agreement with the City of Coral Gables and reopened the doors in 1992. Today the regal Biltmore Hotel envisioned by George Merrick 90-years ago has reclaimed its rightful place under the sun. A member of the Leading Hotels of the World and American Express' Fine Hotels of the World, guests of

The Biltmore once again receive the royal treatment as new moments and memories are being created every day.

There is so much more to The Biltmore story than told here. To learn about all these and more, free tours of The Biltmore are offered each Sunday at 1:30pm and 2:30pm by docents from the Dade Heritage Trust. If you would like to tour with a group larger than 10 people please contact the Public Relations department in advance for special arrangements to be made.

The Biltmore Hotel
1200 Anastasia Avenue
Coral Gables, FL 33134
305-445-1926



Kimberly Hutchinson
A fourth generation South Floridian, Kim is a graduate of the FIU School of Journalism and Mass Communications and the Chapman Graduate School of Business. Boasting two decades of expertise in the industry, she is President of KTH Communication Solutions.



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GLOBE-TROTTING



PHILADELPHIA FREEDOM:
A TRAVEL STORY

PHILADELPHIA | CONTINUED FROM P.1

me and I remember. Involve me, and I learn.”

I took his advice and set off to walk in the footsteps of American Independence down the streets of the City of Brotherly Love.

In this metropolitan area rich in American history, you will find at every street corner quaint reminders of our nation’s pursuit for independence. It can be a little overwhelming when deciding where to start a tour of the city, but after careful consideration, I began where our nation arguably was born: Independence Hall. That is, the site where the Declaration of Independence and the U.S. Constitution; documents forming the heart of America, defining our inalienable rights as citizens, and ensuring our liberties and freedoms were debated and adopted. As a writer, I cannot think of them without getting goosebumps. After all, they are literature that shaped the history of the world.

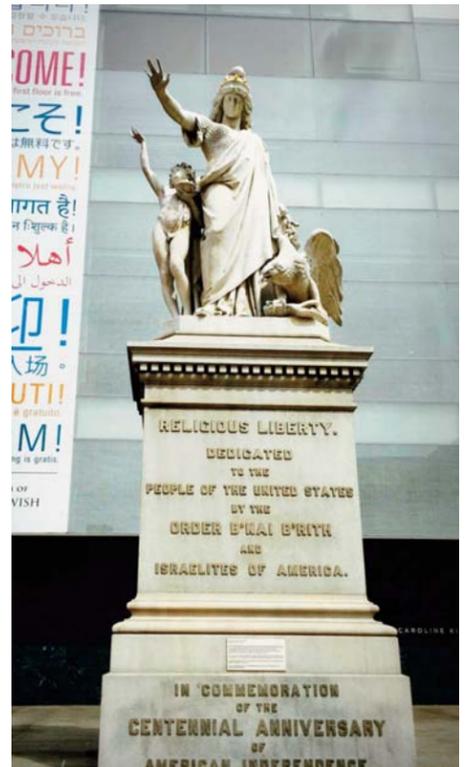
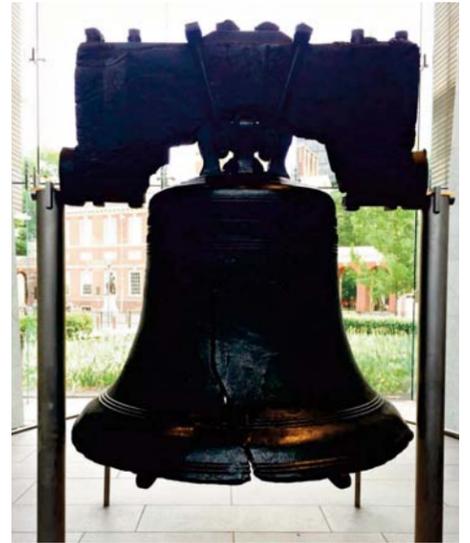
As I crossed the threshold of Independence Hall, my mind wandered to what our founding fathers thought as they did the same. Did they know they were changing the world? I gazed with awe at the interior where the historic debates took place—where our nation was formed. I could sense the risk-taking spirit in that building and could practically *smell* the excitement of newfound independence.

It is no surprise that Independence Hall has become the centerpiece of Independence National Historical Park; so, my next destination was not a distant walk. I could see the building that holds the “Proclamation of Liberty” as I left the halls of the Centennial Bell. My destination—Liberty Bell Center – fascinated me with its history, its origin being somewhat intertwined with historical fiction. A short story placed the Liberty Bell in its promi-

nent position in our history: According to legend, the bell was sounded shortly after the Second Congressional Congress’s vote for independence. Although this is not historically accurate, it is still widely accepted as a fact.

With my passion for the arts rekindled from my visit at Liberty Bell, I chose to take a short walk to the Kimmel Center for Performing Arts. Along the way, I passed Washington Square Park, a monument paying homage to General George Washington and unknown soldiers of the American Revolution. Standing firm against the cityscape, I walked through an archway to the fountain in the center. While it was not overly crowded, several children played nearby as their parents sat leisurely watching over them. It was in that moment I realized how this memorial embodied liberty, the freedom the soldiers that it honors fought so hard to obtain and the one that those children could now enjoy.

I made it to the Kimmel Center for Performing Arts with a renewed sense of pride for being able to experience this iconic city. A world-class performing arts facility, in its own way, is precisely what independence means. Here you can find diverse programs, various forms of art education, and a variety of community outreach programs that symbolize the freedoms we hold so dear. As I later walked down Ben Franklin Parkway, I thought of what independence meant and why it was important. It was so evident to me that people—both those who fought for liberty and those exercising those freedoms are the reason. America is and always will be a nation of immigrants; so, it was foreseeable that my footsteps would take me to Chinatown, a small subculture nestled in the heart of Philadelphia. Its distinct architecture and ambience reminded me why I love it here and why others love to be here: Philadelphia is a city of freedom.



RAISE THE BAR.
HELP WOMEN IN NEED.

On June 11th, the annual Raise the Bar event gathered over 400 guests at the beautiful Freedom Tower at Miami Dade College in downtown Miami. The networking cocktail reception benefitted The Women’s Fund Miami-Dade’s work in supporting community programs that work with survivors of domestic violence and sex trafficking. To date, the event has raised close to \$300,000 to help provide legal assistance, shelter, counseling and education to women victims of violence.



Marilyn March – Executive Director-The Women’s Fund, Event Co-Chairs and Sponsors Debbie Montero, Bill Brady, April Boyer Duff



Sabine Faruqi, Amy Carroll, Diane Sugimoto, Carmen Hiers, Lynette Janac (sponsor)



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Jason Chorlins, Byron Brown, David Garcia (sponsor)

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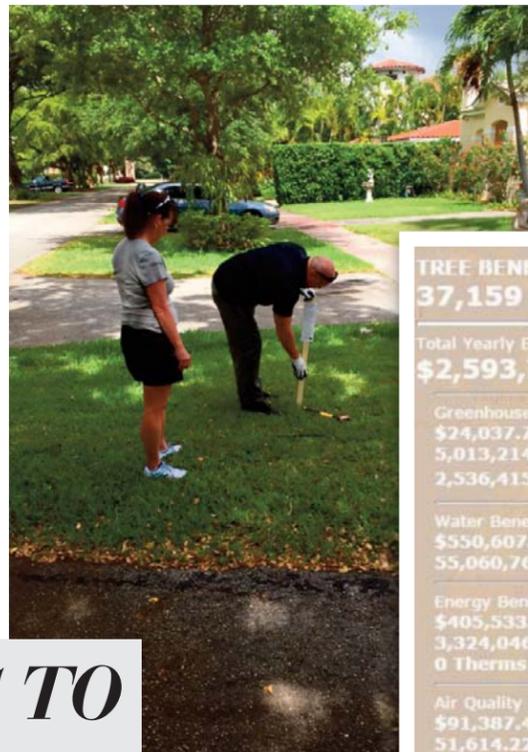


Sarah L. Mason is a freelance writer who taught at Florida International University, where she serves as the fiction editor at Gulf Stream Literary Magazine. Hailing from Maryland’s Eastern Shore, she is currently living in Philadelphia, where she is currently working on a novel



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CORAL GABLES HEARTBEAT



TREE BENEFITS	
37,159 total trees	
Total Yearly Eco Benefits	\$2,593,736.73
Greenhouse Gas Benefits	\$24,037.79
	5,013,214.76 lbs CO ₂ avoided
	2,536,415.97 lbs CO ₂ sequestered
Water Benefits	\$550,607.70
	55,060,769.87 gallons saved
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	1,721,609.29 leaf surface area (sq. ft.)

THOUSANDS OF NEW TREES TO BE PLANTED IN CORAL GABLES

The City of Coral Gables' new Tree Succession Project is underway: more than 3,000 trees and palms will be planted in residential areas. The new trees will be planted in five zones from north to south, and west to east, a process that will take 10-12 months to complete.

Residents can expect to see a wood stake with a tree identification card placed in front of their homes by City workers to identify the location and species for the tree or palm to be planted. The card will also contain a tree identification number and useful tips for how residents can help the City nurture

and establish their new street tree.

The contractor for this project is SFM Services Inc., and they will be responsible for the planting of the trees and palms as well as the watering and maintenance of the trees for one year after the trees are planted. Approximately 12-15 months after planting, the contractor

will remove the tree bracing and soil watering rings from around each tree and palm.

