FORT LAUDERDALE'S CITY MAGAZINE

A PUBLICATION OF RIVERWALK FORT LAUDERDALE

VOL.12 NO.3 APRIL 2015

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Sunday

2015 NX F-SPORT

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Brunch

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A Publication of Riverwalk Fort Lauderdale

Selections from the Gourmet Delights food kiosks - Wholly Crepe, Nacho Bizness, and Expresso. Photo by Jason Leidy.

SPEAKING by Samantha Rojas

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> – Jaimie D. Boca Raton FL

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Go Riverwalk is Fort Lauderdale's City Magazine covering arts, entertainment, business and lifestyles. Go Riverwalk is a Riverwalk Fort Lauderdale publication and publishes 12 times a year to inform, inspire and connect residents, readers and leaders with the people, places, happenings and events that make Fort Lauderdale one of the world's best places to live, work and play. © Copyright 2015, Riverwalk Fort Lauderdale. All rights reserved. No part of Go Riverwalk may be reproduced in any form by any means without prior written consent from Riverwalk Fort Lauderdale and publisher Riverwalk Ad Group, Inc. Publisher accepts no liability for the accuracy of statements made by the editors or advertisers. The waves device and Go Riverwalk are trademarks of Riverwalk Fort Lauderdale. © Copyright 2015.

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MISSION STATEMENT To be the catalyst in building and nurturing Riverwalk as a vibrant community connected by the New River.

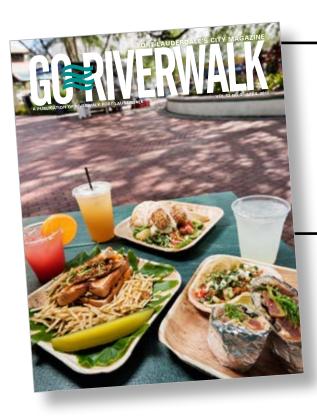
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SOCIAL MEDIA

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NAME THAT DISH

Identify each Gourmet Delights dish on our cover AND the food kiosk that sells it and you'll be entered to win two tickets to Get Downtown (Apr. 27). Email answers to magazine@goriverwalk.com by **APR. 22.** A winner will be randomly chosen.

#GORIVERWALKPHOTOPICKS

Share your photos with us!

Use these hashtags for the

#WEEKENDSONTHERIVERWALK

month of April.

#RIVERWAI KETI

#GORIVERWALK #FTLVANTAGEPOINT

#GETDOWNTOWN

And FEBRUARY'S title goes to ...

@THESOFLASAGE for her Tacocraft photo submitted on Instagram.



APRIL CONTEST Theme: NATURE'S GIFTS Deadline: MAY 1

Tweet, Instagram, Facebook or email (magazine@goriverwalk.com) a photo of nature's gifts (trees, landscapes, clouds etc.) taken in Fort Lauderdale. Be sure to include the **#GORIVERWALKAPRPHOTOPICKS** hashtag.

Win a \$25 gift card to the Daily Melt. YOUR PHOTO COULD APPEAR IN AN UPCOMING ISSUE!

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e are pleased to announce the return of Riverwalk Noon Tunes every Wednesday through May 27. In partnership with the City of Fort Lauderdale and the Downtown Development Authority, Riverwalk invites you to bring your lunch and enjoy a mid-day music event in Huizenga Plaza.

Food is available from Riverwalk Gourmet Delights. Wholly Crepe, Nacho Bizness, and Expresso provide a great variety of culinary tastes that will make you want to come back often. Music is offered from noon until 1:30 p.m. and a variety of sounds will be featured over the 10-week event. Walk over, ride the free Riverwalk Water Trolley and invite your friends, family, and colleagues to enjoy a change of pace! Put this on your calendar! What better way to enjoy our picturesque downtown and Riverwalk and all that it offers?

You will see cleaning ambassadors with brooms and dustpans keeping our downtown clean, security ambassadors offering assistance, and soon our Riverwalk ambassadors who will provide directions, information, and more to visitors and residents in the downtown. We are all working hard to continue to provide additional services and offerings in downtown, which is a stellar destination with tons of local attractions, events, restaurants, shops, and more. Be sure to say hello when you encounter some of the new representatives.

There are plenty of festivals this time of year and last month we completed the annual St. Patrick's Festival and Parade. Coming soon will be events like the Tortuga Music Festival, Pineapple Jam, Riverwalk Tribute, Spin-A-Thon, MADD Walk - and that is just in April. May brings the Las Olas Wine & Food Festival, The Color Run, Burger Battle VI, Dancing

with the Stars, and more leading up to Lauderdale Live and Marine Industry Day in June.

#NOONTUNESFTL

Every Wednesday 12:00-1:30pm March 25th - May 27th 2015

Breathe in the fresh air as you

listen to live music from some of Fort Lauderdale's favorite musical talent.

Bring your bagged lunch or enjoy luncheon

Gourment Delights stationed along Riverwalk

treats from the food kiosks of Riverwalk

REE Concert Series

Be sure to use our FREE Riverwalk Water

Huizenga Plaza

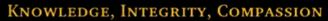
32 East Las Olas Blvd.

Trolley as a means of transportation!

Needless to say, there is never a shortage of things to do or see. There are museums to visit, art to behold, and shows to sit back and watch. Take a second a check out the calendar in *Go Riverwalk* for upcoming happenings or check our web page! We think our staff is doing a great job! Don't you? 🕲



American Heritage School





Robotics Team Wins USA Regional Competition

Known as Team 2383 "The Ninjineers," American Heritage's Robotics Team earned a ticket to the World Championship in St. Louis by winning the FIRST (For Inspiration and Recognition of Science and Technology) Robotics Regional Competition.

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- Acceptances into the most prestigious engineering schools, such as Cal Tech, MIT, and Georgia Tech

Go Ninjineers!

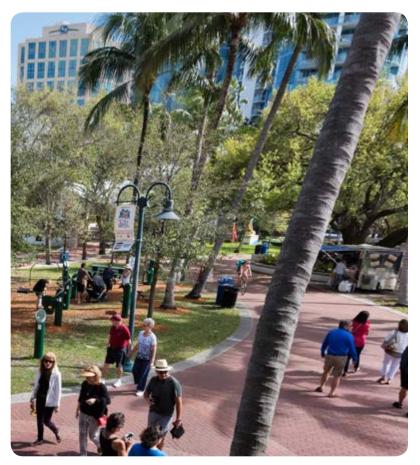
Good Luck at the World Championship!



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Downtown Livability

STAY IN THE KNOW

Oversight and partnership in activation of Riverwalk and downtown is a big job! Infrastructural needs are significant for a waterway where seawalls are in need of repair in some places. Refurbishing walkways and adding and improving lighting are at the top of the list of things to do. Prioritizing and funding are the drivers in accomplishing those tasks.

As a result of a partnership with the City of Fort Lauderdale, a lighting project is in process that will upgrade the remaining poles on the north side of Riverwalk to incorporate spun concrete replacements. In conjunction with the pole changes, the lighting heads will be outfitted with LED lighting. As funding permits, all heads on poles on the north side will be upgraded. This is a tremendous start and will make a great difference. We continue to identify areas in need



BY GENIA DUNCAN ELLIS President/CEO, Riverwalk Fort Lauderdale

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of upgrade and seek alternate funding sources to achieve those goals.

Additional projects are being pursued that will offer more amenities to the area. We expect to see our second 10-unit exercise station installed shortly. We are continuing to seek a viable location in downtown along Riverwalk for a dog park to accommodate our many downtown residents with pets. The need is definitely there and this could be a great addition if we are able to successfully launch a partnership with the county. The Andrews Avenue Bridge will undergo upgrades and enhancements over the next year including painting and lighting underneath.

In the past six months, we have brought Riverwalk Recreation on line as well as Riverwalk Gourmet Delights – both of which offer more amenities to the downtown population as well as visitors and workers. Both have received rave reviews and we are delighted with the results. If you haven't tried the food or taken a bicycle tour – you should add it to your list of things to do.

Riverwalk Fort Lauderdale will honor Kelley Shanley on Apr. 23 at the Riverside Hotel for his contributions to downtown, Riverwalk, and especially our arts and entertainment community. Because of individuals like Kelley, our city continues to be a destination on any map. We encourage you to join us as we celebrate Kelley and his contributions.

If you haven't yet enjoyed a ride on the free Riverwalk Water Trolley – be sure to add that to your list of fun things to do! ⁽¹⁾

Breaking News

LAUDERDALE LIVE HAS RELEASED THE 2015 LINEUP!

