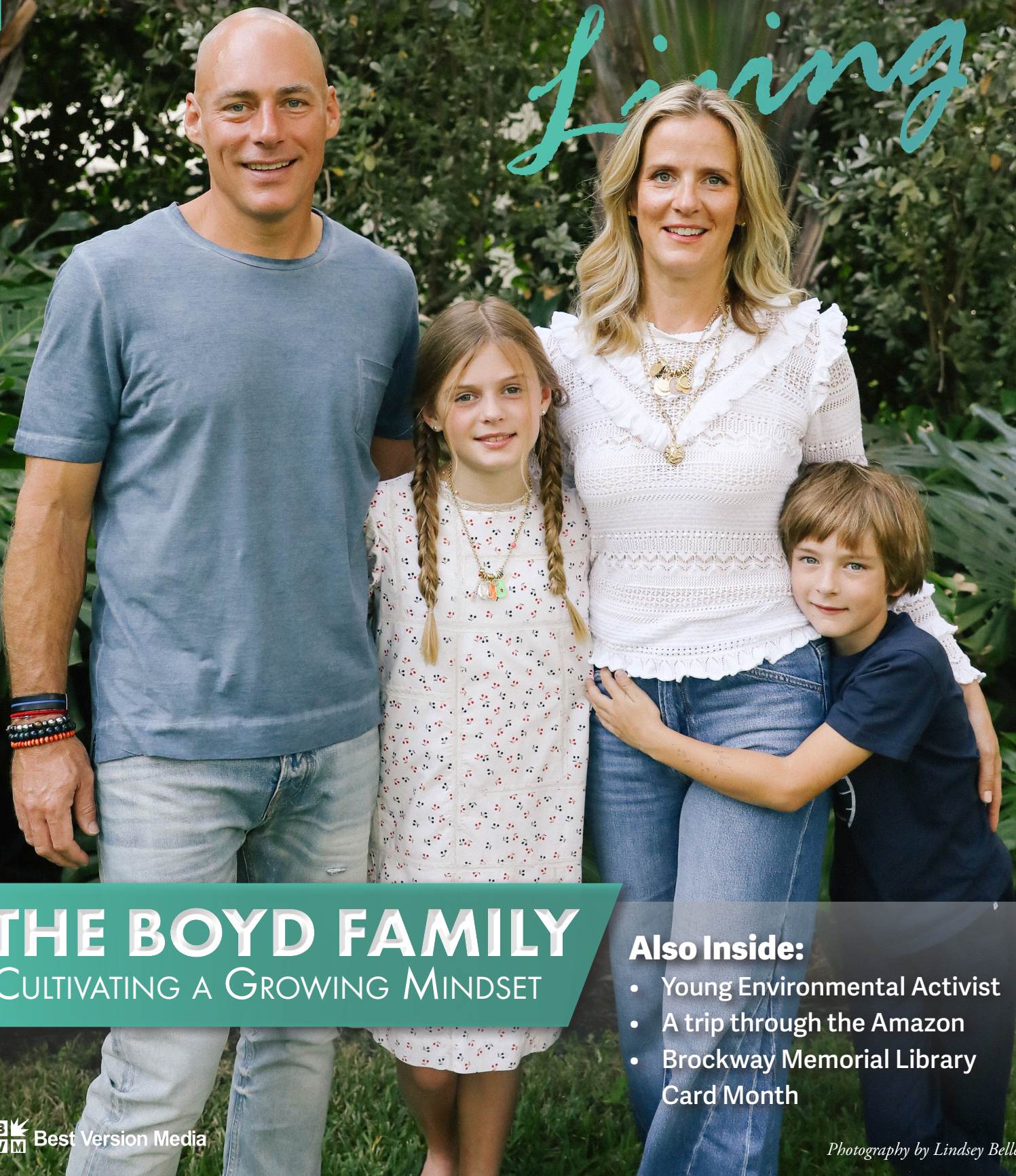


# MIAMI SHORES

*Living*



## THE BOYD FAMILY

CULTIVATING A GROWING MINDSET

### Also Inside:

- Young Environmental Activist
- A trip through the Amazon
- Brockway Memorial Library Card Month



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- Inspect & troubleshoot system operation



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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 5th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [tcesso@bestversionmedia.com](mailto:tcesso@bestversionmedia.com).

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Miami Shores Fire Department..... (786) 331-5000

Miami Shores Village Hall.... (305) 795-2207

Brockway Memorial Library..... (305) 758-8107

Parks and Recreation Department.....(305) 795-2233

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December 5	January
January 5	February
February 5	March
March 5	April
April 5	May
May 5	June
June 5	July
July 5	August
August 5	September
September 5	October
October 5	November
November 5	December

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# LETTER

To Residents

## HAPPY SEPTEMBER!

I've always loved this month! In NYC I loved the cooler temperatures and the leaves changing. In Miami, I love that school starts earlier and by September I'm back into my routine!

It's also my birthday month and this year it's a BIG, milestone birthday!

This special birthday month has me thinking a lot about making connections. I'm fortunate to have so many old friends flying in to celebrate my birthday with me! It's a reminder about how important connections are, whether they are old friends (like 20 of my college friends flying to Miami!) or new friends (like so many new neighbors and friends I have made in Miami Shores in the past 2 years!). Both feel special and I credit Miami Shores Living for allowing me to meet so many new, incredible people here in the Shores.