Residents can track the progress of this project by going to an interactive urban forest map, available at www.coralgables.com/trees. For more information, contact 305-722-TREE (8733).

GLOBE-TROTTING | ONDA HISPANA

Plaza España, vista desde arriba de la antigua plaza e toros, actualmente centro comercial que conserva la fachada.



Barcelona: La Ciudad Condal

BY: LAURA D'OCON | LAURA@INYBN.COM

Photo Credits: Laura D'Ocon

Barcelona es de aquellas ciudades europeas que son bonitas y perfectas para viajar, a cualquier época del año, pero en verano tiene un encanto especial. Las calles peatonales invitan a los transeúntes a pasear y disfrutar del clima agradable acompañado de un sol cálido que se cuele entre los edificios y casas construidas hace más de una década.

La arquitectura de Barcelona y sus alrededores le dan a las vías y avenidas, un aire romántico y feudal. Por mucho que Barcelona haya evolucionado y sea una de las ciudades del Mediterráneo más desarrolladas y modernas, sigue manteniendo sus tradiciones, su cultura y por supuesto el arte, que hace que tantos quieran viajar para visitarla.

Barcelona es conocida como la ciudad condal, por la historia y sus condes. Si alguna vez ha pensado en viajar a Europa, Barcelona es una parada indispensable en su ruta.

Durante la época conocida como el verano azul, todos son *chiringuitos*, pequeñas cabañas al aire libre, llenas de gente que disfrutan del sol y un exquisito aperitivo acompañado de una sangría de frutas bien fría. Las calles se visten de colores y personas que llegan de todos los lugares del mundo para compartir en las terrazas, plazas y en las noches, en los bares nocturnos del puerto o en la zona de Pedralbes, para gozar de una noche estrellada con un *cocktail* y buena música que te lleva de la mano a la pista de baile. Barcelona es una ciudad que enamora

y ofrece un sin fin de actividades culturales y de ocio como obras musicales, museos gratuitos y parques naturales en los que relajarse y disfrutar de un buen paseo.

No hay lugar a dudas de que la *cuisine* Mediterránea, se supera en cuanto a creatividad y sabor. La comida en Barcelona es una experiencia única para su paladar. Platos pequeños y delicados, entrantes ligeros y sabrosos, como por ejemplo una ensalada del tiempo aliñada con aceite virgen y vinagre de módena con pasas y piñones, o tal vez una dorada a la sal.

Barcelona se encuentra en Cataluña y es conocida también por sus excelentes embutidos de la casa como el *fuet*, un tipo de longaniza semejante al salami italiano que emplea como basé la carne de cerdo picada, condimentada con ajo y pimienta. El jamón Serrano es el protagonista de estas tierras, obtiene su nombre debido a la costumbre de curar el jamón en los parajes altos de las sierras, donde las bajas temperaturas facilitan el proceso. Por otro lado, les invito a que de gusten la mortadela con olivas acompañado con un pan tostado de *payés* popularmente conocido como *pà amb tomàquet*. Para los amantes del *fromage*, los restaurantes catalanes, ofrecen una gran variedad de tablas de queso, como el queso manchego de Castilla la Mancha o la tetilla de Galicia, una región al norte de España.

Para los que quieren disfrutar de una buena paella, pueden visitar el puerto frente a la playa de la Barceloneta. Allí en-

contrarán una gran variedad de menús típicos y económicos, en los que podrá degustar marisco fresco acompañado con un vino blanco cosecha de los viñedos catalanes.

Barcelona es una ciudad llena de historia y con un sin fin de lugares para visitar. Algunos de los monumentos arquitectónicos a destacar son la Catedral Gótica de Barcelona, en pleno corazón del barrio gótico, rodeada de tiendas y restaurantes. La Sagrada Familia, monumento famoso por el arquitecto catalán Antoni Gaudí, el Parc Güell, la Pedrera y la casa Batlló del mismo arquitecto, son algunos ejemplos de las maravillas de la ciudad condal.

Los barrios más populares son el Born, por sus calles estrechas y sus tiendas pequeñas y sofisticadas. Las ramblas y plaza Cataluña son uno de los lugares más famosos para pasear y hacer sus compras, y finalmente Sarrià, un barrio ubicado a las faldas de la montaña con unas vistas a la ciudad y el mar Mediterráneo. Está es, la parte más alta de la ciudad, donde antiguamente las familias adineradas tenían su segunda residencia.



Fachada de la Pasión vista desde la calle.



Caracoles a la brasa

Si quiere gozar de las vistas de la ciudad pueden subir en teleférico hasta la montaña de Monjuïc, donde se encuentra el estadio olímpico, lugar donde se hospedaron las olimpiadas de 1992, actualmente el estadio se llama Lluís Companys, y en la sierra opuesta, se encuentra la montaña del Tibidabo, un parque de atracciones arriba de la cima donde se hospeda la iglesia del Sagrado Corazón, para los catalanes con unas vistas espectaculares.

Los Pirineos, las montañas catalanas, se encuentran a tan sólo una hora y media en coche de la ciudad. Un lugar único para ir esquiar en las estaciones de esquí, que ya están oficialmente abiertas al público, como La Masella o La Molina, o simplemente gozar de la paz y tranquilidad del paraje natural de la Cerdanya, frontera con el sur de Francia.

Como decía el arquitecto Gaudí, visite Barcelona y entenderán porque "Los habitantes de los países que baña el Mediterráneo sentimos la Belleza con más intensidad".

Para más información sobre la ciudad visite: <http://barcelonaturisme.com>



A native of Barcelona, Spain, Laura D'Ocon earned a degree in Journalism and Communication from the University of Florida. In addition to freelancing at Americatve TV station and as a radio host for Miami Despierta 1550 AM, she has her own opinion column at *El Nuevo Herald*, titled *Atrévete y Opina*, and is working on her first novel for non-profit Global Humanitaria.

Photos courtesy of Denise Galvez

BUSINESS HUB



SARTORI AMICI OPENS FLAGSHIP LOCATION AT THE FALLS

The new outpost will also serve as the launch of their new Sartori Amici Life menswear line.

Sartori Amici opened its first location over 26 years ago, now the highly anticipated second location is finally open. Sartori Amici, known for its custom men's clothing and high quality Italian suits, has now ventured into the world of design with their new line Sartori Amici Life. The new location at The Falls will offer the



same amazing craftsmanship, pricing and customer service clients have come to appreciate from the father-son duo including their promise of free alterations for life with all purchases.

Charlie Garcia, a veteran of the South Miami men's retail industry, founded Sartori Amici. Now his son Sebastian Garcia, will take the helm of his first solo venture with launch of his own designer brand Sartori Life. The Sartori Amici line is sophisticated and incorporates classic prints with modern cuts using lightweight materials perfect for the Miami heat. Sartori Amici is already synonymous with high fashion and unparalleled customer service. Now, under the leadership of Sebastian, the new brand has the potential to become a household name.

"Sartori Life is a lifestyle brand. I want men to radiate confidence when they are wearing my suits," Sebastian Garcia, Co-owner and Creative Director Sartori Amici and Sartori Life, said. "And this line will combine Miami's vibrancy with the Italian-style craftsmanship customers have come to recognize of us," he added.

The Falls location is now open for business located near the Bloomingdales department store. Store hours are Monday through Saturday from 10am-9pm and Sunday from 12pm-7pm.

For more information on Sartori Amici and more visit www.sartoriamici.com or you can also visit: <http://www.mygroomroom.com> and <http://www.thelapelproject.com>.

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ONDA HISPANA

Celebra el 4 de Julio con una Parrillada Saludable



Vegetales a la parrilla. Foto por Woodley Wonder Works <https://www.flickr.com/photos/wwwworks/>

BY: SYLVIA MELENDEZ-KLINGER, RD | SMELLENDEZ-KLINGER@INYBN.COM

El 4 de Julio también es una fecha especial para los hispanos que vivimos en Estados Unidos, ya que se celebra el Día de la Independencia del país que nos acogió y nos ofreció una nueva vida llena de oportunidades. Además de disfrutar del buen clima en la playa o la piscina, así como los fuegos artificiales, a muchos de nosotros nos gusta aprovechar la festividad para hacer una

buena parrillada. Pero desafortunadamente las comidas tradicionales que se sirven en estas celebraciones pueden descarrilar cualquier plan de alimentación balanceada.

Las celebraciones de verano son buenas oportunidades para crear recuerdos inolvidables con la familia y los amigos, llenos de disfrute al aire libre, temperaturas cálidas, buena compañía y aromas exquisi-

tos de barbacoas. Sin embargo, muchas personas no se dan cuenta que toda esta diversión puede conllevar a consumir muchas calorías extra. Por ejemplo, una salchicha grande asada más el pan y los condimentos pueden proporcionar unas 480 calorías, una porción de costillitas de cerdo asadas puede tener hasta 810 calorías, una taza de ensalada de papas casera fácilmente puede proveer hasta 358

calorías. De esta forma, habremos ingerido más de 1,600 calorías en cuestión de minutos y sin darnos cuenta.