Phillips Phillips and O.A.R will headline the June 19-21 festival in Huizenga Plaza. Ben Rector, Drew Holcomb and the Neighbors, Kris Allen, Sister Hazel, Dumpstaphunk, Luke Wade, and Beverly McClellan will also perform. For more information, or to purchase tickets visit www.lauderdalelivemusic.com.

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MEMBERS OF RIVERWALK FORT LAUDERDALE EXPRESS THEIR SUPPORT AND JOIN US IN OUR MISSION OF BUILDING A VIBRANT COMMUNITY. RIVERWALK SUPPORTS DOWNTOWN'S DIVERSE, MIXED-USE COMMUNITY OF ARTS AND ENTERTAINMENT ESTABLISHMENTS AND BUSINESS, RESIDENTIAL, JUDICIAL, EDUCATIONAL, AND MARINE INTERESTS. TO JOIN, VISIT WWW.GORIVERWALK.COM/MEMBERSHIP.



trustee member Dr. Burak Taskonak

EAST BROWARD DENTAL

• I moved to South Florida in 2010 and started my private practice after a career of teaching and research in academia. I received my Doctor

of Dental Surgery degree from Indiana University School of Dentistry. I also hold a Ph.D. degree in biomaterials from University of Florida.

I am intimately involved in the field of restorative and implant dentistry. I have numerous publications on longevity of dental ceramics and dental implants.

I was previously appointed as an assistant professor at Indiana University School of Dentistry and at Nova Southeastern University College of Dental Medicine. I am a member of American College of Prosthodontics, American Academy of Implant Dentistry, and International Association of Dental Research. I'm also a fellow of the Academy of Dental Materials.

I currently practice in Fort Lauderdale and Coral Springs. I enjoy equestrian sports in my free time. I'm a member of the United States Equestrian Federation.

I am grateful for the opportunity to be a member of Riverwalk and very excited about the activity in the Fort Lauderdale community.



TRUSTEE MEMBER

o'Connor

MAD 4 MARKETING

• Beginning my career at Mad 4 Marketing, a woman owned and focused full-service advertising

agency, has given me the opportunity to manage local business accounts, interact with people in various industries, and ultimately help brand our Fort Lauderdale community. Our agency fosters a creative and collaborative environment, where I learn something new every day – an example being our most recent re-branding campaign for the Greater Fort Lauderdale Chamber of Commerce "Experience. Better. Business."

Downtown Fort Lauderdale offers young professionals access to more than just beautiful beaches, and as a native Floridian I grew up seeing the value and impact a diverse, local community filled with arts, entertainment, and educational opportunities can have on the economy.

As an active member with Emerge Broward, The Greater Fort Lauderdale Chamber of Commerce, Junior League of Fort Lauderdale and the Board of Directors for Share-A-Pet, I guess you could say I'm "mad 4 our community."

Planning for the Future

WRITER PATRICK HARRIS RIVERWALK FORT LAUDERDALE BUSINESS DEVELOPMENT SPECIALIST



ow in our 26th year, Riverwalk Fort Lauderdale has made a significant contribution to the quality of life in the downtown area. Together with you, our efforts ensure that Fort Lauderdale maintains a large, beautiful green space in the heart of its business district that provides a variety of activities.

As a nonprofit organization, Riverwalk Fort Lauderdale relies on its members



TRUSTEE MEMBER Mike Greene

VIDEO DYNAMICS CORPORATION

• I arrived in Fort Lauderdale in October of 1970. Joe Amaturo, who owned WFTL radio,

brought me down from Hartford to program his radio station. The tallest building in town was the Landmark Bank Building (where the Tower Club is located). It was only two-thirds complete and it already towered over the other tall buildings in town – the Governor's Club and First Federal. The entire county closed down in the summer. Now look at us. Our downtown is actually a city. In the last 40 years, we have added museums, performing arts centers, sidewalk cafés and more than one 'trendy' district.

For the last 30 years, I have been producing and directing videos and commercials in South Florida through my company, Video Dynamics Corporation. This is a great area for my business and many other businesses. I have been fortunate to participate with the Broward Alliance, Junior Achievement, the SFMA, and many other local organizations that are focused on making our region better. I could not continue that effort without belonging to Riverwalk Fort Lauderdale. It is the one organization that maintains a focus on improving the livability of our city.

Welcome

NEW AND RETURNING MEMBERS



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ID Automotive

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Barbara Falowski Funeral Home

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INDIVIDUAL

Sheryl Dickey William O'Leary Jo-Ann Lorber Roni Turner Frank Kurz Edward Strobel Susan Connerney Frank Herhold John Heiser Jennifer Homan Marilyn Olivia Jene Kapela Laura Kupinski

and donors in order to plan for its future growth. As the downtown grows, so must Riverwalk's efforts to activate the area and advocate for the increasing number of businesses, residents, and tourists.

You can help ensure the future of Riverwalk Fort Lauderdale through a planned gift, which can be as simple as naming Riverwalk Fort Lauderdale as a beneficiary in your will, retirement account or life insurance policy. There are two very distinct reasons for planned giving. First, it provides future stability for Riverwalk Fort Lauderdale. Secondly, it gives you, the donor, a way to support Riverwalk beyond the use of your current financial assets and it can also provide significant estate tax benefits. To learn more about how to make Riverwalk Fort Lauderdale part of your estate plans through a planned gift, please contact me or your financial advisor for more information. Your gift will leave an indelible mark on downtown Fort Lauderdale for years – and even decades to come. (9)



RIVERWALK EXCLUSIVES





Ann Mihaiu, Mariana Veras, The Roasted Fig first place winner Freddy Glen Kunkel Jr., and Tracey Samples



Chris Wren, George Mihaiu, Margaret Mihaiu, Mayor John P. Seiler, John Mihaiu, and Ann Mihaiu



Fire and Water second prize winners -



Native Brewing Co. and Craft Beer Cartel



Jean Heinrichs, Marion Carlson, Carol Sirotto, and Mindy Noble - FLWC Hibiscus Boutique





live entertainment great food & drink special:

Fort Lauderdale Woman's Club **Chili Cook Off** PHOTOS BY GINNY FUJINO

The Fort Lauderdale Woman's Club hosted its first annual Chili Cook Off on Feb. 21 in Esplanade Park. Competitors included: the Downtowner, The Roasted Fig (first place winner), the Downtown Development Authority (third place winner), and Riverwalk Fort Lauderdale and the Fort Lauderdale fire chiefs joined forces to form the Fire and Water team (second place winner). 📵

American Heritage School





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LEXINGTON

LEXINGTON

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UNDER CONTRACT

UNDER CONTRACT

LEXINGTON

THIS 2 BEDROOM, 2.5 BATH 17TH FLOOR UNIT IS HIGHLY UPGRADED. STONE FLOORS THROUGHOUT, CUSTOM WINDOW TREATMENTS, LIGHTING FIXTURES, BUILT IN CLOSETS, 2 TERRACES, 5-STAR BUILDING AMENITIES.

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SOHO

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CHAMPAGNE

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Destination Downtown

NEWCOMERS TO THE CITY SCENE

veryone knows downtown Fort Lauderdale is the place to dine out and kick back. But did you know there's even more to enjoy since new recreation options and restaurants are making the city a gastronomic and recreational paradise? Nowhere else in Broward County can you find the same diversity of dining options anchored by a natural river and walkable urban setting. Here are just a few of the exciting new additions to sample:

For starters, Riverwalk Fort Lauderdale spearheaded **Riverwalk Recreation**, a hub of many fun activities to choose from: paddleboarding, kayaking, bicycle tours, segway tours, cardio, photography, and dog training. Just visit suite 111 in Las Olas Riverfront to take advantage of all the fun. And for yoga enthusiasts, there's the PM Yogini Riverwalk Yoga Series in Huizenga Plaza on Mondays and Wednesdays from 5:30-6:30 p.m. at \$15 for each drop-in. Visit www. pmyogini.com for more information.

Riverwalk Fort Lauderdale's other new project, **Gourmet Delights**, has downtowners dining by the river. Wholly Crepe, Expresso, and Nacho Bizness are convenient kiosks offering delicious alternatives to start the morning right with breakfast, take a break from the office grind with lunch beside the river or end the day with a sunset meal. But if brick and mortar restaurants are more your scene, there are several new options to choose from.