Miami Shores is definitely the friendliest community I have ever lived in and my goal for Miami Shores Living is simply to bring neighbors together! This has been so apparent in the many emails we have received from neighbors wanting to showcase their furry friend, or share a special recipe or suggesting a neighbor who should be on the cover! We appreciate everyone who has offered to write a community submission, highlighting something old or something new about our community! Every month I learn something new from our neighbors!

Check out each section of Miami Shores Living and see what you would like to highlight from your life, whether it's a pet you love, a child who deserves recognition, or a fantastic trip you just took. We want to learn from and celebrate our neighbors!

Miami Shores Living magazine is a magazine for the residents, and by the residents!

So, keep those connections coming!

In the meantime, enjoy reading about the Boyd family, our beautiful cover family this month!

We love learning about our neighbors through Miami Shores Living magazine!

As always, please contact Tatiana at [tcesso@bestversionmedia.com](mailto:tcesso@bestversionmedia.com) for all submissions!

Happy Fall to everyone!

  
JENNIFER NAGLE  
Publisher



KRISTELLE BOULOS  
Photographer



TATIANA CESSO  
Content Coordinator



# WHAT TO LOOK FOR IN A SUNSCREEN

By Chloe Goldman, MD FAAD

Purchasing a sunscreen can be overwhelming, as there are so many options that differ in formulation, price point, and ingredients. When faced with abundant options, it can be difficult to know what to look for in a sunscreen. In this column, I will provide you the key points to help you purchase the best sunscreen for you.

To start, it is important to understand that sunscreens are divided into chemical-based and physical-based sunscreens:



Chloe Goldman, MD FAAD

Sunscreens also differ in their level of sun protection factor (SPF), formulation or vehicle, and whether or not they contain a tint. Generally, I recommend sunscreen with SPF 30 or greater. In terms of formulation, sunscreens can be sprays, lotions, creams, gels, powders, or even stick form. These various formulations differ in the way they feel on the skin, ease of application, and evenness of coverage. Often times sunscreens are formulated with a skin-colored tint, and this tint can be cosmetically appealing and often can double as makeup foundation. Additionally, the ingredients that provide the tint protect against visible light, which is different from the UV spectrum. Protection from visible light with tinted sunscreen is especially important for patients looking to improve pigmentary disorders (ie brown discoloration and dark spots).

Now that you have some more background information on sunscreens, here are some general recommendations. If you have sensitive skin and want to maximize the coverage, choose a mineral-based sunscreen. If you want a sunscreen that blends readily without effort, you may prefer a chemical-based one. You may need to read the ingredients on the label to decipher whether a sunscreen is mineral-based or chemical-based. The truth is that there is no single best sunscreen. What is most important is that you enjoy how the sunscreen feels, appears, and applies. Therefore, my best advice is to pick the sunscreen that you are most likely to use every day.

Keep following me on Instagram @drchloegoldman for more tips on skin health and call to make an appointment today!

**CHEMICAL-BASED** sunscreens utilize chemicals such as avobenzone, oxybenzone, octisalate, octocrylene, homosalate or octinoxate as their active ingredient (ie the ingredient that works as the sunblock).

## PROS OF CHEMICAL-BASED

- Spreads more easily on the skin surface and easier to rub in

## CONS OF CHEMICAL-BASED

- May be irritating for those with sensitive skin
- May provide less coverage against components of the ultraviolet (UV) spectrum

**PHYSICAL-BASED** sunscreens (also referred to as mineral-based sunscreen) contain zinc oxide or titanium dioxide as the active ingredient.

## PROS OF PHYSICAL-BASED

- Less irritating for those with sensitive skin
- Generally broader coverage against both UVA and UVB (components of the UV spectrum)

## CONS OF PHYSICAL-BASED

- Often more difficult to spread and blend into skin



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CALL TO MAKE AN APPOINTMENT TODAY: **305-576-9489**



# A RETURN TO "normal"

By Wes Pearce

The sun has set on the summer season, and here in Miami, that means the city starts to really come alive again – businesses get busier, schools are back in session and more and more people flock to the Magic City for short stays in the sun or to relocate! This also means that the real estate market experiences a corresponding spike in activity.

As we all witnessed, the real estate market, especially the single-family home market, experienced tremendous growth in the first two years of the pandemic. Prices consistently soared, most properties for sale drew intense bidding wars, and inventory was scarce with demand higher than ever. It was a wild two years, but this summer we felt a significant slowdown as interest rates increased, inflation was on the rise, and so many locals were traveling again. It's now clearer than ever that things are getting back to "normal."

With that said, those who are looking to sell their properties shouldn't feel discouraged or that they have missed their opportunity. A more normal market means more normal trends, and for that reason, I'm anticipating a significant market boost this fall season. After all, traditionally, the busiest times of the year in Miami real estate are the fall and the late winter/early spring.

A more normal market also means more balanced conditions. The Covid-induced seller's market is now in our rearview mirror. Buyers are building more negotiating power with less competition in the marketplace, and sellers are



Wes Pearce

becoming more thoughtful and strategic in how they decide to list their properties. That's where the expertise of a great real estate agent comes into play! Careful property preparation, presentation, and positioning of your property in today's market are essential in ensuring your property flies high above the competition so that you get the best possible sale price. So what does that mean?

It's not just about taking photos and tossing the listing on the MLS – that won't get you the best possible result. There is so much detail that goes into preparing and packaging a property to go to market. It's ideal to start preparing your property to sell at least a month ahead of time. Basic property preparation can include painting walls white or another neutral color for mass appeal, decluttering and storing things away, depersonalizing by removing family photos and personal or spiritual heirlooms, and even completing those pesky handyman projects that you've been putting off for years.