Como madre, nutricionista y consultora de empresas como The Coca-Cola Company, entre otras, y varias organizaciones por más de 2 décadas, voy a compartir contigo mis consejos para planificar una parrillada que te permita disfrutar de las comidas y bebidas que te gustan, sin caer en un consumo excesivo de calorías.

Tips para el menú:

Plato fuerte: Para evitar el exceso de grasa, escoge un sabroso pescado magro



Fuegos artificiales por el Día de la Independencia en Miami. Foto por Michael Ostendorp <https://www.flickr.com/photos/lightningbaron/>

SEE 4TH OF JULY | P.11

P

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Yto Barrada, Twin Palm Island, 2012, Louis Vuitton collection 2012. Courtesy Steir-Semler Gallery, Hamburg/Berlin. © Yto Barrada

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ONDA HISPANA

FOURTH OF JULY | CONTINUED FROM P.10

como la tilapia y prepáralo con verduras como tomates y cebollas, envuelto y cocido en un paquete de papel de aluminio.

Acompañantes: Ninguna parrillada está completa sin una buena ensalada. Prepara una ensalada de verano con un mix de lechugas picadas, nueces, uvas rojas y pollo desmenuzado, aderezada con una vinagreta de aceite de oliva, jugo de limón y un poco de queso parmesano rallado.

Postre: ¡Nada sabe mejor que una torta o pie caliente de arándanos frescos! Recuerda servir porciones pequeñas.

Para saciar la sed: En vez de usar vasos grandes para beber, ten una heladera portátil llena de mini latas de refresco o prepara un ponche con frutas frescas picadas.

Este menú tiene opciones que no son muy altas en calorías, al mismo tiempo que incorpora algunos de mis súper alimentos favoritos: pescado, que aporta omega-3 y es una fuente de hierro, zinc, vitaminas A, B y D en cada porción; arándanos, ricos en antioxidantes; y hojas verdes con fibra y vitaminas y minerales esenciales. ¿Otra ventaja? ¡Toda la familia disfrutará comiendo estos alimentos nutritivos!

Consejos para la parrilla:

Usa jugo de limón fresco u otros jugos cítricos con una cucharada de aceite vegetal, especias y una pizca de sal para adobar el pescado, la carne y las aves.

Prepara verduras y frutas a la parrilla. Unta aceite ligeramente sobre las verduras como cebollitas, pimientos, tomates, yuca o calabazas y ponlas en la parrilla ¡Aprovecha de incluir unas rodajas de piña o ananás sazonadas con canela y ya tienes el postre!

Estas opciones te ayudarán a disfrutar de las celebraciones del verano manteniendo una alimentación balanceada y saludable.

Receta: Tilapia y verduras a la parrilla en papillote

Ingredientes:

- 4 filetes de tilapia medianos
- 1 pimiento grande, sin semillas y cortado en rodajas
- 1 calabacín mediano, cortado en rodajas
- 1 cebolla mediana, cortada en rodajas
- 1 lata (14,5 onzas o 410 gramos) de tomates sazonados a la italiana, cortados en cubitos, sin escurrir
- 12 aceitunas rellenas con pimiento rebanadas

Preparación:

Calienta la parrilla o el horno a 350 grados Fahrenheit (177 Celsius).

Corta cuatro pedazos de papel de aluminio de 18 x 12 pulgadas (45 x 30 centímetros).

Divide el pimiento, el calabacín y la cebolla y coloca cada porción en el centro de cada pedazo de papel de aluminio. Distribuye la mitad del tomate en cubitos sobre las verduras y coloca encima uno de los filetes de tilapia.

Distribuye la mitad de cubitos de tomate restantes y las aceitunas cortadas sobre cada filete. Pliega el papel de aluminio sobre el pescado y las verduras dejando espacio para el vapor dentro de cada paquete.

Coloca los paquetes sobre la parrilla o en la bandeja central del horno.

Cocina durante unos 40 minutos o hasta que el pescado pueda desmenuzarse fácilmente con un tenedor. Abre los paquetes con cuidado para permitir que escape el vapor. Desliza el contenido del paquete sobre un pan de hamburguesa o plato y sírvelo de inmediato en un sándwich o acompañado de vegetales y mazorcas a la parrilla y una buena ensalada.

Rinde para 4 porciones.



Sándwich de tilapia. Foto por Jason Lam. <https://www.flickr.com/photos/mesohungry/>

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BUSINESS HUB

UVAGGIO:

THE WINE BAR WITH A EUROPEAN CAFÉ FLAIR IN THE GABLES



Olivier Bouquier, Gables local and Uvaggio regular

UVAGGIO | CONTINUED FROM P.1

Over a year ago, a wine bar with a unique concept opened its doors on Miracle Mile. Today, it's become a Holy Grail for Miami wine lovers. Uvaggio takes your regular neighborhood spot to a whole new level, with a 5-star wine list, food menu and service. "It is sort of an American wine bar mixed with a European café," said owner Craig DeWald. "There is no TV, so it is really a spot where people can take a break from the day, whether you're coming for a glass of wine or a four-course, wine paired meal." With only 30 seats and some barrels outside for enjoying the night, this cozy spot offers more than you would expect from your local meeting place.

Originally from near the Napa and Sonoma wine region, DeWald always had a special love for the elixir of the gods. After spending 26 years in 'Corporate America', he decided it was time to try something new. Having traveled the world and lived in Europe for five years, DeWald expanded his knowledge about wine and acquired a different sense of a way of life. "I fell in love with the idea of a café as a meeting and social spot for people," and so the concept behind Uvaggio was born. During the process of starting this new adventure, DeWald came across Heath Porter, who became his managing partner. "He brings his passion and knowledge around wine into the equation," he said of Porter, who has a life career in the food and beverage industry, working his way up from a dishwasher to being director of Diamond Resorts.

Looking into different locations at first, the duo realized the Gables was the perfect location, as it has that European vibe they

were looking to emulate. "Miracle Mile is a great pedestrian street, and we incorporate very well into it," added DeWald. Although they were expecting to see the typical older Gables crowd at Uvaggio, they soon realized that many Brickell twenty-somethings were lured in and discovered they had a ferocious appetite to learn about wine. "All of us who work in the floor are sommeliers, so we take the time and are happy to walk our guests through the wine list and help them with the pairing," highlighted DeWald. "Also, here you will find many interesting choices that you won't in a typical Miami restaurant. That makes us different."

According to DeWald, the wines that compose the impressive list were selected because they truly represent their region, and they have not been manipulated during the production process. "We chose winemakers that let the vineyards do what they do, so when you taste the wine it's got a purity that tells you whether it's from Burgundy or Tuscany, for example." DeWald explains that most of these wines come from very small producers all over the world, in batches of no more than 1,500 cases a year. "That's why you won't see them in a big wine store or in the shelves at a grocery store. Their production isn't big enough to support that, because that is not what they're trying to do," he added.

Also, the weather dictates the variations in the wine list, as you will see more reds during the winter and an increase of whites and bubbles in the summer. "And we keep evolving. We have a lot of open wine bottles behind the bar that aren't on the list and we are just trying out, seeing how people react



House-made yogurt naan bread with three accompaniments: green olive tapenade, goat cheese hummus and smoked baba ghanoush.

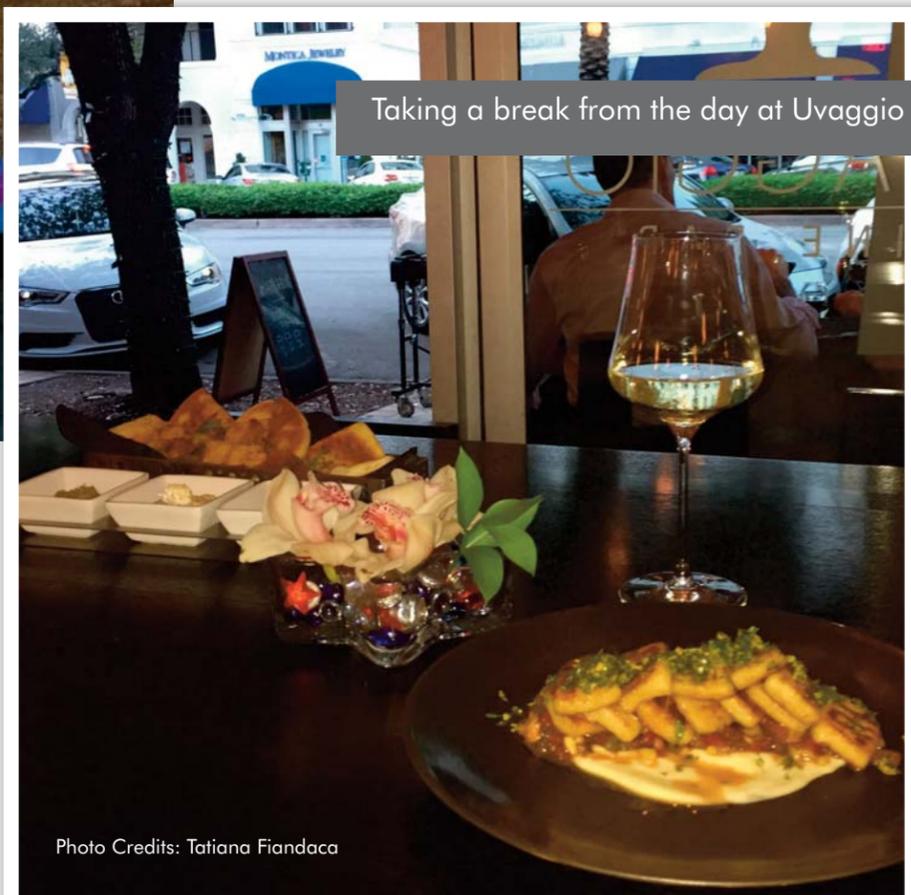


Photo Credits: Tatiana Fiandaca

to them," explained DeWald. "That helps us develop the list over time." Uvaggio serves from 30 to 40 wines by the glass every day, and between 100 and 125 by the bottle.