Tacocraft – If you haven't noticed, the former T-Mex Cantina received a bit of a transformation since the owners of Rok:Brgr and Himmarshee Public House took over. This new taqueria and tequila





BY CHRIS WREN Executive Director, Downtown Development Authority

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bar serves up gourmet tacos, fresh guacamole, burritos, enchiladas, and



other Mexican staples. Plenty of margarita, mescal, and tequila options are available to make the experience a lively one. Not your ordinary Mexican restaurant, Tacocraft incorporates special details that separate it from the rest, like imported Mexican Pepsi made with real sugar cane and tortillas hand-crafted by Mexican señoras. 204 SW 2nd St., (954) 463-9220; www.tacocraft.com

Colada Cuban Coffee House & Eatery – The Manor at Flagler Village received an impressive boost before opening when word got out that this spin off of the Miramar Bakery, a Cuban institution, was coming to the new apartment building. A fast-casual Cuban food and coffee concept, Colada will be an extension of the 30-yearold bakery located in Hollywood. Colada's goal is to make Cuban food more accessible and offer a homey atmosphere with couches and Wi-Fi. The eatery will be opening soon. 525 N. Federal Hwy., www.coladahouse.com

Mellow Mushroom – Right beside Colada, the popular pizza franchise serves up gourmet pies along with an extensive craft beer selection. Expect a range of calzones, hoagies, salads, and appetizers as well. A little known fact is that Mellow Mushroom was recently deemed one of the top local allergy-friendly restaurants with gluten-free pizza dough and options for vegans. Needless to say, this isn't your run-of-the-mill pizzeria. 525 N. Federal Hwy., www.mellowmushroom.com/store/ fort-lauderdale

The Brass Tap – Here's another newcomer to The Manor at Flagler Village. This upscale beer bar is part of a national chain that will offer up to 80 different craft beers on tap, more than 300 varieties of imports and local beers, and a large selection of premium wines and cigars. 525 N. Federal Hwy., www.brasstapbeerbar.com

These new additions offer more reasons to keep your GPS locked – destination, downtown! 0



10 REASONS TO CELEBRATE WITH CHOCOLATE

You got the promotion
 You scored the winning goal
 She said yes to a second date
 You got an "A" on your exam
 You closed the deal
 No more training wheels
 You lost your first tooth
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 Because it is delicious



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NEW STORE OPENING SOON! The Fountains in Plantation





Got Talent?

BUSKERS COMING TO A STREET CORNER NEAR YOU

f your day job is leaving you feeling like you're just not sharing your best talents with the world, think about taking your show on the road. This month, the City of Fort Lauderdale is considering establishing a "busker" program that would allow street artists and performers in parts of downtown and on the beach.

Busker is the term generally given to a person who entertains in a public place for donations. Picture the one-man-band strumming a guitar while also playing the harmonica, the silent Parisian mime, or a trio of lively Mariachis. More modern interpretations include break dancers, the silver spray-painted Mr. or Ms. Statue, and sidewalk chalk artists. Musicians Rod Stewart and B.B. King and actors Pierce Brosnan and Bernie Mac are all said to have started their careers performing on the streets of major cities like London, Memphis, and Chicago.

Street performers are an integral part of any urban landscape; they offer social commentary, allow artists to perform impressive stunts, add cultural flavor, and create some pretty memorable photo ops too. There have been performances in public places for tips and donations in every major culture in the



BY JENNI MOREJON Director, Department of Sustainable Development, City of Fort Lauderdale.



world, dating back thousands of years. Before recorded audio, street performance was the most common means of employment for many artists and often their singular chance to become well known.

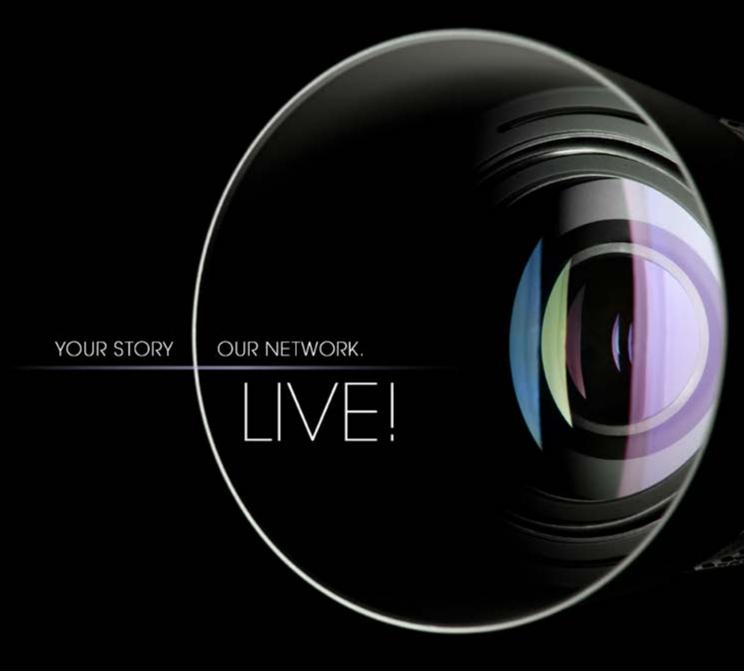
The idea to allow buskers in Fort Lauderdale was originally conceived during development of the Riverwalk District Plan in 2009. As realized in other cities, it is believed that allowing buskers in strategic areas in our city would add vibrancy and activity and encourage a more interesting pedestrian environment. In addition, a regulated and permitted program would also establish clear criteria and guidelines where none currently exist.

In developing the proposed busker ordinance, city staff researched

best practices from other cities around the nation to determine how such a program could be successful in Fort Lauderdale. It should be noted that buskers are not intended to compete with established businesses or restaurants, and therefore are not allowed to sell food or beverages and are only permitted to display or sell art created by the artist on site.

If the Fort Lauderdale City Commission approves this ordinance at their first meeting in April 2015, artists and performers would be able to apply for a monthly renewable permit beginning in June this summer. Artists and performers would be limited to sidewalks and public properties in the Riverwalk District and on the west side of A1A in the Central Beach District. A minimum three-foot clear area would need to be maintained around the artist or performer at all times to ensure safe and adequate pedestrian movement, and the artist/performer would be responsible for keeping their site clean at all times.

So after learning a bit more about street performers and the proposed program coming to Fort Lauderdale, I hope you're as enthusiastic as I am about seeing our next "America's Got Talent" star on a street corner near you. Who knows, I may even have to start practicing my break dancing moves at nights and on weekends! If you'd like more information about this program, call the Department of Sustainable Development at (954) 828-6520. ^(G)



STUDIO FACILITIES . PRODUCTION SERVICES . POST-PRODUCTION







A Makeover at 35

THE ANDREWS AVENUE BRIDGE WILL LOOK A LITTLE DIFFERENT STARTING IN 2016

Built in 1981, Andrews Avenue Bridge is in need of some updating. A \$6.3 million Broward County refurbishment project is being planned and includes a full menu of fixes such as the installation of wheel paths that will help to reduce the sound of cars traveling over the bridge, improving the experience for folks strolling on the Riverwalk just below. Other improvements include replacing the roof, windows, and doors on the control tower, bringing the pedestrian ramp into compliance with the American with Disabilities Act, and replacing the bridge's solid railing with steel cable to make the area more open to the surroundings. The slopes of the sidewalks will also be improved and the roadway will be resurfaced from the bridge to SW Sixth Street, making for a more comfortable crossing on foot or by car. It's not just an external makeover. The hydraulic mechanical and electrical systems will also receive their fair share of attention.

The City and the Downtown Development Authority (DDA) are partnering to bring





several enhancements to the project, aimed at ensuring safe pedestrian and bicycle connections from the Riverwalk to the existing network. Pedestrian lighting will be placed on the sides of the bridge to light the eastern sidewalk on Andrews Avenue. Lighting will also be placed underneath the bridge to activate the Riverwalk and provide a safer pedestrian environment.

These improvements align with what is called for in the Riverwalk District Master Plan and the Connecting the Blocks Program, which detail citywide pedestrian and bicycle infrastructure needs. Other recommended improvements for which funding has not yet been identified and which

would activate the area under the bridge to establish gathering places, include iconic uplighting under the bridge and new lighting on the top of the bridge to complement the style found in the Riverwalk area.

This project will provide a pedestrian connection between the Riverwalk and the soon-to-be vehicle free SE Sixth St. pedestrian promenade that will provide safe and comfortable amenities along a portion of the Wave Streetcar route, from Andrews Ave. to SE Third Ave.

The renovation is just another step towards realizing the City's strategic goal of becoming a connected, pedestrian-friendly community. The scale of the project, coupled with the collaboration of multiple partners foreshadows the cumulative effect that is hoped for.

An outreach campaign should be expected in the near future to raise overall awareness of the project and determine a color for the bridge, which was last painted coral in 2001.

The 18-month rehabilitation project is set to begin in 2016, including an estimated six-week closure. Delays and detours should be expected during the construction period. The City of Fort Lauderdale and Broward County are working together to ensure that traffic impacts are minimal. She's going to be a beauty from top to bottom, no matter your view.