Staging also offers a smart option for showing a property in its best light. Many sellers think staging can be expensive, excessive and exhausting! But staging can be accomplished at all different levels and price points – while some homes benefit greatly from a full home staging, others just need a few simple tweaks and some added design elements to give the property a fresh perspective.

Of course, listing your property for the right price also is key. In today's more "normal" market, sellers should price their properties fairly and realistically. Pricing a home well above its fair market value will lead to more time on the market and low or no offers on the table. We live in a very desirable community, situated in a prime location in Miami-Dade County. It's still possible to sell high and break records, but overpricing a property can diminish those prospects.

We've all been yearning for things to get back to "normal," right? Let's embrace it! If you or someone you know is looking to sell a property this fall, I would love the chance to connect to discuss how the right preparation strategy can yield extraordinary results in today's "normal" market!



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1

  
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SEPTEMBER 2022 | 5



# CONGRATULATIONS



By Tatiana Cesso

Congratulations to Miami Shores resident and Miami Shores Living July magazine cover star, senior tennis player, Joe Schwartz, for winning the bronze medal at the 21st Maccabiah Games in Israel! Joe and his sons, Todd and Jason, represented Team USA in the world's largest competition for Jewish athletes, walking into a stadium with thousands of people. "We are forever three USA Olympians in one family", said Joe. He and his wife Linda are one of the longest residents in the Village. We celebrate the Schwartz Family achievements and milestones!



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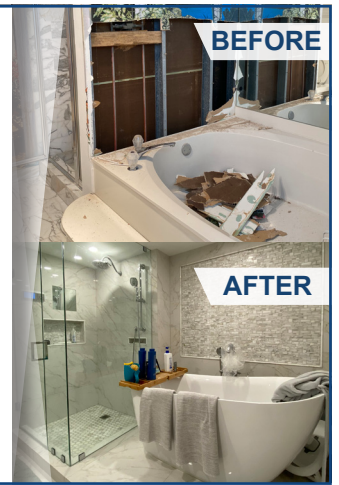
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# AMERICA'S BEST SERVICE

By Tatiana Cesso

America's Best Service has been providing quality maintenance and landscaping services to residential and commercial properties in south and central Florida since 1989. Founded by brothers David and Ben Lazar, it's a family-run business with extremely high standards of excellence. "Our goal is to create landscapes which we're proud of and our customers are proud of", they said. Providing services in the Village for over 18 years, the company is highly recommended by its local customers, including Miami Shores Living publisher, Jennifer Nagle. "I did my landscape lighting with them and it changed the whole appearance of our house at night," she said. As experts in the field, they take many factors into consideration with every project, such as which location is best suited for the plants' optimum growth, and how to choose plants based on their tolerance to sun, shade, and drought, providing a maintenance system that keeps your lawn and garden looking its best throughout the year. Schedule a visit by calling 954-557-0774.



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# September

## CALENDAR OF EVENTS

### MONDAY THROUGH WEDNESDAY

#### Cycle and HIIT Fitness Classes

##### @ The Citadel Rooftop

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**Registration Required:** (817) 205-1889

[www.rhythmmandrelease.com](http://www.rhythmmandrelease.com)

**Time:** 6am/7am/8am

### SATURDAY, SEPTEMBER 3<sup>RD</sup>

#### Opening Reception Painting Without Canvas

##### @ ArtToSaveLives Contemporary

JuanCarlos rLora is a conceptual painter, sculptor, and storyteller who enjoys pushing boundaries in the art world. From Sept. 3rd to 18th, join the artist to experience Paintings Without Canvas, an event by ArtToSaveLives Contemporary, the only art gallery in the world that funds its own animal rescue!

[www.arttosavelives.org](http://www.arttosavelives.org)

### SATURDAY, SEPTEMBER 10<sup>TH</sup>, 17<sup>TH</sup> AND 24<sup>TH</sup>

#### Saturdays in the Shores - Folk Music

##### @ Brockway Memorial Library

"Saturdays in the Shores" returns for two 4-part series hosted by WLRN-FM host, Michael Stock. Join us in exploring the beautiful history of Folk Music from the 1960s to today. This event is supported by Osher Lifelong Learning Institute.

**Registration Required:** 305-919-5900

[www.olliflu.edu](http://www.olliflu.edu)

**Time:** 10:30am

### THURSDAY, SEPTEMBER 15<sup>TH</sup>

#### LGBTQ Mixer

##### @ Flight Wine Lounge

Flight Wine Lounge hosts a monthly LGBTQ mixer. It's open to all, with no cover fee. Conceived as a gathering place for friends, neighbors and strangers to meet, sip and socialize, Flight Wine Lounge offers over 50 wines and several craft beers that pair with small artisanal plates. Join them every 3rd Thursday of the month for the most fun happy hour event in the Village!

[www.flightwinelounge.com](http://www.flightwinelounge.com)

**Time:** 5pm-8pm

### THURSDAY, SEPTEMBER 15<sup>TH</sup>

#### Miami Shores Night at the Library

##### @ Brockway Memorial Library

The library is opening its archives for a very special evening! Do you have any Miami Shores memorabilia that you would like to see become a part of Village history? Library staff is looking for items of local historical interest like pictures, articles, old books of Florida interest, and general items dating back to 1932, the year Miami Shores Village was incorporated. Wine and cheese sponsored by DWK Realty.