Another thing that sets Uvaggio apart is the food menu, which was originally conceived to pair the wines they serve. DeWald explained that the team sat down and talked about things such as their wine's flavors, acidity, body weight and aromas, and the chef worked from there to develop the dishes. Thus, there is a natural relationship between the two. "You come in and say 'I'd really love a sauvignon blanc' and we know

what dishes will work well with it. We call it 'pairing backwards' and I think that's part of what makes us special," he said. With a new chef taking over the kitchen, some changes might be introduced to the menu soon. Chef Tanner was born and raised in Texas and loves the seasonal ingredients he is able to find in Miami, which gives him a lot of inspiration. He said to be excited to put his own spin into the dishes.

During the week, happy hour is from 5 to 7pm. Monday through Wednesday nights

SEE UVAGGIO | P.13



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 for several publications. Tatiana enjoys spending her leisure time running, sampling new restaurants and traveling.

SOUTH FLORIDA BON VIVANT | TANTALIZE YOUR TASTEBUDS



DISH OF THE WEEK: QUESO FUNDIDO

Queso Fundido

This great hearty and warm dish is made with cow's milk cheese named after the northern state of Mexico where it is produced, called Chihuahua. First made by the Mennonites, this very rich and creamy dish of hot thick melted cheese is often topped off with guajillo spiked pork meat called Chorizo.

Simply cut the Chihuahua cheese in small to medium size cubes (you can substitute with queso Asadero). Place it in an iron skillet and place into 380 degrees pre-heated oven. Heat until melted and broil to

caramelize the top part of the cheese.

While waiting, you can sauté your chorizo in a hot sauté pan until chorizo is caramelized. Remove Chihuahua cheese from oven and sprinkle a tablespoon of chorizo over the cheese. Serve with warm tortillas.

Using a round cookie cutter, cut out small mini flour tortillas out or 12" Flour tortillas for bite size tortillas.

Heat both sides of the tortillas on a warm skillet and place in a tortillas basket to keep warm. Serve as soon as possible to enjoy the cheesy goodness.

UVAGGIO | CONTINUED FROM P.12

they have live music; Mondays and Wednesdays is jazz and Tuesdays is blues. "We come regularly here and every time we have excellent, top-notch service. People are very nice and caring," said Olivier Bouclier, a Gables neighbor and Uvaggio regular. "They often have very cool jazzy music that makes us travel back in time. Right now, they're playing a bit of a seventies cache; it's very cool and urban." Thursdays, they break out a big format bottle and do a special for some really delicious wine that is not on the wine list. For Coral Gables Restaurant Week, which ends this Saturday, June 28th, Uvaggio is offering a very special three-course \$25 prix fixe dinner menu.

Uvaggio offers a wine tasting every Saturday from 4 to 6 pm, with a different theme each time -from varieties to regions to something with a fun twist. It's a formal tasting, but very interactive, lighthearted and fun. "There is a lot of laughter, especially by the third or fourth glass of wine, when everyone is feeling much better than they did when they started," commented DeWalt. Not only do you learn about 6 particular wines but also how to taste, and leave having acquired new skills! The investment is \$30 per person and reservation is recommended. Their number is 305.448.2400. Look for themes and special events in the calendar at uvaggiowine.com. Uvaggio is located at 70 Miracle Mile, Coral Gables, FL 33134

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CORAL GABLES & SOUTH FLORIDA HEARTBEAT



FAIRCHILD CELEBRATES THE MANGOS OF JAMAICA

AT 23RD INTERNATIONAL MANGO FESTIVAL

Coral Gables, FL- The lauded 'king of fruits' returns to Fairchild Tropical Botanic Garden for the 23rd Annual International Mango Festival, July 11-12, 9:30 a.m. - 4:30 p.m. This year, the festival will feature mouth-watering mangos from the Caribbean island of Jamaica. Festival favorites like the world's only mango auction, mango brunch, mango tastings, and mango tree sales will satisfy the appetites of visitors of all ages.

There are hundreds of mango cultivars

grown throughout the world with different tastes, textures, and fragrances. After sampling diverse varieties in the **Mango Tasting Room**, visitors can cast a vote for their favorite. In addition to delicious mango dishes prepared by vendors, unique mango varieties will be available for purchase at the **Fruit Market** and can be used in easy-to-make tropical meals presented by notable chefs at the **Cooking Demonstration Tent** sponsored by **Whole Foods**. Expert-led **gardening demos** will showcase global mango culti-

vation practices that can be used on Jamaican mango trees, from the sweet and rich 'Julie' variety to the juicy and flavorful 'Bombay' sold at the **mango tree sales**.

Following in the footsteps of Dr. David Fairchild, Curators of Tropical Fruit, **Dr. Richard Campbell** and **Dr. Noris Ledesma**, have traveled all over the world collecting mango species to grow at the Fairchild Farm. These rare mango collections, part of the magnificent **Mangos of the World Display**, will be sold to the highest bidder at the exciting **Mango Auc-**

tion on Sunday, July 12 at 2:00 p.m. Richard and Noris will also lead the **Mango Grower's Summit** a day before the festival to discuss the latest research and news in the worldwide mango industry.

For a gourmet dining experience, RSVP to the **Mango Brunch**, a fundraiser for the Tropical Fruit Program and Fairchild Farm. Held on Sunday, July 12 from 11:00 a.m. - 1:00 p.m., the brunch will feature

SEE MANGO FESTIVAL | P.15



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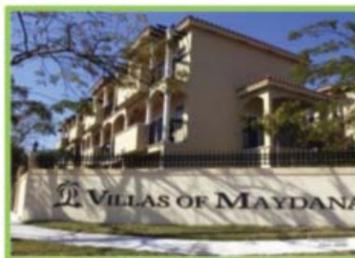
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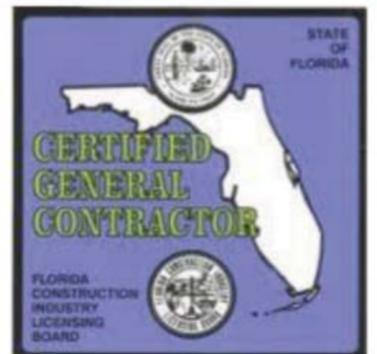
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Photo courtesy of Cristina Torres

MANGO FESTIVAL | CONTINUED FROM P.14

mango dishes by Frank and Andrea Ranzazzo of Creative Tastes Catering, Jimmy Carey of Jimmy's Kitchen, Kareem Anguin of Oceanaire, Kris Wessel of Oolite Restaurant and Bar, Cindy Hutson of Ortanique on the Mile, and Allen Susser of The Café at Books & Books. Tickets for the brunch are sold separately.

This year's International Mango Festival is sponsored by Whole Foods Market, New York Life, Simply Natural Investments, and Williamson Automotive Group.

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 Tropical Botanic Garden is located at 10901 Old Cutler Road, Coral Gables, FL 33156.

For more info, please call 305-667-1651 or visit www.fairchildgarden.org/mango.



Photo Credits: Fairchild Tropical Botanic Garden



Photo Credits: Fairchild Tropical Botanic Garden

SUMMER YOUTH WORKSHOPS 2015

If you are feeling crafty, creative, or just plain curious, then please come and join us at our costume making workshops and learn some new skills. These workshops will teach participants the proper techniques for preparing perfect and picturesque costume.



DONATION \$10.00 per class

Stars on June 27, 2015 at 1356 SW 8th St. Suite 207 Miami, FL 33135

FOR MORE INFORMATION CALL: 786-467-7763



HOROSCOPE

STAR ENCOUNTERS

**ARIES** MAR 20 - APR 20

Your challenge this fortnight is to remain inspired even when obstacles appear. Others may be too complacent or temperamental. Your mission, if you choose to accept it, is to maintain a deliberate calm! Your blessing this fortnight is found in allied leadership. Two heads are better than one just now! Your instinct and imagination blend miraculously! Take a bow! Your balance this fortnight is found in recognizing that perfection takes time. Once perfection is achieved, improvement seeks perfection again. Honor the process as well as the events!

**TAURUS** APR 20 - MAY 21

Your challenge this fortnight is found in bridling your passion and inspiration. Love is a wonderful but powerful force! Be careful not to be consumed in its flames! Remember to rest and take good care of yourself, as well. Your blessing this fortnight is found in loving deeply whom you are with and following your compelling creativity. Others will be cheering you on, and your heart will be full! Your balance this fortnight is found in the sharing of your optimism with others as you openly express an attitude of gratitude! Rock on!