BY DIANA ALARCON Director, Transportation and Mobility Department, City of Fort Lauderdale

8

Are you ready for the craziest, colorful 5K of your life? Join us for

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CITY OF FORT LAUDERDALE

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From the Griddle to the Gridiron

TOM GARFINKEL VISITS THE DOWNTOWN COUNCIL

The Downtown Council has been serving breakfast for a while, and it's always breakfast with a twist. As part of our mission to build and maintain a vibrant business and cultural community through communication, collaboration, and leadership, our gatherings seek to feature both innovation and inspiration. Held at the Tower Club, one of downtown Fort Lauderdale's most treasured dining and meeting destinations, our April program will take you from the griddle to the gridiron.

On Thursday, Apr. 23, our special guest will be Tom Garfinkel, president and chief executive officer of the Miami Dolphins and Sun Life Stadium. Garfinkel was named to the position by Dolphins chairman of the board and managing general partner Stephen Ross in September 2013. Prior to joining the Dolphins organization, Garfinkel worked with the San Diego Padres, the



BY JOHN JONES Chair, Downtown Council, Chamber of Commerce



Arizona Diamondbacks, Chip Ganassi Racing, Texaco, and Miller Brewing Company. As an innovator in business and professional sports, he has led organizations to excel in branding, structure, revenue, and more. He received his BA from the University of Colorado and his MBA from the University of Michigan.

Garfinkel is currently guiding the initiative to renovate Sun Life Stadium, South Florida's largest sports and concert venue. With a timeline of nearly two years and an estimated cost of \$400 million, this mammoth project is intended to draw Super Bowls, college championships, and premier concerts for years to come. "Steve Ross' commitment to making sure that South Florida has a world-class facility for the long-term future for the Dolphins and for marquee global events is the reason that this is finally taking place," Garfinkel said.

At the Tower Club Garfinkel will speak in depth about the plan and his unique perspective as president and CEO. Networking begins at 7:30 a.m., and breakfast will begin promptly at 8 a.m. Advance seating may be purchased at www.ftlchamber.com. For more information, call (954) 462-6000.

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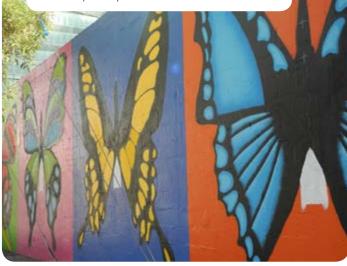
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WELLINE OF FILOE LEAVE

Visit www.GoRiverwalk.com



Metamorph-us by Shade Post artists Rubem Robierb



A Night in the Village

THE INS AND OUTS OF FLAGLER VILLAGE'S ARTWALK

There are secrets to "artwalking" during Flagler Village's monthly Artwalk that you will have to discover yourself, like where are the best bathrooms, where can you find convenient parking, and which of the three trolley routes will work for you.

What is not a secret is that the Flagler Village Artwalk

in downtown Fort Lauderdale on the last Saturday of every month is a quickly growing array of art studios, wine tastings, spicy food on wheels, and exhibitions. Sailboat Bend resident and photographer Melisa Caprio says, "This has been a real community effort. We asked ArtSpace, who runs our community, to help us with the cost of the trolley and gathered together here at the lofts and pitched in the rest ourselves."

For the beginning of 2015 there is a lot going on. "FAT Village is the original Artwalk location, designated by the city as an arts district," says FAT Village Art District's Doug McCraw. "It is the anchor for the many developing venues that comprise the Flagler Village Artwalk." It is NW Fourth St. to the south, Sistrunk Blvd. to the north, Andrews Ave. to the east and the FEC railroad to the west. Some of the original spaces in FAT Village – C&I Studios, Helium Creative, the Guild 5



BY SAMANTHA ROJAS Public Relations Writer, Broward Cultural Division. She can be reached at srojas@broward.orq.

If you would like to receive the *Cultural Quarterly* online fine arts magazine, visit the website at broward.org/arts and click on Cultural Quarterly to subscribe.



Forty Five, and the Projects – have been landmarks in the area for almost 10 years. New companies are popping up too. FAT Village Center for the Arts is a new art school headed by Anthony Lauro.

This then leaves Sailboat Bend, the MASS (Music and Arts South of Sunrise) District, and Midtown along the Sistrunk corridor. These areas are slowly incorporating themselves into the Flagler Village Artwalk scene. Stache joined Artwalk locations last month with different artistic performances and visual exhibits, adding Himmarshee Village to the route.

Artwalk is connecting communities, and areas that might not normally be exhibited regularly are being highlighted, like The Sistrunk Gallery, a pop up space for rotating artists. It is also showcasing artists, emphasizing how an artist functions in his or her space, not just as an exhibitor in an independent studio.

While visiting some of the smaller studios, you might witness local artists like Nolan Haan talking with people about his technique, or Franciso Sheuat interacting in his home gallery, where he has transformed recycled aluminum cans into works of art.

The landscape architectural firm Cadence is on the ground floor of Avenue Lofts on Andrews, just down from Maguires Hill 16. Cadence is spearheading The Mockingbird Trail along with Glavovic Studios, Girls' Club, sculptor Valeria Yamamoto, and Flagler Garden. It is another neighborhood walking project that will bring art and community together.

MASS District hosts locations such as Studio Henning Haupt and The Great Project studio by artist Jean Luc Thebaud, as well as MACArt, Jump the Shark, and Canvas Films Inc. The latest addition, Shade Post, is an independent fashion outpost behind the Broward Central Bus Terminal. Shade Post and the pop up Sistrunk Gallery accent the streets on which they are located, creating something new and funky in these areas.

February's Artwalk showcased Michael Portugal's photography in General Provisions outpost, a bar, exhibition space, and shared workspace. Portugal's images depicted some of the homeless characters that frequent Stranahan Park and surrounding areas outside the Broward County Main Library. Some of these people are well known by the local community.

During the same artwalk, the artwork of David Muir – one of Broward 100's Inside Out photographers – dominated the 1310 gallery at Sailboat Bend artist's loft along with a DJ and a food station.

Even as some of the secrets are now out of the bag, there is still plenty of room to discover what the Flagler Village artwalks have to offer.



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BLACKJACK TOURNAMENT

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Real Estate Renaissance

A RESURGENCE IN COMMERCIAL AND RESIDENTIAL PROPERTIES

BY DAN LINDRI ADR

President/CEO.

Greater Fort Lauderdale Chamber

of Commerce

8

While tourism carried us through and out of the great recession in South Florida, real estate has now hit its stride. The revival of commercial and residential real estate is another reason why our economy is the envy of many and surpassed by few.

In talking to professionals throughout the region it is clear that South Florida is well positioned for redevelopment, higher sales prices, lower vacancy rates, and bigger economic impact.

All economic activity produces a "Keynesian" multiplier effect. Home purchases fuel our economy further with spending in other areas (furniture, appliances, landscaping, etc). Housing contributes roughly 14 percent to the nation's total production and home equity represents the largest share of household net worth, which makes residential sales a big deal.

Last year there were 92,300 single-family homes and condominiums sold in in our tricounty Metropolitan Statistical Area (MSA), according to Greater Fort Lauderdale Realtors (GFLR). Single-family sales were up 3.1 percent while condos were off -2.3 percent.

Since late last year there has been a resurgence of first-time homebuyers thanks to lower down payment requirements for certain government programs and re-entrance those upside-down with their mortgages, according to
GFLR president Richard Barkett.
"New buyers now represent about 30 percent of
buyers while before it was roughly 25 percent," said

buyers while before it was roughly 25 percent," said Barkett. "The overall condition of our regional real estate marketplace is strong," he added.

of buyers thanks to federal "forgiveness" options for

Other professionals echoed his sentiment and further suggested that other real estate property categories are performing well. "The market is brisk in all sectors and sizes for industrial, light industrial, and warehouse space," said Tom Heller, CCIM, SIOR, president of Heller USA. "Incentives we used to offer to attract tenants have diminished and rates are firming up but have not reached pre-recession levels."

Vacancy for industrial real estate in Broward County has fallen from a high of 10.4 percent in 2009 down to 7.6 percent late last year. Retail and office markets are experiencing a renaissance with a repositioning of retail, according to attorney Robert Lochrie, of Lochrie and Chakas. "Institutional money saw the need for additional residential product and were ready to invest."

Office real estate continues to lag behind most sectors but absorption is better and prices are rising. Doug Eagon, president of Stiles, maintains that we won't see the office construction boom of the '80s in South Florida but will begin to experience office building construction in limited, select markets.

"There is demand for office space, however, construction focus has been on multi-family and retail," said Eagon. "With few greenfields remaining we will see higher density and larger projects that will take more time to get off the ground."