**Contact:** (305) 758-8107

[www.miamishoresvillage.com](http://www.miamishoresvillage.com)

### WEDNESDAY, SEPTEMBER 21<sup>ST</sup>

#### Author Event for Middle-Schoolers

##### @ Brockway Memorial Library

Florida author S.A. Rodriguez will share her new book, *Treasure Tracks*, a debut middle-grade adventure about a young teen who goes on a treasure hunt for undersea riches to help his ailing abuelo. *Treasure Tracks* is a fast-paced story filled with heart and humor about the bonds of family, the meaning of a legacy, and most of all, the discovery of true treasure.

**Registration Required:** (305) 758-8107

[www.sarodriguezbooks.com](http://www.sarodriguezbooks.com)

**Time:** 4pm

### SATURDAY, OCTOBER 1<sup>ST</sup>

#### 5th Annual Artisan Fair

##### @ 10021 NE 2nd Avenue

Brockway Memorial Library holds its 5th Annual Artisan Fair featuring one-of-a-kind, handmade goods from local artisans. Come support local entrepreneurs in an event filled with family fun and treats. Would you like to sell your wares at the fair?

**Contact:** Michelle Brown, [brownm@msvfl.gov](mailto:brownm@msvfl.gov)

\*You can submit your event information for free at [tcesso@bestversionmedia.com](mailto:tcesso@bestversionmedia.com)



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# THE BOYD FAMILY

## CULTIVATING A GROWING MINDSET

*Photography by Lindsey Belle*

By Tatiana Cesso

**H**ave you ever wondered if you have what it takes to be a successful entrepreneur? Or maybe you already have your own business, and you're interested in getting to the next level of success? Then what the Boyd family has to share with you is a blueprint for what makes great entrepreneurs great. "I've been a serial entrepreneur from a young age; I would create and sell whatever I could, not just lemonade," said Lindsey Boyd. "Plus, I am never afraid to try something new."

Right out of college, in New York, she had two different companies: Sassy Storage, selling hand-painted hat boxes for storage, and a t-shirt company called Jessica Lindsey that she started with a friend by selling clothes on the train to the Hamptons and streets of NYC – which eventually, got into some major contemporary retail stores like Saks Fifth Avenue, Olive and Bette, and Henri Bendel's.

When Lindsey was 26, she started a company called The Laundress, a line of eco-friendly detergents and cleaning products designed to care for every fabric in your home and closet, from taking pit stains out of white t-shirts to washing cashmere sweaters without ever having to dry clean. It was a huge success, and in 2019, The Laundress was sold to Unilever. "So I knew I had to start something new again." That's because entrepreneurship is a lifestyle choice, not a career. Entrepreneurs aren't pounding the pavement looking for work. Instead, entrepreneurs keep busy trying to create opportunities for themselves and others, and they're unafraid of giving new endeavors a try. "I love to create meaningful products that I want and think other people will enjoy too," she said.

Lindsey's new venture is Rondel, a line of 18k gold charms designed to be "storytelling on a chain." Inspired by her grandmother's charm collection, each piece is handmade in NYC with 100% recycled gold. "My daughter, Chloe, has been a big inspiration for me! She allows me to see my designs and jewelry in a different way from a child's perspective. I love that because, after all, I am creating Rondel for her and generations to come."

Lindsey met her husband, Jeff Boyd, in 2001. "We connected through a mutual friend who dragged me out to meet this 'cute guy' that she said was perfect for me. I didn't believe her, but it turned out I was wrong! We have been married for 13 years!" Jeff is also an entrepreneur. He sold his last business in 2019 and is starting a new brand in the wellness space. "I am launching a new business this Fall so be on the lookout for MTE, a daily wellness companion that supports energy, mood, motivation, stress response, and the ability to focus," he said. To elevate his energy, Jeff also loves running in the neighborhood and is all about being able to bike everywhere he can, from grabbing tacos at Route 66 to his favorite beach club on Collins. "Miami Shores is perfectly situated to have that experience."

The couple has two kids, Chole, 11, and William, 8 years old. The family also has two golden doodle dogs, Finnegan and Archie. They enjoy spending summers between the Hamptons in New York and new destinations to explore in the world. "This year, we did a fun family trip to Europe for a few weeks and visited Zurich in Switzerland, Lake Como in Italy, and Provence in France," Lindsey said.



In 2020, like many others across America, the family moved from New York to Florida, finding Miami Shores the perfect place to call home. “We really love the sense of community we have here, something we didn’t really have in NYC.” Among their favorite things to do, biking around the village is one of them. “My children play soccer, flag football, and tennis at the community center, with a quick bike ride from our home or school,” says Lindsey, who also loves riding her bike to the tennis court. “As a New Yorker moving during the pandemic and not knowing anyone here, tennis really kept me going. I’m actually a decent tennis player now, thanks to my tennis crew!”

As a good entrepreneur, Lindsey is always curious about shops and restaurants around her. “It’s amazing how many great local businesses we have in Miami Shores! Proper Sausage is one of our favorites! It is where we buy all of our poultry and meat. My family also orders a lot of acai bowls and smoothies from Carrot Express”, she said. “Pebble and Vine is another gem! They did all of our gorgeous pots around the house.”

In their backyard, the Boyd family grows avocados, limes, lemons, bananas, and oranges. “I’m really enjoying learning about all of the amazing fruits, veggies, and flowers that grow in the subtropics. Growing up in the northeast, where everything looks so different, with the exception of our gorgeous oak trees, Miami Shores became very special to me, with those old, beautiful tree canopies.”