**GEMINI** MAY 21 - JUN 21

Your challenge this fortnight is to ponder the inspiration of your past. Bring forward into the future those people and activities that can give you joy and fuel your very soul! Let those who know you best advise you at this time. Your blessing this fortnight is found in the expression of love and understanding to those who are searching for answers. Your insight and eloquence simply pops! Your balance this fortnight is found in your ability to see both sides of the question with great clarity. Speak up and speak out! Take a stand!

**CANCER** JUN 21 - JUL 22

Your challenge this fortnight is to utilize your active intuition and be very strong in your decisions. Decide what you can accept or embrace and that which you refuse to tolerate. Be firm but kind for best results. Your blessing this fortnight demonstrates itself through the kindness and loyalty of those who share your vision. Compassion and charity will be in evidence around every corner. Smile! Your balance this fortnight presents itself as opportunities to reorganize you life - both personally and professionally. Accept help from others!

**LEO** JUL 22 - AUG 22

Your challenge this fortnight is twofold! You will address conflict that you have previously avoided. Negotiations and litigations present themselves. Listen hard and be willing to compromise! Your blessing this fortnight presents itself in the form of art and music that is deeply inspiring! Accept all invitations and allow your heart to open to the joy of each moment! Your balance this fortnight is found in the alchemy of

blending business and pleasure. You can be the host with the most in this cycle! Dress up and step out! Cheers!

**VIRGO** AUG 23 - SEP 22

Your challenge this fortnight is found in balancing those tasks you wish to accomplish while maintaining a relaxing and entertaining social life!

Allow yourself some time to smell the roses and burst into laughter! Your blessing this fortnight is found in the realms of friendship and romance. Sharing and caring allow the days to flow like a gentle breeze! Breathe! Your balance this fortnight is found in the simple pleasures of a dip in the pool, a night out on the town and a refreshing massage! Be pleased as punch about all of it! Gloat a bit!

**LIBRA** SEP 23 - OCT 22

Your challenge this fortnight is in attempting to maintain your composure when you will be on a roller coaster ride of sorts! Expect

the unexpected at every turn, knowing there will be a miraculous outcome! Coast to a stop! The blessing this fortnight is found in love and romance! Heartfelt adventures can deepen even the closest of relationships now. Allow yourself to be blessed! The balance of this fortnight is found in a clear conscience and deep, sweet sleep at the close of the day! Bask in the glow of wholeness and holiness! Shine on!

**SCORPIO** OCT 23 - NOV 21

Your challenge this fortnight is to use your unique powers of perception to navigate through a quagmire of

complex situations. Your reactionary self may be difficult to control at times but you have the inner strength to meet the test victoriously! Your blessing this fortnight is found in spending times with kindred souls that share your vision for the future. Know that your tribe is not necessarily your family. Adopt soul siblings joyfully now! Your balance this fortnight is found in the subtle strength of your own spirit when you stand powerful alone!

**SAGITTARIUS** NOV 22 - DEC 20

Your challenge this fortnight is to look deeply into your subconscious habit patterns and philosophies that have

been taught to you over time. Re-evaluate your truth! Soul searching, you find the part of you that is fabulously unique! Your blessing this fortnight is found in love, romance and spontaneous adventure! Travel can be stimulating and inspiring! Many blessings accompany this cycle for you! Give thanks! Your balance this fortnight lies in sharing your good fortune and optimism with everyone you meet! You really can light up a room! Gleam!

**CAPRICORN** DEC 21 - JAN 19

Your challenge this fortnight presents itself in your desire to look through the retrospect window at love given and lost in the past. This soul searching will be intense but bear ripe fruits of a renewed philosophy

moving forward. Your blessing this fortnight is found in deep and abiding appreciation of your personal integrity. Your acceptance of others will release old hauntings and will be a miraculous liberation! The balance this fortnight is found in feeling timeless at the end of the day. Quiet time just enjoying yourself is a great blessing now!

**AQUARIUS**

JAN 20 - FEB 19

Your challenge this fortnight is to remember that often a braking mechanism is required!

Love, adventure, travel, and sporting activities are all in evidence as part of your blessing but beware of burnout! The blessing this fortnight is found in the realm of excitement! This is a fabulous time to travel to exotic places, create instant friendships and embrace love in all its glory!

Go for it!! The balance of this fortnight is found in savoring fond memories and happily creating new ones! Stay in touch with those tried and true persons and share your bliss! Dance!

**PISCES** FEB 19 - MAR 19

Your challenge this fortnight is to exercise patience and use your psychic sense to tap into the motives and hidden agendas of others. You have

great wisdom, Simply plant the seeds to help others, knowing it will bear fruit in its season. Your blessing this fortnight is found in those who are loyal and compassionate in your world. Be sure to take the time and initiate communing with those in light and love. The balance in this cycle is found through quietly receiving from others. Generosity and appreciation of all you have given is seen! Smile!



Aphrodette North is the founder of Inner Mysteries Profiled, a full spectrum astrological entity as well as an organization devoted to enlightenment through metaphysics.

www.aphrodette.com

\$1,000,000,000 Offering

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BUSINESS HUB

SUSHISAMBA

CORAL GABLES IS

KICKING-OFF GRILLING SEASON WITH ROBATA RUB THURSDAYS

WHAT: SUSHISAMBA Coral Gables Executive Chef, David Sears is heating things up this summer with an all-new robata menu. To kick off grilling season and in celebration of National Barbecue month, Sears' menu will feature Japanese charcoal-grilled ingredients prepared over binchotan at the only robata grill in Coral Gables. Guests are invited to take the party to the outdoor patio to enjoy grilled favorites with a view.

Coinciding with SAMBAHOUR, the locally celebrated happy hour every Thursday from 4:00 p.m. to 7:00 p.m., dishes will range from \$7 - \$15. Highlights from Executive Chef Will include **Alaskan King Crab Leg** with sansho pepper vinaigrette, charred lemon; **Pulpo a la Parrilla** chorizo, azufrado bean purée, olive; **Anticucho de Corazon del Ternera** veal heart, confit potato,

chimichurri aioli, aji panca; **Local Zellwood Corn on the Cob** chili, lime, aji panca butter, grated manchego and **Robata Grilled Hass Avocado** shichimi togarashi, crispy garlic, tofu crema, su-shoyu.

Summer grilling doesn't end there. In addition to the special menu, Sears will be celebrating National Grilling Month by co-hosting robata grilling seminars with local experts during the month of July. Schedule to be announced.

WHEN: Robata Rub Thursdays during SAMBAHOUR (available at the bar only): Thursday from 4:00 p.m. to 7:00 p.m. and from 10 p.m. to close

WHERE: SUSHISAMBA Coral Gables 180 Aragon Avenue, Coral Gables, FL 33134 (Adjacent to the Westin Colonnade) 305.448.4990



Alaskan King Crab

Photos courtesy of Rockaway P.R.



Tsukune Photos courtesy of Rockaway P.R.

ALHAMBRA ORCHESTRA

WITH RIUNITI OPERA-FREE OPERA-TALES OF HOFFMANN CHILDREN'S PERFORMANCE JULY 10 AT WEST MIAMI MIDDLE SCH. FAMILY CONCERT JULY 19 AT TEMPLE BETH AM

Beat those summer doldrums and show your children what opera is all about, all for free. For their annual summer collaboration, Riuniti Opera and Alhambra Orchestra, with conductor Timothy Shade, present two free performances of scenes and selections from *The Tales of Hoffmann*, a cleverly entertaining opera by Jacques Offenbach with plenty of vocal acrobatics. The talented cast of singers includes Dr. Beverly Coulter, Eddie Valdes, Steven Bourdeau, Enrique Estrada, Jared Peroune,

Danielle Sanda, Melissa Ruiz, Stephanie Newman, and Steven Bourdeau. In collaboration with the Greater Miami Youth Symphony camp, a 50-minute just-for-kids performance will take place at 10 a.m., on Friday morning, July 10th at West Miami Middle School auditorium, 7525 Coral Way, Miami 33155. Children from the community are cordially invited. The performance for adults and families will be co-sponsored by Temple Beth Am on Sunday afternoon, July 19, 4 PM, in the school auditorium, 5950 North Kendall Drive. Miami. No reservations needed, but large groups or those needing special ac-

commodation should call in advance.

For additional information, call 305-668-9260, (305) 606-8759, or email or Alhambra Orchestra is a non-profit community orchestra made up primarily of volunteer musicians. Riuniti Opera, under the leadership of soprano/music educator Dr. Beverly Coulter, mentors young opera singers. Together, they present a free opera each summer. Temple Beth Am, phone no. (305) 667-6667, is hosting the adult/family performance as a gift to our community.