With few exceptions our real estate marketplace has rebounded and looks good for several years to come. ⁽¹⁾



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KICK. PUSH. INSPIRE. THE ART (AND SCIENCE) OF LONGBOARDS

EATURE

WRITER GABRIELLE ROLAND



ave you ever built a longboard in your kitchen? Adam Rafford, Max Showker, and Nate McMurtrie have. It was the metamorphosis of their love for longboarding – when their attachment to cruising turned into a need for building. The trio combined their engineering and business management skillsets and Inspiration Longboards (IL) was born.

IL is still in its first year of operation – the grand opening was this January – but the team behind it already has its sights set on growth. Says Showker, "We can be moving in five different directions at any given moment." But McMurtrie considers the three driving forces of their operation to be: quality, innovation, and passion. This is evident in the construction of their boards and the management of their company.



Longboard verses skateboard - what's the difference?

LONGBOARDS:	SKATEBOARDS:
Long deck	Short deck
Primarily for transportation	Primarily for tricks
Flexible	Stiff
Wide trucks	Narrow trucks
Soft wheels	Hard wheels
Smooth ride	Bumpy ride

BAMBOO-BASED BOARDS ARE THEIR SPECIALTY. A SCIENCE AND AN ART, BOARD CONSTRUCTION INVOLVES ABOUT 12 STEPS.

- 1. Cut bamboo from sheets to necessary core size with CNC Machine, which uses coded instructions to manufacture parts.
- 2. Preselect maple wood pieces and cut to size.
- 3. Cut veneers from sheets to board size.
- **4.** Cut fiberglass to size and mix resin to begin wetting aforementioned layers.
- 5. Wet bamboo sheets with resin and stack each layer, one by one. Cover the layered deck (the platform of the longboard) in heat resistant release paper this step keeps the layers packed tightly and aligned when the board is being pressed.
- **6**. Press board for approximately 30 minutes using a board press, which applies pressure and heat to the deck to compact the layers.
- 7. Remove board and let cool in sanding room overnight, then using a palm sand tool, smooth board.
- 8. Cut board into final shape and hand sand it.
- **9.** Place board on heat transfer machine for graphics IL owns the only 26" heat transfer machine on the east coast. This machine can be used to transfer graphics to wake skates, kite boards, curved furniture, etc.
- **10.** Cool board on rack and then transport to spray booth for final coating and gripping. During the latter, a grip-like texture is applied to the top of the board.
- Let dry for 24 hours in humidity and temperature-controlled environment then apply Nano coating to bottom sides of the board. Nano is classified on the periodic table as silicium. IL uses it on boards because it stops dirt and debris from sticking to the bottom and improves coating life. This precaution adds value to the board.
- 12. Install remaining hardware including Paris trucks (mechanisms that connect the wheels to board) and Devine Wheels combined with ABEC 7 bearings (tools that determine a board's turning radius.)

Board construction can take anywhere between 45 minutes to an hour to complete. Bamboo boards are IL's bread and butter but they also offer specialty boards like Showker's brain-child, The Sled. Made of aluminum and metal, the Sled yields a smooth ride reminiscent of a snowboard slope.

If you admire the sport because of its aesthetics, all IL boards are currently custom made with the customer's choice of material and artwork. In fact, the majority of the time spent on board production is devoted to the artwork. Rafford explained that they in no way want to compromise the quality of their product with mass-produced art. They would rather support local artists, like father and son team ArtVillainz. ArtVillainz's designs are available to customers and some of their artwork hangs in the IL shop. The IL team wants to use the shop as a showing room to exhibit art they enjoy, including their boards, just like in an art gallery. While the construction of these boards is very technical and deliberate, there is an art to their birth and they want to share that with others.

FIELD OF DREAMS

OFFICIAL Match Ball

THE FORT LAUDERDALE STRIKERS WELCOME NEW BLOOD TO LOCKHART STADIUM FOR THEIR 2015 SEASON. THE CULTURAL BLEND OF EUROPEAN, AFRICAN, AND SOUTH AMERICAN PLAYERS IS SET TO SPARK A PROMISING YEAR AS FORT LAUDERDALE EMERGES AS A NEW SOCCER MECCA.

> WRITER JAMION D. KRIES PHOTOGRAPHY JASON LEIDY

Manny Gonzalez and Fabian Kling

Head Coach Marcelo Neveleff

sport loved by billions worldwide, the game of soccer embodies passion. When the height of emotion is reached during a match, logic falls to the wayside and athletes rely on instinct. Great things can happen at times like this as soccer players feed off the crowd's energy.

On a Tuesday morning in February at Lockhart Stadium, cleats pierced the ground to stabilize the taut, sinewy muscles of the Strikers Soccer Club at practice ahead of their season starting in April. A Division II team that belongs to the North American Soccer League (NASL), the Fort Lauderdale Strikers Soccer Club is the only professional soccer team in the Fort Lauderdale area, as even nearby Division I teams like the Miami Fusion have faded out of existence.

While David Beckham and Miami look for a new stadium site, the Strikers are running full force in Fort Lauderdale with a groundwork paved by original owner Joe Robbie, who established the Strikers club in 1977. The late Robbie was a lawyer and entrepreneur well known for building what is now called Sun Life Stadium. Robbie's son, Tim Robbie, acts as the current president of the Strikers. He said, "The impact [my father] had during the glory years of the late 70s and early 80s built a legacy and tradition that remains today."

After five years of playing in Miami, the Miami Toros, formerly called the Miami Gators moved to Broward County in 1977. The team was rebranded as the Fort Lauderdale Strikers and fielded notable players like Teofilo "Nene" Cubillas, Gerd Müller, and Ray Hudson in the North American Soccer League, American Soccer League, and the American Professional Soccer League during the 70s and 80s. Professional soccer made a comeback in the 2000s with the establishment of the Miami FC team, which was rebranded in 2011 as the Fort Lauderdale Strikers. "There were fans with old jerseys that smelled like moth balls with tears in their eyes, hugging me. It meant a lot to the fans and myself," Robbie said.

Ronaldo Luís Nazário de Lima, a retired soccer legend, became a minority owner of the Strikers last year, sharing proprietorship with fellow Brazilians Paul Cesso, Rafael Bertani, and Ricardo Geromel. Ronaldo also brings with him the sponsorship of Nike, a company that originally endorsed him as a youth, and will establish





a new youth soccer academy. His arrival has prompted the idea of a "soccer Mecca" being formed

in Fort Lauderdale.

The Strikers is a group that newcomer and midfielder Evans Frimpong said, "Is a new team, but is a team of cultural blending, with American physicality." The 2015 Strikers roster boasts international talent from countries such as Colombia, Honduras, Ghana, and Spain, to name a few.

Head coach Marcelo Neveleff is also a new addition to the Strikers 2015 season. Originally from Argentina, he recently worked with the local Weston FC, a U.S. Soccer Development Academy for youths, as well as with Bolivian soccer clubs, Wilstermann and Aurora. He brings his aggressive style of Argentinean soccer, which focuses on three objectives: "Scoring, penetration, and possession," according to newcomer Karsten Smith. Neveleff has helped lay the foundation to create a path for young players to turn into professional athletes with his work at the local Weston FC Academy. Manny Gonzalez and Aly Hassan are two players who were trained under his watchful eye as youths. Their dynamic athleticism will entertain Fort Lauderdale residents in 2015.

Gonzalez trained at the Weston FC

Academy with Neveleff as an under 16 and under 17 youth soccer player. He is currently starting his third year of professional play with the Strikers. His father Daniel played professional soccer in Colombia where Gonzalez was brought up with a love for the sport deeply embedded in the culture. "We are going to be a hard team to play against this season because of the coach's style of aggressive soccer," Gonzalez said.

Recently signed defender Karsten Smith who played for Knattspyrnufélag Akureyrar in Iceland said, "You play for 90 minutes, but a 30 second mental lapse decides the game. Always tune in and be on the same page." Smith acknowledges his own fortune – at 15, he avoided an accident that could have prompted a string of surgeries that would have made playing professional soccer impossible. "I believe in God providing a platform. I am grateful. I want to make my mother and father proud." He continued, "I am hungry for this this season, hungry to learn more. I will never settle. The sky's the limit."

The team's European influence introduces a level of technique that is not commonly observed in the United States. It is a dividing line that differentiates players in the Eastern and Western hemispheres. Defender Fabian



Karsten Smith

Kling is a new arrival and native of Germany, and brings his powerful planted kick to the field. "Soccer really helped me get through [tough] days," he said referencing the loss of his grandparents. "Soccer comes down to the word 'team'. I always think a championship is a possibility. I play every game to win."