When it comes to running a successful business, Lindsey says the right mindset can be like cultivating a beautiful, fruitful garden. “If you have the passion for starting something new, do it and stick with the process. It is not easy, and it will have bad, tempestuous days, but if you put in enough work and love, it will grow and flourish.”

**Learn more about their businesses:**

[www.getmte.com](http://www.getmte.com)

[www.rondeljewelry.com](http://www.rondeljewelry.com)







# We Invite You to Get a Library Card

By Michelle Brown

*Brockway Memorial Library Director*

SEPTEMBER brings to mind many things – back-to-school excitement, Labor Day barbecues, and the coming of fall, but did you know that September is also Library Card Sign-Up Month? Spearheaded by the ALA since 1987, the campaign stresses “the importance of obtaining a library card as a child’s most important school supply.” But the month isn’t just for kids, maybe you are new to the area, or it’s been awhile since you’ve visited the library. Whatever the reason, now is the time to rediscover the many benefits your local library can offer!

At Brockway, getting a library card is a gateway to a wonderful community of peers and opportunities to engage in impactful programming for youth to seniors. New titles in both print and digital formats are acquired monthly, and for those of you who are suffering from subscription overload, the Library has thousands of movies and audiobooks free to check out. If digital formats are preferred, free access to the Florida Electronic Library and OverDrive provide options for eBooks, eAudios and hundreds of digital magazines and eResources. The Library’s book shop – open Monday-Saturday- is another resource where you can find affordable new and gently used books of all genres, including children’s titles, with prices starting as low as \$0.50. Book donations are welcome!

In September, the Library will return to its usual programming of book clubs, classes, yoga, youth programs, and cultural events. Please stop in and pick up a calendar! You may also find postings of happenings on the Miami Shores Village Official Government Facebook page and on Instagram @miamishoresvillage1932, also monthly on Miami Shores Living Calendar of Events. Fall highlights include Saturdays in the Shores, which begins September 10th from 10:30-noon with a series hosted by WLRN’s, Michael Stock, featuring a “modern history” of folk music, starting from the 1960s, and on Fridays, beginning September 23rd, Osher, in partnership with AvMed, will offer How to Plan for Retirement: Before, During, and After. The series will cover topics on aging, Medicare, finance, and safety. If interested, please call 305-919-5900.

Also, in September, the Library will be preparing for its Annual Artisan Fair, to be held Saturday, October 1st from 9am-2pm. Local craftspeople will display their creations from homemade soaps to handcrafted jewelry and stationery. There will be treasures and treats for everyone - a great way to kick off your holiday shopping! This will be the Library’s 5th annual fair, having had to postpone it for the last two years. If you are a

local artisan and would like to have a booth at the event, please contact me (Michelle Brown at [brownm@msvfl.gov](mailto:brownm@msvfl.gov)). Participation is \$35 for returning vendors; \$40, if new.

And have you heard?! Miami Shores Village was recently awarded the Florida Citizenship Award by the Florida League of Cities for Brockway’s work on historic preservation and educating and inspiring our community about its local history – an award we share with our local historians and advocates. In celebration, on Thursday, September 15th from 5:30pm to 7:30pm, the Library will open its Archives for a very special evening. Anyone who may have items of local historical interest is invited to bring them for consideration as additions to the Library’s Archives. Pictures, articles, artifacts, rare or old books of Florida interest, items from the early days of development and pioneering, and fun items, such as campaign buttons and old flyers are most desired. Think Antiques Roadshow comes to Miami Shores Village! A wine and cheese reception will accompany the event, sponsored by DWK Realty.

We hope also to hold a grand opening of the Library’s new Sydow Children’s and Family Wing soon! This long-anticipated addition is near completion. It will serve as a much-needed programming space. The former Children’s Activity Room will be transformed into a Media Center just for kids. Thanks to a grant from the Miami Shores Community Alliance, they will have their own computers for homework and learning fun. Children’s movies and audiobooks will also be housed here. We are grateful to our many donors! Parents and caregivers wishing to have their child’s name on a leaf as part of a donor tree that will be installed in the Children’s Wing may visit in person or go online at [www.msvfl.gov](http://www.msvfl.gov). Visit the Library’s page under the “Residents” tab for more information or call 305-758-8107.

Brockway Memorial Library is located at 10021 NE 2nd Avenue. Hours are Monday, Tuesday, and Thursday 9am-8pm; Wednesday, and Friday 9am-6pm and Saturday 9am-3pm. Library membership is free to Miami Shores residents. Non-residents are welcome, too! An adult or family card is \$75/year. Children may obtain a card for \$25/year. Members of the Florida Retired Educator’s Association (FREA) who are former Shores teachers are eligible for a free membership!

We hope to “see you in September!”

*\*You can submit a community story for free at [tcesso@bestversionmedia.com](mailto:tcesso@bestversionmedia.com)*



# WHAT ARE THE BENEFITS OF WORKING WITH A LIFE COACH?

By Heidi Charalambides  
Health and Lifestyle Coach

COACHING refers to a method of training, counseling, or instructing an individual or a group on how to develop skills to enhance their productivity or overcome a performance problem. Health and Lifestyle coaching can help someone overcome personal problems or obstacles in order to live a healthier and more fulfilling life.