Sain Orr Royak DeForest Steadman Foundation Louis Leibowitz Charitable Trust

This program is made possible with the support of the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, the Miami-Dade County Mayor and Board of County Commissioners; and is partly funded by The Children's Trust, a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County by making strategic investments in their future

SEASON 2015

Miami Lyric Opera
 Founder & Artistic Director: Raffaele Cardone

PRESENTS:

Rigoletto

Lyric Drama in 4 Acts
 Music by Giuseppe Verdi

July 11 & July 12
 SATURDAY 8PM SUNDAY 4PM

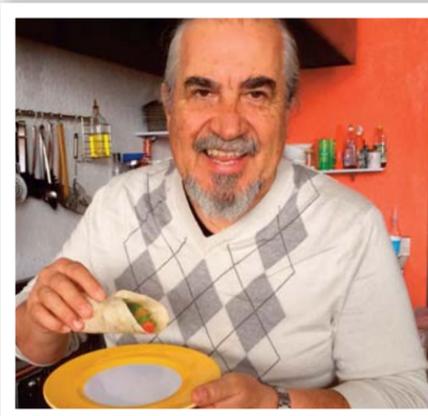
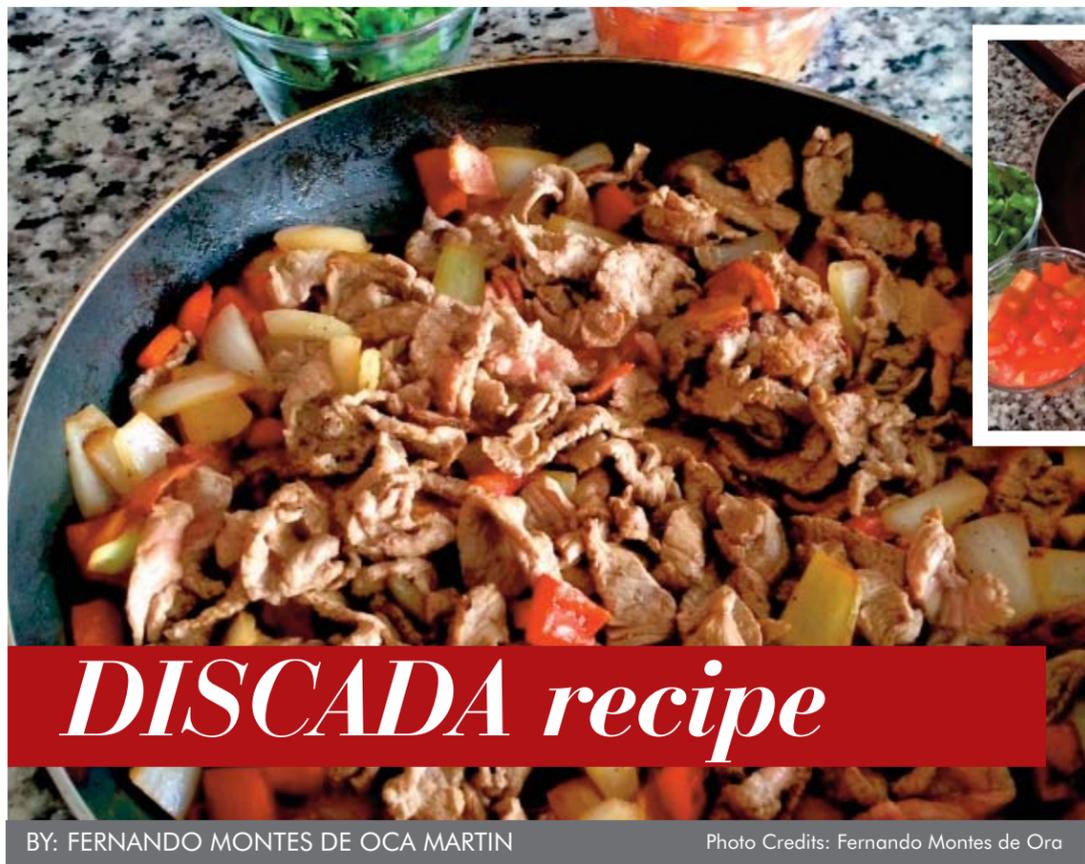
FEATURING	MLO ORCHESTRA & CHORUS
RIGOLETTO Nelson Martinez	CHORUS MASTER Pablo Hernandez
GILDA Tina Gorina	CONDUCTOR Doris Lang Kosloff
DUCA Miguel Angel Lobato	GENERAL DIRECTOR Raffaele Cardone
BORSA Jesse James	
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SPRARAFUCILE Alexis Trejo	
MONTERONE Ismael Gonzalez	
and other fine artists	

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 Tickets on sale Box Office, or online: www.colonytheatremiamibeach.com

Logos for Miami-Dade County, Miami, Greater Miami Youth Symphony, 100 Years of Freedom, and John S. and James L. Knight Foundation.

ONDA HISPANA



DISCADA *recipe*

BY: FERNANDO MONTES DE OCA MARTIN

Photo Credits: Fernando Montes de Ora

La discada es un platillo muy típico del norte de la República Mexicana. Los agricultores de esa región de México utilizan los discos de arado de hierro o acero que han sido desgastados por el uso. El disco proporciona una distribución uniforme del calor y tiene una forma cóncava, es ideal para cocinar productos cárnicos principalmente. Una forma muy simple y sencilla para cocinar los alimentos. El disco por su tamaño considerable es exce-

lente para cocinar grandes cantidades de productos.

Ingredientes

- Carne de res 500 gramos
- Tocino 200 gramos
- Pimiento Morrón una taza
- Cebolla una taza
- Jitomate una taza
- Cilantro una taza
- Sal y pimienta al gusto

Preparación

El jitomate, la cebolla y el pimiento rojo se cortan en cuadros medianos. El tocino se corta en tiras pequeñas. La carne se corta en tiras medianas. El cilantro se corta en pedazos pequeños.

Cocción

Se calienta una sartén a fuego alto, una vez caliente la sartén se incorpora el tocino, se saltea dos minutos e inmediata-

mente se añade la cebolla y el pimiento. Se saltea por dos minutos y se incorpora la carne. Se saltean todos los ingredientes por cuatro minutos, se agrega la sal y la pimienta.

Emplatado

En dos platos se sirve el guiso y se adorna con el jitomate y el cilantro. Se acompaña con tortillas de harina de trigo que pueden utilizarse para formar unos tacos.



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MORE FESTIVAL INFORMATION 305.445.8877 • www.teatroavante.org



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ETHNIC CORNER | TANTALIZE YOUR TASTEBUDS

Voted 2015 “Best Peruvian Restaurant” in Broward and Palm Beach County

J28 brings the flavors of Peru to the neighborhood of downtown Hollywood, Florida.

J28 brings the tastes of Peru to Young Circle, Hollywood, and invites the public to have a taste of their one-of-a-kind sandwiches. The almost-one-year-old restaurant is the brainchild of Javier Rondon, a Peruvian-born entrepreneur and chef. Following a successful 20-year career in the financial services and technology industry, Javier in partnership with his brother Marco Rondon, an experience restaurateur, pursued their dream of providing quality Peruvian-inspired food to South Florida - J28 was born.

J28 serves homemade and all natural sandwiches on bread baked daily on site. The signature sandwich - the “butifarra” - includes mouth-watering sliced

pork, lettuce, and pickled onions served on a roseta bread roll with a side of “cancha,” a Peruvian toasted corn or “papa a la huancaína,” a delicious potato dish. The sandwich is then dressed with sauces made from red (rocoto) or orange/yellow (aji amarillo) pepper which have been harvested in Peru for thousands of years.

Most popular on the menu is the chicharrón — thick slices of pork belly with pickled onion, mayo, and sweet potato. Another favorite is “lomo saltado” sandwich, which is certified angus beef stir-fried, red onions, tomatoes, garnished with fresh cilantro, Chinese onions served on a fresh roseta roll. Customers

can opt for quinoa lomo saltado option which includes same ingredients mixed with Peruvian quinoa.

New vegetarian options lunched this month including the delicious home cooked rice & beans garnished with the house pickled onions and rocoto fire sauce to finish! Other delicious specialty menu items such as the “aji de gallina” (chicken stew), chicken salad and turkey breast sandwiches have become menu favorites. Visit J28’s website to check out all menu items www.j28sandwichbar.com.

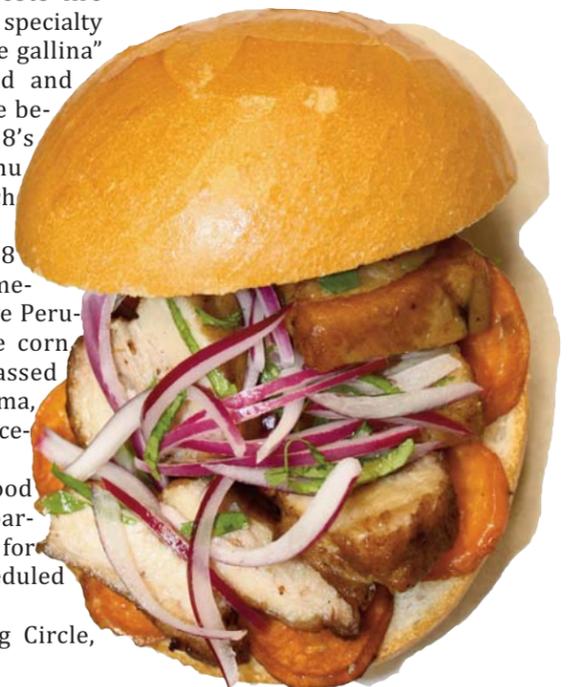
To quench your thirst, J28 sandwich bar also makes homemade “chicha,” a popular native Peruvian drink made from purple corn (maiz morado). The recipe, passed on directly from Javier’s grandma, is receiving great reviews on Facebook and Yelp.

J28 and Greater Hollywood Chamber of Commerce is preparing a ribbon cutting ceremony for their one-year celebration scheduled for July 28, 2015.