The Strikers nearly clenched the 2014 championship game. It will be up to the dynamics both on and off the field to determine if the team, which is newcomer dominant, can build a cohesive presence with just six returning players. Coach Neveleff said, "Fort Lauderdale has everything to become a market city with its weather and cultural blend. I hope I can be here for many years to come and grow with the organization. There is a great history with the Robbies and former Strikers players here."

Freelance journalist Jamion Kries has covered extreme sports, business, politics, and art and can be reached at jamionkries@gmail.com.

Fabian Kling

Manny Gonzalez

AIRPORT OASIS

THREE NEW RESTAURANTS HAVE POPPED UP IN TERMINAL 4 OF THE FORT LAUDERDALE-HOLLYWOOD INTERNATIONAL AIRPORT BUT ONLY UNTIL 2017.

WRITER CLARISSA BUCH • PHOTOGRAPHY JASON LEIDY



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FEATURE



The phrase "airport food" doesn't quite have a ring to it but as of 2015 travelers flying through Terminal 4, Concourse H at Fort Lauderdale-Hollywood International Airport can expect something a little different. Three new restaurants are now open, bringing South American and Caribbean flavor to the airport's international terminal.

The restaurants, Casavana Café, Kafe Kalik, and Casavana Cuban Cuisine Restaurant, are here to stay through 2017 while the airport undergoes construction. Casavana Cuban Cuisine Restaurant is a full-service eatery, serving breakfast, lunch, and dinner. Menu items include Cuban favorites like churrasco, palomilla, a variety of signature toasted Cuban sandwiches and sweet fried plantains. The café portion offers the same foods "hot-onthe-go" for travelers in a bit of a hurry.

For travelers looking for a taste of the Caribbean, Kafe Kalik serves everything from island grouper fingers to baby Bahama burgers and their famous conch chowder. The eatery pushes for a Caribbean island feel. It also offers an extensive specialty drink menu.

The airport's concessions manager David Flaherty explained that because Terminal 4 is one of the busiest, there was a heightened demand that needed to be met. The cuisine was specifically chosen due to the demographics of the terminal, as it is predominately international.

"We wanted to make sure that through the time frame of [airport] construction customers still had upgraded food," says Flaherty. The restaurants are by Buffalo, NYbased Delaware North, and its partner Superior Hospitality Group. Both groups show a strong desire to give better support to passengers in Terminal 4.

The three eateries launched in a span of nine months, with their grand opening this past January. "It's perfect because it gives people a combination of what they will get on the island or one last taste of what they had on their vacation," Delaware North VP of Business Development James Wilson says.

There has already been a 22 percent increase in sales with the new additions, and Flaherty expects to see continued growth through 2015. "We are really investing in the future because these are just interim restaurants," says Wilson. "As we invest in the customers of Spirit and JetBlue, more passengers will continue to fly and the airport will thrive."

Though they will be torn down in 2017, the three concepts will eventually reopen as two – keeping Kafe Kalik and merging Casavana Cuban Cuisine Restaurant with Casavana Café. As part of the FLL Airport Improvements and Renovations (FLAIR) plan to expand and modernize the airport, Terminal 4's concession space will increase from 2,128 square feet to 28,000 square feet. The renovation, which is expected to be complete in Terminal 4 by late 2017, will also include the addition of more gates and a connecter bridge to Terminal 3. The two restaurants will be permanently added to the new terminal following the completion of construction giving frequent flyers something to look forward to.

CULINARY SOUL MATES

COMFORT FOOD HAS ALWAYS BEEN "IN" BUT DOWNTOWN RESTAURANTS HAVE SET OUT TO REINVENT AN OLD-FASHIONED CLASSIC: **CHICKEN AND WAFFLES**. BLURRING THE LINES BETWEEN SWEET AND SAVORY, THIS SOUL FOOD HELPING ALLOWS YOU TO EXERCISE YOUR RIGHT TO BREAKFAST OR DINNER ANY TIME OF DAY.

WRITER GABRIELLE ROLAND • PHOTOGRAPHY JASON LEIDY

Chicken and waffles from Foxy Brown

FEATURE

FOXY BROWN

This feature menu item is made with skillet-fried, buttermilk-soaked Cornish hen, and served on a corn and cheddar cheese waffle with a sweet southern slaw (made with jalapeno honey) on the side.

> 723 E. BROWARD BLVD. (754) 200-4236

AMERICAN SOCIAL

American Social covers its chicken breast with a sweet waffle batter heightened with a hint of vanilla. After frying the chicken to a crispy golden brown, chef tops the crunchy delight with a bourbon maple glaze, powdered sugar, and sweet mascarpone.

> 721 E. LAS OLAS BLVD. (954) 764-7005

S3

S3's take on chicken and waffles is a brunch fixture with southern fried free-range chicken thighs on a sweet potato waffle topped with maple bacon butter.

> 505 N. FORT LAUDERDALE BEACH BLVD. (954) 523-7873

JOHNNY V'S LAS OLAS

Approaching the dish from a nostalgic angle, Johnny V Las Olas uses a captain crunch crusted fried chicken. The chicken and waffle duo is drizzled with Vermont maple syrup and served with melon and berries.

> 625 E. LAS OLAS BLVD. (954) 761-7920

ROYAL PIG PUB

To temper the sweetness of the cornbread waffle, Royal Pig Pub plates a Cajun seasoned fried chicken breast, leg, and thigh with salted maple butter sauce and marinated watermelon.

> 350 E. LAS OLAS BLVD. (954) 617-7447

ROK BRGR

Rok Brgr's chicken and waffles item comes in the form of three miniature stacks, each topped with candied bacon and powdered sugar and served with bourbon maple syrup.

> 208 SW SECOND ST. (954) 525-7656



BEAUTY AND THE FEAST

A buttermilk soaked crispy chicken breast is served on maple laced sweet potato waffles and topped with an orange blossom honey drizzle, powdered sugar, and cinnamon.

> 601 N. FORT LAUDERDALE BEACH BLVD. (954) 567-8070

SHUCK N' DIVE

Transformed into a hand held dish, the Shuck N' Dive chicken and waffle sliders are made with crispy fried boneless chicken breast and garnished with lettuce, pickles, and voodoo sauce.

> 650 N. FEDERAL HWY. (954) 462-0088

COCONUTS

Half of a deconstructed chicken is soaked in buttermilk and fried to a golden crisp. The platter is served with a bullet of Sriracha honey, grilled corn on the cob, and coleslaw.

> 229 SEABREEZE BLVD. (954) 525-2421

MARTI'S NEW RIVER BISTRO

Marti's New River Bistro fries their chicken the southern way and serves it on top of maple waffles with blueberry and pomegranate jus and hot-sauce butter.

> 201 SW FIFTH AVE. (954) 462-0222

Call ahead. Some entrées are only available from time to time.

A FOODIE'S GUIDE TO FORT LAUDERDALE EATS FROM A TO Z

IN AN EFFORT TO BE COMPREHENSIVE, WE'RE GOING BACK TO BASICS. WE PRESENT THE ABC'S OF THE FORT LAUDERDALE FOOD SCENE - TRENDS, CHEFS, RESTAURANT OPENINGS, AND RECIPES. IF YOU'RE NOT ONE YET, OUR A TO Z GUIDE IS LIABLE TO MAKE A FOODIE OUT OF YOU.

> WRITERS CLARISSA BUCH AMANDA JANE, GABRIELLE ROLAND, ALEXANDRA ROLAND AND ELIZABETH VAN ZANDT



A is for ACKEE -Alexandra Roland

Eat ackee at the wrong time and the tropical fruit could be deadly. Still, ask any Jamaican, it's a staple in the Caribbean diet. The yellow flesh grows in pods tapered at the end with a shiny black seed. Once the pod opens and the fruit is determined to be ripe, the seeds are removed and the ackee is boiled. It is most popularly cooked with a mixture of sautéed onions, garlic, green peppers, bits of tomato for color, saltfish morsels, and optional scotch bonnet peppers, if you like the heat. Fried dumplings on the side complement the typical breakfast food, although it's often eaten at dinnertime as well. Publix sells the imported fruit canned and it also grows in many backyard gardens in South Florida.

Bis for BAR RITA and BUTTER COFFEE

-Alexandra Roland and Amanda Jane

BAR RITA From the minds behind Tap 42 comes the sister restaurant Bar Rita. Blaise and Sean McMackin, Andrew Balick, and Andy Yeager are owners of the Mexican concept coming soon.

"It's our take on modern Mexican food in a casual setting, inclusive

of a rooftop bar," said Yeager, chief operating officer of Tapco Restaurant Group. Construction on the 5,500 square foot, two-story space directly adjacent to Tap 42 began in March and is set to be complete in time for a mid-June opening.