Coaching and the benefits of being coached by a trained and officially certified coach can provide an opportunity for investigating and clarifying issues in an open, trusted non-judgmental and non-dependent platform. It is a place to fully explore choices of action, an arena for role play, and a mechanism to hold oneself accountable. Ideally, a good coach needs to feel empathy and love for other people and be able to identify and deal with issues openly about personal, relationships, family, and or work-related matters.

Everyone has problems in life, such as issues related to financial stress, parenting, relationships, career, past traumas, self-realization, or lack of direction. Having coaching support helps one to discover or better understand unhelpful patterns in both thought and behavior and set more effective goals and achieve objectives through a structured approach. Through insight and awareness of unhelpful patterns and tendencies, a coach can provide solutions to refine future actions accordingly.

A good, healthy coaching relationship should be supporting one to achieve their fullest and best potential in any and all aspects of one's life. In other words, mastery of your own life.

Working with a trained coach provides a look at one's life from a different perspective and can help people better see who they really are and what they want to achieve. With this increased self-awareness comes a better under-

standing of one's strengths and weaknesses, stronger determination, improved self-esteem, and greater personal achievement.

Coaching is a place of expansion of one's comfort zones and a way to improve communication and really provides the opportunity of letting go of all unnecessary physical and emotional baggage. By coaching in this balanced and holistic way, one can find the answers that always come from digging deep within oneself. By being curious and using the right tools to overcome blockages or obstacles, one can move closer to reaching their optimum life objectives and happiness.

Coaching also focuses on educating and aiding the clients to make healthy decisions by utilizing key tools, such as healthier dietary and life choices, while offering positive encouragement to help clients reach their goals and objectives.

Coaching can further provide release through stress and painful times. There are always new problems coming our way that heighten our stress levels, be that personal problems or external factors, like the ongoing Covid situation, the upcoming recession, a war always going on somewhere, or the consequences of global warming.

Life teaches us different lessons along the way. From my experience of living in different countries, I have learned to adapt to many different mentalities, habits, thoughts, and beliefs. I now very much enjoy combining those experiences with my empathy, inner strength, wisdom, and many years of studies or training to help others.

Of course, to have a healthy and happy lifestyle, it is very important to have a strong and balanced base. To support that, I strongly recommend: following a healthy diet, meditating and exercising daily (highly recommend yoga), getting a good night's sleep, and always plenty of laughter!



Heidi Charalambides

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# A TRIP THROUGH THE AMAZON

By Anastasia Espinosa

As part of my daughter, Tatiana Sumner's culmination of her Portuguese elementary education at Ada Merritt K-8, the parents, along with PIPA (Portuguese International Parent Association) organized a cultural trip to the Amazon rainforest in Brazil for the fifth graders. We were fortunate to have a parent from the area with travel industry experience and whose family owns a lodge in the Amazon, the Cirandeira Bela.

On June 12, nineteen parents and nineteen 5th graders embarked on exploring the Amazon rainforest and its surroundings. First stop: Manaus, the capital of the Amazonas state, 900 miles inland from the Atlantic ocean. We stayed in the city for three days which served as a great starting point to visit some nearby waterfalls and hikes. From Manaus, you can do half-day boat tours to see the convergence of the Rio Negro and Rio Solimões that forms the Amazon river. Sunset tours are where you can fish piranhas, catch Cayman (which are released back into the river), and witness beautiful sunsets with the forest as your backdrop. The energy of nature is palpable.

What the kids enjoyed the most about Manaus was the opportunity to swim with the boto rosa (pink river dolphin). Yes, be prepared to go into the river, in the wild, and experience the dolphins swimming all around you while they are fed!

In Manaus, we also had the opportunity to visit the Manaus Opera House, also known as the Amazon Theatre, a historical landmark that currently accommodates the Amazonas Philharmonic. We also visited the city's largest marketplace, Mercado Municipal Adolfo Lisboa, where you can find beautiful baskets, handmade jewelry by local indigenous tribes, as well as homeopathic remedies. Visiting the old city, we learned about the history of what at one time was one of the most important ports in Brazil. Unfortunately, today in Manaus, you can witness the poverty that has affected and deteriorated this region.

About 70 miles southwest of Manaus, we arrived at the Cirandeira Bela in Manacapuru. The pousada is owned by a family at the school, and we were received with much love, care, and details, such as a small necklace with a sapo protetor (the frog protector). As soon as you arrive, you feel the energy of the forest and the river that runs through the property. The property is an open space that combines nature, energy, the love the owners have put into the details, and the diversity & inclusiveness of those who work there to create a wonderful experience. The outdoor lodge is composed of several rustic huts and three new updated bungalows with private river access. The river that runs through the property serves as the water play area with slides, waterfalls, and sunbathing areas. Beautiful guided trails and ATV rides through the property. Breakfast, lunch, and dinner are homemade with typical foods which include rice, beans, farofa (yuca flour), and different types of river fish.