Address: 1854 North Young Circle, Hollywood, Florida 33020

Hours: Tues/Wed/Thurs: 11:30am to 9:00pm
Fri/Sat - 11:30am to 10:00pm
Sun - 11:30am to 9:00pm Closed Mondays

Website: www.j28sandwichbar.com



DAVID PONCE y TAMARA MELIÁN
AMOR eterno
de Julie De Grandy
coreografía de Angel Garcia Clemente
dirección JUAN ROCA
producción HAVANAFAMA

Knight Foundation ccemiami

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A PARTIR DEL JUEVES 11 DE JUNIO Y SOLO POR 3 SEMANAS

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Knight Foundation ccemiami Tel: 305 448 96 77 www.microtheatermiami.com

DINNER AT THE END OF THE WORLD

WRITTEN AND DIRECTED BY Andie Arthur*
Co-Founding Artistic Director of Lost Girls Theatre

FEATURING
*Denotes Lost Girls Theatre Company Member
Madelaine Escarne - Death
Vyrian Figueroa - Famine
Patrick Rodriguez - War
Kent Wilson - Pestilence

RUNNING FROM JUNE 11 TO JUNE 28
Thursdays - 8 PM to 11 PM
Fridays and Saturdays - 8 PM to 1 AM
Sundays - 7 PM to 10 PM

TICKETS AND INFORMATION
Tickets - \$5
Performances At Micro Theater Miami, 1490 Biscayne Blvd.
Lost Girls Theatre - www.lostgirlstheatre.com
Visit our website for more information - including the return of Super Shorts and the Getting Lost Reading Series

Knight Foundation ccemiami Lost Girls Theatre

TRUB IS A CITY THEATRE PRODUCTION

OPEN
A PLAY ON EXPRESSION
by Joshua Jean-Baptiste

June 11th - 28th
Every half hour - \$5.00

Thursdays 8:00PM - 11:00PM
Fridays & Saturdays 8:00PM - 1:00AM
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1490 Biscayne Blvd. Miami FL 33132

Knight Foundation Lab9 ccemiami

REALITY CHECK
WHEN IN DOUBT ASK YOURSELF, WHAT WOULD THE KARDASHIANS DO?

RUNNING DATES JUNE 11th - 28th
THURSDAYS 8 PM - 11 PM
FRIDAYS & SATURDAYS 8 PM - 1 AM
SUNDAYS 7 PM - 10 PM

MICRO THEATER MIAMI
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Knight Foundation fringe ccemiami

Gualberto Gonzalez Alba Raquel Barros

PAREJA DE TRES

DIRIGE MIGUEL SAHID

11-28 de Junio 2015

Knight Foundation ccemiami

VICTORIA MURTAGH JESSICA ALVAREZ

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AUTOR Y DIRECCION ALEJANDRO VALES

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305-448-9677
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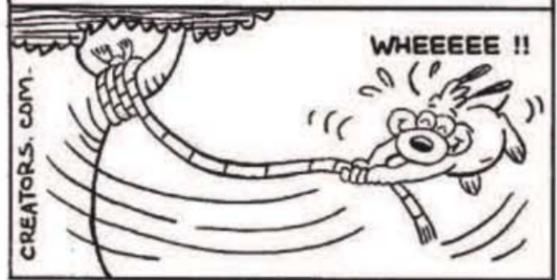
HOME NEWSPAPER for KIDS

By J.R. Rose-Creators Syndicate

DRAW IT!
COLOR MY LEAVES GREEN...



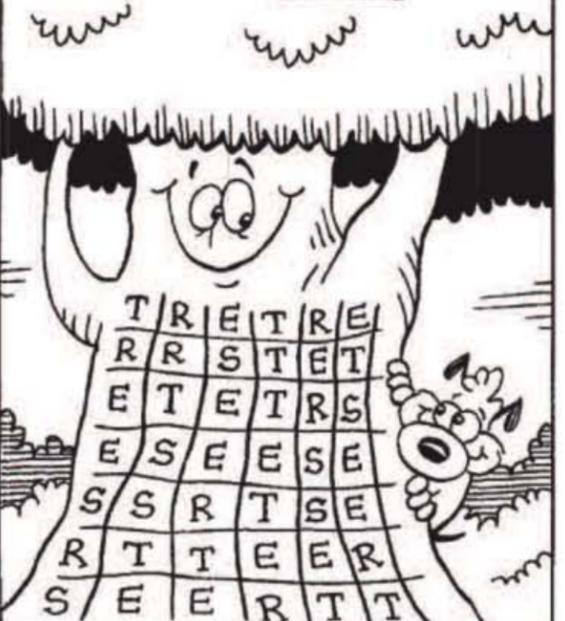
GIVE ME 5 RHYMES FOR TREE...



THIS TREE IS BIG AND VERY TALL. ONE DAY ITS GREEN LEAVES WILL ALL FALL! UNSCRAMBLE PUP AND YOU WILL SEE WHAT HE JUST SAID TO THAT BIG TREE!



FIND 5 TREES...



By J.R. Rose-Creators Syndicate

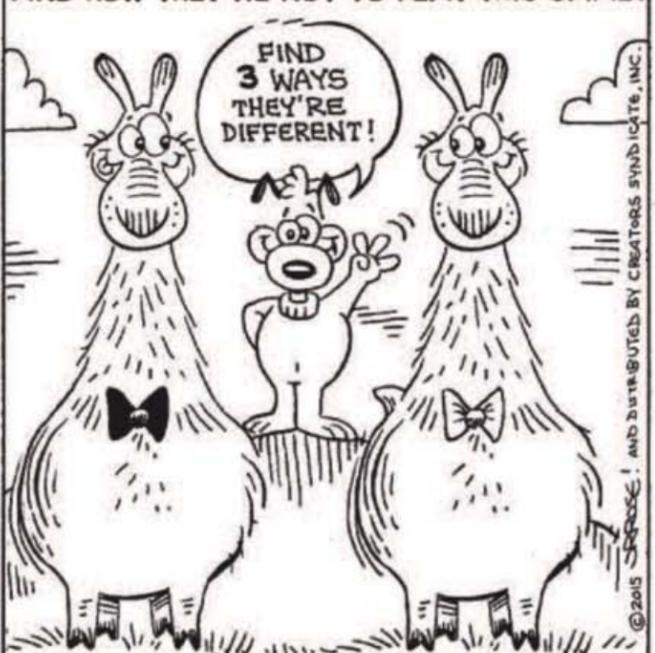
DRAW IT!
DRAW A BABY LLAMA...



GIVE ME 5 RHYMES FOR CHEW...



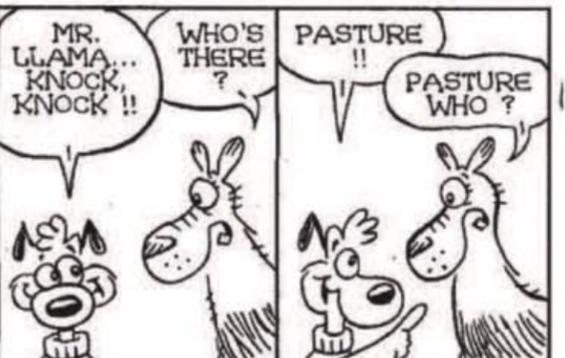
LLAMA JOE AND LLAMA BILL LIVE ON TOP OF THIS BIG HILL ! BOTH OF THEM SURE LOOK THE SAME. FIND HOW THEY'RE NOT TO PLAY THIS GAME!



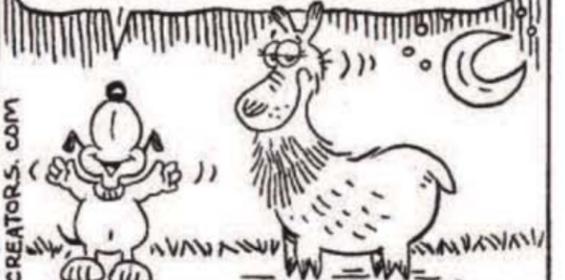
WHY DID PUP BANG HIS HEAD ON A BRANCH ?



PUP THANKS KASSY MCELROY OF GARDEN CITY, NY, FOR THE JOKE AND THE ARTWORK !



ISN'T IT PASTURE BEDTIME ?!



WHY DID THE LLAMA CROSS THE ROAD ?