An upstairs section, open to the elements with a ceiling featuring unique architectural elements, will be a place for views of the city, drinks, and snacks. A second bar is on the ground floor amidst a more dining room type setting, which will seat about 30 people. The McMackin brothers, founding fathers of Tap 42, spearheaded Bar Rita's design and architectural planning, which Yeager said will foster a multifaceted environment.

Balick, executive chef at Tap 42 and vice president of culinary for Tapco Restaurant Group worked with Bar Rita's head chef Lyndsey Waters to design a menu that he says pushes "the boundaries for what you traditionally find inside of a taco or in a bowl of guacamole." Even ahead of opening, Waters and Balick haven't been mum about what to expect. Look out for six different guacamole options. Yeager praises the bacon and chard corn and tequila marinated strawberry margarita guacamoles, both currently spot featured at Tap 42 during some lunch services.

The "not so Mexican" flatbreads pay homage to Mexican ingredients but are more filling than a taco. Plus, they're shareable. The braised brisket



Bar Rita's green apple margarita

flatbread with roasted sweet potato puree standing in for pizza sauce, smoked gouda cheese, and a chipotle barbeque sauce is a favorite for Balick. In line with the tapas style, Bar Rita will feature classics with a twist, like a truffle broccoli quesadilla.



Bar Rita's bacon and chard corn guacamole

According to Yeager and Balick, they want Bar Rita to be a place where people frequent multiple times a week so the food will be innovative (inclusive of hormone free meats and some locally sourced products) and the prices, reasonable. Yeager said: "Modern Mexican sounds expensive, but it's so not."

BUTTER COFFEE Putting butter in your morning coffee is a new craze that is said to help with weight loss. Its newfound fame is due in part to its appealing flavor. The butter gives the coffee a creamy consistency, while the oil adds a silky texture. Believe it or not, the practice of putting a slice of butter in your morning drink isn't a completely new concept. In Tibet for example, you may be offered a cup of Tibetan tea in the morning, with butter and salt or black pepper. Sounds more like toast if you ask me!

Cis for COCONUT OIL -Amanda Jane

Coconut oil is loved by cooks for its healthy fats and antibacterial qualities. It's also an immune system booster and can virtually replace olive oil in recipes. An ingredient in many natural beauty products coconut oil is a natural, safe, and highly beneficial skin moisturizer and conditioner. Coconut oil body lotion contains medium-chain triglycerides, which provide great moisture without grease. Plus its antioxidant and antibacterial richness make it a wonderful anti-aging moisturizer. Many pregnant women use it to help prevent stretch marks. Purchase coconut oil at your local grocery store (Publix, Whole Foods, Fresh Market) and make your own whipped coconut body butter with the following recipe:

WHIPPED COCONUT BODY BUTTER

Ingredients:

1 cup of coconut oil 1 teaspoon of vitamin e oil (Optional) a few drops of your favorite fragrance

Method:

Put all ingredients into a mixing bowl and mix them on high with an electronic mixer for six to eight minutes until mixture appears to be light, and airy. It should resemble cool whip. Spoon the whipped body butter into a glass jar. Store it at room temperature in a cool part of the house to stop the oil from melting.





Every recipe to some extent involves a do it yourself (DIY) aspect, of course, but the growing



Homemade almond butter

trend suggests that there are major benefits to recreating packaged products or restaurant dishes in your own kitchen. These recipes often save money and are healthier and tastier, too.

DIY EXAMPLES: Almond milk, almond butter, hummus, salad dressing, hot sauce, ketchup, vegetable stock, granola bars, tahini, pickles, sauerkraut.

DIY CINNAMON ALMOND BUTTER

Ingredients: 3 cups unsalted almonds ½ tbsp. cinnamon

Equipment: Food Processor "S" blade for food processor

Method:

Add almonds into food processor, cover, and mix on high. As the nut mixture breaks down, stop the processor and scrape down the sides periodically. After about 15 minutes the mixture will be smooth, creamy, and clump free. Add in cinnamon and continue to mix until consistency is to your liking. Store in an airtight container at room temperature.

E is for the EX-WIFE burrito challenge - Alexandra Roland

The ex-wife burrito challenge at the Whole Enchilada stacks up a six pound burrito – rice, beans, choice of chicken, ground beef, pork or tofu - cheese, salsa, sour cream, and guacamole – against an initially optimistic competitor. He/she has 45 minutes to complete the challenge, which may seem like enough time, but this ex-wife is about six times the size of an average burrito. A drink and chips are on hand to help shovel it down. Ten have tried, and even fewer have succeeded – approximately three. Winners get the price of the burrito refunded, \$40 and a t-shirt to advertise their victory.

THE WHOLE ENCHILADA 745 N. Federal Hwy. www.twefreshmex.com



is for latte FOAM -Alexandra Roland

When a latte isn't relegated to onthe-go routine and white Starbucks lids don't de-visualize the drinking process, a latte's appearance can make the experience. Coffee shop baristas know this as latte art. Michael Portugal worked at Brew in Next Door at C&I Studios before relocating to Kentucky in March. Only a Brew barista for eight months, he and his latte art designs were quite the draw.

He explained the latte art process:

- 1. Choose cup size.
- 2. Grind the espresso into a clean portafilter and pack it down.
- 3. Prepare espresso to be extracted by inserting the portafilter into espresso machine. Place container underneath to catch espresso.
- 4. Pour milk into the pitcher.
- 5. Press the button to pull the



espresso (this usually takes 24 seconds).

- 6. Immediately after step 5, steam milk with steam wand, creating foam by slowly lowering pitcher each time the milk "rips," (makes a ripping sounds as the air bubbles are added to the milk). This less than 30 second process creates foam.
- 7. By now the espresso has just finished. Stir espresso and pour into selected cup.
- 8. Pour steamed milk into cup slowly, in a circular motion, allowing the crema to evenly distribute.
- 9. Use the foam (the last to pour out of the pitcher) to create a design.

There are two ways to form latte art according to Portugal: pouring and etching. Pouring takes place as mentioned in step nine, as the barista purposefully guides the foam from the pitcher into the cup to create classic designs such as the advanced tulip or the rosetta, which resembles an upright fern leaf. Etching boils down to detail. Portugal sometimes used a thermometer or a spoon to design something as detailed as Pikachu (the friendly Pokémon). Already artistically inclined, he would use a photograph but said he could etch virtually anything.

Gis for GNOCCHI - Amanda Jane

Gnocchi are thick, soft, dough dumplings usually made from an assembly of ingredients that include semolina, wheat flour, egg, cheese, potato, or breadcrumbs. Try them out in the following recipe.

BUTTERNUT SQUASH GNOCCHI WITH SAGE BROWN BUTTER

Ingredients:

- 16 oz. package of gnocchi1 pound butternut squash cubes(buy these pre-cut to save time)1 tsp salt
- 1/2 cup (1 stick) unsalted butter
- 2 tbsp chopped fresh sage
- 1 1/2 tsp freshly grated nutmeg
- 1 tsp cinnamon
- 3/4 cup finely grated parmesan
- cheese, for serving

Method:

Prepare gnocchi as package indicates and set aside. In a medium saucepan, brown the butter by cooking it over medium heat until golden, stirring often, for about three to four minutes. Add in butternut squash cubes, sage, salt, nutmeg, cinnamon, and allow mixture to simmer for



10-12 minutes until butternut squash becomes tender. Taste test the mixture to ensure the spices are to your liking. Add gnocchi. Cook until heated through and coated with butter mixture, two to three minutes. Transfer to serving bowl and top with a sprinkle of parmesan cheese. Serve warm.

His for HIPPOPS -Clarissa Buch

If you're looking for a tasty treat to cool you down and cater to your sweet tooth, a HipPOPs popsicle is your answer. Natural, gluten-free, and kosher, these specialty frozen pops are served on a stick and made at the company's South Florida micro-creamery. Customers can choose from either gelato, frozen yogurt or sorbet, and add a variety of chocolate dips and several crushed-nut "poppings." The best part of this gourmet treat is that it includes only a fraction of the fat that is in regular ice cream. Available in over 100 flavors, pop prices start at \$3. Already craving one? Visit their website to locate the nearest pop truck. www.hippops.com

is for INSTAGRAMMING YOUR FOOD

-Amanda Jane

As a professional food blogger, I've learned a lot about how to photograph food. Wow your Instagram followers with these picture-taking tips.

 Never use your flash – it discolors and ruins the texture of your dish.
 Use natural lighting whenever



possible. **3.** Use props like a cloth napkin, a beautiful fork, or a wooden textured table as an accent or background. This will help set the scene for your dish.