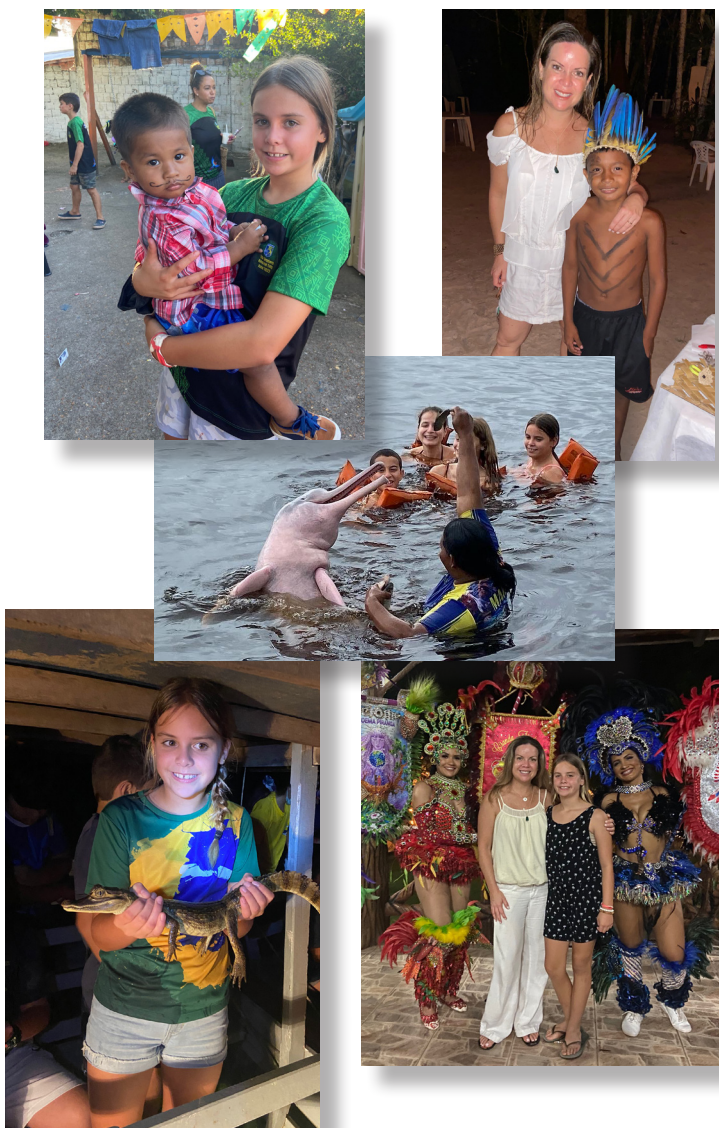
Day trips included a visit to a local indigenous tribe, Aldea Tururukari-uka, where we learned, saw, and experienced their ways of living. The children took backpacks with school supplies to give to the local children and also had a serious soccer match.

We also had boat tours in the Rio Negro where the water was so high that we were navigating through the tree tops – and why not go for a dip? As part of giving back to the community, we visited the local orphanage Casa Esperança (House of Hope). It was a very moving experience for all of us, which inspired us to create a GoFundme to help with the expansion of their beautiful work.

As the trip came to an end and to continue with some local traditions, at the lodge, we celebrated Festa Junina, which is the festival of the harvest. We also met a Pajé (Shaman) who performed a cleansing ritual.

The whole experience was unforgettable! The energy you feel from the forest and nature around you is real, and we must do everything we can to protect the Amazon. This 10-day trip may not be for everyone, but it is one that myself and the nineteen 5th graders will never forget as we were forever impacted by the experience and the people.

PLEASE SUBMIT YOUR STORY AT [TCESSO@BESTVERSIONMEDIA.COM](mailto:TCESSO@BESTVERSIONMEDIA.COM)





# SOLD HOMES IN YOUR NEIGHBORHOOD

ADDRESS	CITY	BEDS	BATHS	POOL	WATERFRONT	PRICE	STATUS
251 NE 95th street	Miami Shores	4	3.5	Y	N	\$2,159,000	Pending
9707 NE 13th Ave	Miami Shores	4	3	N	Y	\$5,100,000	Pending
9022 NE 8th Ave #3K	Miami Shores	2	1	N/A	N	\$265,000	Pending
8100 NE 10th Ave	Miami	3	2	N	N	\$975,000	Rented
8100 NE 10th Ave	Miami	3	2	N	N	\$5,500/mth	Rented
520 NE 82nd Ter	Miami	1	1	N	N	\$1,400	Rented
622 NE 98th St	Miami Shores	4	3	N	N	\$8,000	Rented
13800 Highlands Dr #604	North Miami	2	2	Y	N	\$2,800	Rented
11930 N Bayshore Dr #707	Miami	1	2	Y	Y	\$2,700	Rented
10610 NE 10th PL	Miami Shores	3	2	N	N	\$1,050,000	SOLD
8950 NE 8th Ave #502	Miami Shores	2	2	N/A	N	\$250,000	SOLD
1097 NE 98th St	Miami Shores	3	3	N	N	\$1,400,000	SOLD
149 NE 105th St	Miami Shores	3	2.5	Y	N	1,250,000	SOLD
285 NE 100th St	Miami Shores	4	3	Y	N	\$1,850,000	SOLD
5600 Collins Ave #11Y	Miami Beach	2	2	N/A	Y	\$450,000	SOLD
7980 SW 167th St	Palmetto Bay	4	2.5	Y	N	\$1,395,000	SOLD
10205 NE 4th avenue	Miami Shores	2	1.5	N	N	\$915,000	SOLD
10361 NE 4th Ave	Miami Shores	4	2	N	Y	\$1,699,500	SOLD
636 NE 105th St	Miami Shores	3	2	N	N	1,250,000	SOLD
149 NE 105th St	Miami Shores	3	2	Y	N	1,250,000LP	SOLD
6125 Stallion Way	Southwest Ranches	4	5	Y	N	3,495,000	SOLD