PUP THANKS BETSY DENNIS OF WASHINGTON, DC

Sudoku Puzzle

(Hard, difficulty rating 0.65)

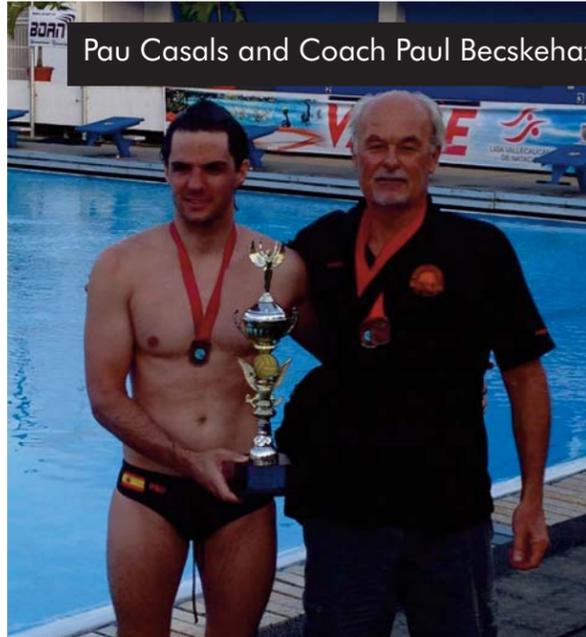
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1	3	6			7	8		5
			2			1		
5	9				8			
8								3
					9		8	2
			8			5		
3			7	1		8	6	9
					6	3	4	

SOUTH FLORIDA BON VIVANT | OUT ON THE TOWN

Copa Internacional De Polo Acuático



Pau Casals and Chris Arias



Pau Casals and Coach Paul Becskehazy

Miami Beach International Club Wins Bronze at Copa Internacional De Polo Acuático, Juan Camilo Arce



Miami Beach International Club Team with Bronze and Cup



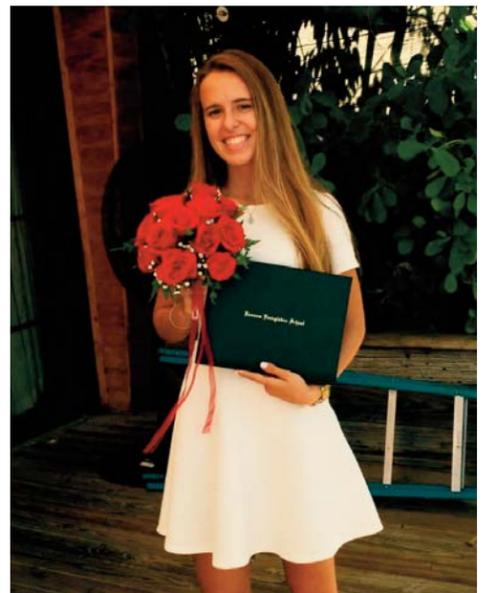
Miami Beach International Club Team

Babson Bound Ximena Ulloa Celebrates Graduation



Santiago, Ximena, Giulietta and Yago Ulloa

Babson Bound Ximena Ulloa Celebrates Graduation from Ransom Everglades With Parents Giulietta and Santiago & Brother Yago





Calendar of Events

JUNE 25 - JULY 8

Thursday, June 25:

Def Leppard/Styx/Tesla

7 PM @ Coral Sky Amphitheatre, 607-1 Sansbury Way, West Palm Beach
\$32 800-745-3000

Summer Ice Cream Social for Adults

3 PM @ Key Biscayne Community Center
Free; (305) 365-8900

Friday, June 26:

MOVE LIVE on TOUR starring Julianne & Derek Hough The 'Dancing With the Stars' sister & brother star in this music & dance production. 8 PM @ Hard Rock Live, 1 Seminole Way, Hollywood
\$54 | \$64 | \$74; ticketmaster.com

Manglehorn starring Al Pacino and Holly Hunter @ MDC's Tower Theater, 1508 SW 8th St.
305.237.2463

National Theatre Live Presents Man and Superman starring Ralph Fiennes 1 PM @ Gables Art Cinema, 260 Aragon Ave.
786.385.0689; movietickets.com

Workshop by Dr. Nicholas Mirzoeff: "How to See Climate Change"
3 PM @ PAMM, 1103 Biscayne Blvd., Miami
305.375.3000

Viernes Culturales/Cultural Fridays Arts and music festival in Little Havana 7 PM- 11 PM @ Domino Plaza, at SW 15th Ave & 8th St.

30th International Hispanic Theatre Festival of Miami Ex Que Revienten los Actores (To Hell with the Actors) 5 PM @ Koubek Theater, 2705 SW 3rd St., Miami General admission \$30/ students, disabled, and seniors \$25

Saturday, June 27:

Theaters of Miami...

Microtheater Syle
7 original plays, 15 minutes each, 7 containers 8 PM- 1 AM @ CCEMiami, 1490 Biscayne Blvd.
\$5 per show and \$4 for CCEMiami members
ccemiami.org; 305.448.9677

Summer Butterfly Walk

10:30 AM- 12: @ Deering Estate at Cutler, 16701 SW 72nd Ave., Miami
Free with regular Estate admission: \$12 for adults, \$7 for children (ages 4-14), and free for Deering Estate Foundation Members.
305.235.1668

Hansel and Gretel

Musical with music from the Opera by Engelbert Humperdink
2 PM @ Actors' Playhouse, Mainstage, 280 Miracle Mile
\$13 +; <https://tickets.actorsplayhouse.org>

Woodroze Sunglasses Trunk Show

The frames are made of wood and other sustainable products, and most of the styles float and are polarized
10 AM- 6 PM @ The Biltmore Pool, 1200 Anastasia Ave., Coral Gables

3rd Annual Dance Showcase

6:30 PM @ South Miami Dade Cultural Arts Center's Main Stage, 10950 SW 211 St.
\$25-\$30; tickets-smdcac.miamidade.gov

Sunday, June 28:

Waterway Canoe Tour

Guided tour of George Merrick exhibit, followed by a 2-hour paddling adventure on the Coral Gables Waterway
9 AM- 12:30 PM @ Coral Gables Museum, 285 Aragon Ave.
\$40/person; advance registration required: 305.603.8067

Benessere at the Biltmore's Energy Package

The Biltmore Hotel, 1200 Anastasia Ave., Coral Gables
Spinning class, therapeutic deep tissue massage, healthy Italian cooking class, and green lemonade
305.913.3187

World Stage Series: Carmen (The Antonio Gades Company)

@ MDC's Tower Theater, 1508 SW 8th St., Miami
305.237.2463;
towertheater@mdc.edu

Monday, June 29:

Adrienne Arsht Center Farmers Market 4 PM- 8 PM @ Thomson Plaza

for the Arts,
1300 Biscayne Blvd.

Award-winning Mexican film Güeros

4:00 PM, 6:30 PM & 9 PM @ Gables Art Cinema, 260 Aragon Ave.
786.385.9689; movietickets.com

Dancercise

11:30 AM- 12:30 PM @ Coral Gables Branch Library, 3443 Segovia St.
To register: 305-460-5600

Tuesday, June 30:

Botanic Course- Tropical Botany

Four-week intro. to the plant life of the tropics; course accredited by FIU
11 PM @ Fairchild Tropical Botanic Garden, 10901 Old Cutler Road, Coral Gables
To register, contact Dr. Judd at wjudd@botany.ufl.edu.

Wednesday, July 1:

Fashion Project Event: Rodolphe el-Khoury

Fashioning the Internet of Things
7 PM @ Bal Harbour Shops, 9700 Collins Ave., Bal Harbour, FL

Thursday, July 2:

Maná- "Cama Incendiada" Tour

8 PM @ American Airlines Arena, 601 Biscayne Blvd., Miami
ticketmaster.com; 800.745.3000

KBCC Thursday Movie Matinee

1:30 PM @ KB Community Center's Adult Lounge (2nd floor)
305-365-8953; free

Friday, July 3:

Gallery Night Live

Free admission, cash bar & live music
6 PM-10 PM @ Coral Gables Museum, 285 Aragon Ave.

Dierks Bentley

7 PM @ Coral Sky Amphitheater, 607-1 Sansbury Way, West Palm Beach
\$32 +; 800.745.3000

Award-Winning Spanish Film "Loreak"

@ Gables Art Cinema, 260 Aragon Ave.
786.385.9689; movietickets.com

Saturday, July 4:

July 4th Fireworks Spectacular

@Biltmore Hotel, 1200 Anastasia Ave., Coral Gables
6:30 PM- 8:30 PM: Stars and Stripes BBQ Dinner
9:00 PM: Fireworks Display
Open bar beginning at 5 PM
VIP tables of 10: \$1250 inclusive pricing
Reservations: july4th@biltmorehotel.com; 855.666.1727

City of Sunrise July 4th Celebration presented by Wheelabrator Technologies

6 PM: Live music from '80s bands A Flock of Seagulls (I Ran) and headliner the Fixx (One Thing Leads to Another, Saved by Zero), children's rides, assortment of food and beverage vendors
9 PM: Fireworks display
One Panther Parkway, Sunrise
800.745.3000; thebbtcenter.com

Members Fourth of July Celebration

7 PM- 10 PM @ PAMM, 1103 Biscayne Blvd., Miami
Enjoy nearby fireworks displays overlooking the bay, access to the galleries until 9pm, and entertainment.
Self-parking on-site as available (\$2/hour) / Metromover: Museum Park station / pamm.org/parking

Monday, July 6:

A.S.K. Book Club

1:30 PM @ KB Community Center's 2nd floor lobby
(305) 365-8900; free

Tuesday, July 7:

Tai Chi

2 PM- 3 PM @ Coral Gables Branch Library, 3443 Segovia St.
To register: 305-460-5600

Wednesday, July 8:

Lookingglass Alice

8 PM @ Ziff Ballet Opera House Stage, 1300 Biscayne Blvd., Miami
305.949.6722

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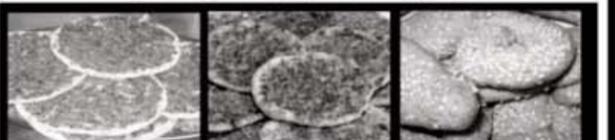
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