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# Raising Birds



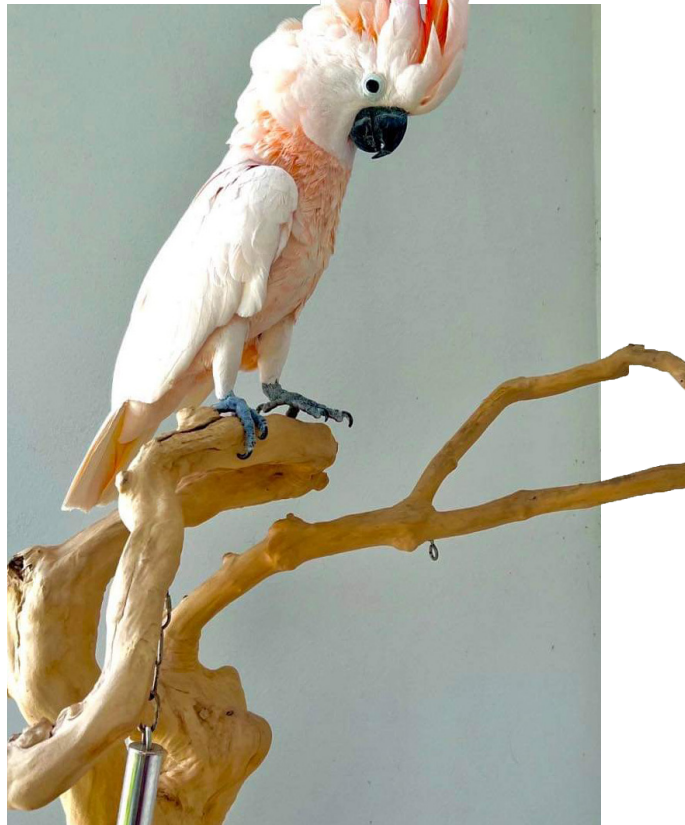
By Richard Suero

My name is Richard Suero and I have been living in Miami Shores for 20 years. I love animals and taking care of them is very rewarding to me! My hobby is raising a few types of Australian Red Lories, a species you can learn more about on my page "Exotic Lories" on Facebook.

I also enjoy my beautiful white dobermans! My mascot, however, is Fiona, a seven year old Moluccan Cockatoo that is the real entertainer of the house! She loves to go to the beach and ride on the handlebars of my bike! When excited, she raises her crest, stamps her feet and clacks her bill! This species is endemic to Indonesia and the females are larger than the males on average.

Moluccan Cockatoos are great pets but if you want to own one, be aware it will demand attention! They are affectionate and cuddly birds that strongly bond with their owners. As a pet, they want to be as close to their human mate as possible and tend to turn into a one-person bird.

They thrive on challenges and can learn to dance, do tricks, and act like an entertaining comedian when in a good mood! They are not known to be great talkers, but they will mimic a few words. The reason people love them so much is mostly because of their affectionate nature. If you feel the Moluccan Cockatoo fits your family dynamics, I would highly recommend it as an enjoyable pet.



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# YOUNG Environmental ACTIVIST

By Alice Nagle

Meet Camila Velaquez, a young girl who lives in Miami Shores who recently organized a big community clean up event in the neighborhood. We attended her clean up in the Miami Shores Field and participated by collecting trash. Once we came back, she rewarded us with a bag filled with items such as reusable water bottles, reef-friendly sunscreen, and eco-friendly cleaning products.

**ALICE:** What is your full name? Where do you go to school? How old are you?

**CAMILA:** My name is Camila Maria Velazquez and my school is Miami Country Day School. I am 11 years old.

**ALICE:** What inspired you in organizing this community event?

**CAMILA:** Every time I walked around our neighborhood, I saw trash and especially plastic. I thought it would be a good idea to create awareness on the importance of taking care of our community and the planet.

**ALICE:** What kind of things have you organized to help the environment?

**CAMILA:** I've participated in other clean ups before but this is the first big community event I've organized.

**ALICE:** Was there a person who inspired you?

**CAMILA:** My mom works for The Nature Conservancy and she always talks about the work she does with conservation and environmental protection.

**ALICE:** Who are your biggest supporters?

**CAMILA:** My parents are my biggest supporters and helped me with the project. We had to do a lot of things from getting event sponsors, to promoting it and getting people to attend the clean up. We also invited two speakers to attend and talk to us about the importance of preventing trash from reaching the ocean. We gave away goodie bags filled with eco-friendly detergents from The Laundress, reusable plastic bottles from Covanta Energy, reusable bags from the Surfrider Foundation, and coral-friendly sunscreen from Badger. The Village of Miami Shores also sponsored the event with candy and reusable water bottles.

**ALICE:** What was your overall goal for the clean up?

**CAMILA:** I wanted to bring a group together to reduce the amount of plastic in Miami Shores. I did not have a specific amount of trash as a goal. I really didn't know how many people would show up. I was hoping for at least 20 people. I was very surprised and happy with all of the people who came and supported me. Approximately 60 people between kids and adults showed up. We collected 55 pounds of trash.

I am very happy that more kids understand the importance of taking care of our planet. Also, it was great to see that from an idea, I was able to organize a full event with the help of my parents and sponsors.

**ALICE:** We heard you may be creating a documentary. Can you tell us about that?

**CAMILA:** Yes, as part of the Global Citizens Passion Project grant I received from my school, I invited upper school students from MCDS to film on the day of the event and produce a video that showed the community doing the clean up. We showed the final video to all the students in elementary school.

We look forward to watching your next steps in helping our community, earth and your documentary, Camila!



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