This roasted carrots photo was shot in natural light. I staged the carrots on a clean white plate so as not to detract from the featured food item, and framed the plate with a simple cloth napkin. The background resembles a table but is actually a wooden photography board that I made.







The frozen yogurt craze is "so vesterday." Modern foodies and health enthusiasts alike are all about the latest juice trend. Popping up throughout Fort Lauderdale, juice bars sell their own line of freshly squeezed fruit and vegetable juices, as well as other fresh foods like sandwiches, soups, and salads. With claims that juicing can help remove toxins, support your immune system, and even aid weight loss, it's no wonder that these hotspots are gaining momentum.

Green Bar's "Tonic Bar" menu offerings like Immunity, made with bananas, cherries, blueberries, ginger, acai, and camu camu, boost immune system health. Drink names at the Downtown Juice Factory are self explanatory, like their Anti Cold item, made with lemon, lime, orange, and ginger or the Muscle Builder, beet, kale, spinach, cucumber, and apple. Juices here range from \$6.50 to \$11. For hydration and help with digestion, try "Refresca" from Myapapaya's cold pressed juice menu. It's made with cucumber, mint, pineapple, lemon, and apple. Fresh First takes a medicinal approach with a raw cleanse juice plan that incorporates organic raw vegetables. Plans start at \$235 for a three-day cleanse.

There is a juice for every purpose, whether you're on a quest to eat and drink better, looking for a quick snack or wanting to try something new.

MYAPAPAYA

1040 Bayview Dr. #100 (954) 338-5651 www.myapapaya.com

FRESH FIRST 1637 SE 17th St. (954) 763-3344

GREEN BAR AND KITCHEN 1075 SE 17th St. (954) 533-7501 www.greenbarkitchen.com

DOWNTOWN JUICE FACTORY 500 Broward Blvd. (754) 200-8759 www.downtownjuicefactory.com



Kelly Johnson, middle

is for KELLY JOHNSON. bartender at **Himmarshee Public House** -Clarissa Buch

GRW: How long have you been bartending and how did you get your start?

KJ: I started bartending in 2010 at what used to be the Yankee Clipper, now B Ocean Resort on Fort Lauderdale beach. But I really feel like I became a real bartender in 2013 at ROK:BRGR because I learned all about the craft beer scene and various other drinks. Now I'm a bartender across the street at Public House. I've been working there for about a year and I love it. There's always a lot going on.

GRW: What are some of your favorite/least favorite aspects of the job?

KJ: By far, my favorite thing is the social aspect of the job. Bartending really brought me out of my shell and made me a lot more confident.

It also opened up my network all over the city. But I have to say, I'm still getting used to the hours at Public House. It's the first time I'm really working this late. It turns into a nightclub and sometimes doesn't close until four in the morning, but then I won't walk out 'til about six.

GRW: Do you have any crazy stories in your years as a bartender?

KJ: What's great is seeing people on a Friday night come out for dinner or happy hour as early as 5 p.m. in business attire, and then the next thing you know it's three in the morning, the bar has turned into a club, and they're dressed completely differently, having bottles.

GRW: What's your favorite drink to make?

KJ: My favorite drink is the Second Street Sweet and Heat. It's grilled pineapple and jalapeno infused Espolon tequila, lime and pineapple juice, [and] a sugar and salt rim. We've really perfected it at Public House.

is for LOCALLY GROWN -Alexandra Roland

The locally grown food movement is a trend that many hoped would stick. Food sourced locally means getting fresh, tasty ingredients, supporting local business, and obtaining products in a shorter period of time, cutting out expensive travel costs. Few people have a pulse on the locally grown food movement like urban farmer







Moscow Mule

Michael Madfis, and according to him, the trend has unfortunately stalled.

He operates a farm at NE Sixth St. and NE Third Ave. – an epicenter of the locally grown urban food movement. The trend has made its rounds at different restaurants in the city – it sounds good to claim locally grown ingredients – but Madfis says the one-stop-shop service – payroll, products, and fresh vegetables – now made possible by large corporations like Cisco and FreshPoint, have cause convenience to trump locally sourced. "The cost of using my food in the current environment is [expensive]," he says.

What is more, downtowners' busy lifestyles push them to buy prepared foods. According to Madfis, some city dwellers are fortunate enough to buy salads and sandwiches at neighborhood staples like Fresh Market and Whole Foods. His CSA (Community Supported Agriculture) membership numbers have recently dropped from 40 to 11 and still many don't pick up their allotment of vegetables, telling Madfis to donate the food to local homeless shelters.

This prompted an idea – allowing busy residents to be philanthropic, buying a portion of produce to be donated to a local charity that has the capabilities of preparing foods that can benefit those in need. Check his website, www. fortlauderdalevegetables.com for upcoming details.



Invented in 1941, a Moscow Mule is a cocktail made with vodka, ginger beer, and lime juice, and garnished with lime. It is usually served in a copper mug. It became immensely popular during the vodka craze in the United States during the 1950s and is making a comeback today. Try the hand-crafted version called Mule on Tap at Tap 42 – it is officially Fort Lauderdale's first cocktail on tap!



Nis for Asian NOODLES -Gabrielle Roland

GLASS NOODLES also known as bean threads, crystal noodles or cellophane noodles, are starch-based and turn translucent when boiled. Order: Pad Thai Glass Noodle Sushi Rock • 1515 E. Las Olas Blvd.

SOBA NOODLES - thin Japanese noodles made from buckwheat flour that can be served hot or cold. Order: Korubata Pork Belly with chilled soba noodles BAO • 1200 E. Las Olas Blvd.

UDON NOODLES, the sumo wrestler of Asian noodles, are made with wheat flour, broth, and scallions. The thick, hearty noodles can be served hot or cold. **Order**: Udon Nabeyaki Suan • 290 N. Federal Hwy.

Semi-transparent, **RICE NOODLES** can be easily over cooked and are usually long and thin and sometimes flat. They commonly appear in Pad Thai. **Order:** Bún Rice Noodle Bowl – Temple Street Eatery 416 N Federal Hwy. EGG NOODLES are typically wide and slightly less fragile than rice noodles. Order: Chiang Mai Noodles Sky Thai • 350 E. Las Olas Blvd.

Want to DIY? Check out these grocery stores for noodle supplies: Sasaya Japanese Market, Whole Foods, Fresh Market, Publix.

Ois for OFF THE BEATEN PATH

-Alexandra Roland

Often not on the city's main streets, off the beaten path joints are Fort Lauderdale's best-kept secrets. Sometimes, locals don't even know about them.



Falafel salad from Wholly Crepe

A new Gourmet Delights food kiosk, WHOLLY CREPE is owned by former yacht chef Terence Booth. If you go: stop by for lunch or after a downtown event near the Riverwalk. The falafel salad is a major sell but goes quickly.

Riverwalk behind Huizenga Park www.facebook.com/wholly-crepe

FRANKIE'S DOGS serves vegan and all natural beef hot dogs with toppings like home made chili, avocado, or hummus. If you go: look out for the red and white umbrella stand at Funky Buddha Brewery, Laser Wolf, or in FAT Village during monthly artwalks. Follow @FrankieDogs on Twitter for location updates. www.frankiedogs.com

At **925 NUEVOS CUBANOS** sit with your back to N. Andrews Ave. and watch as owner Lou makes

TABLECLOTH AND CANDLES NOT INCLUDED



VOTED BEST PIZZA CHAIN & ITALIAN RESTAURANT IN SOUTH FLORIDA 2014

DelVecchio's Pizzeria offers the best New York style pizza, but also phenomenal and traditional Italian dishes, Ranging from Chicken Parmigiana, Fettuccine Alfredo, Lasagna, Linguine with Clam Sauce, Veal Marsala, Pasta Primavera, Penne alla Vodka Spaghetti with Homemade. Meatballs, Calzones, Subs, Salads, Wraps, Wings, Paninis, Fries, Sausages and much more... Are you hungry yet?

WESTON I PEMBROKE PINES I PLANTATION I DAVIE I DELVECCHIOSPIZZA.COM







Cuban favorites. **If you go**: there's not much parking so go during non rush hours. The freshly squeezed orange juice is a highlight on the beverage menu. 925 N. Andrews Ave. (954) 806-8375

Pis for PB&J FROZEN CANDY and PLATING 101

-By Elizabeth Van Zandt and Alexandra Roland



PB&J FROZEN "CANDY" I absolutely love PB&J and had to find a way to get my dose without slathering it on two pieces of bread. Knowing that peanut butter firms up in the freezer, I started experimenting. What I ended up with is an extremely simple recipe that has satisfied my PB&J urge many nights!

Ingredients:

¹/₄ cup unsweetened organic peanut butter, creamy ¹/₄ cup grape jelly*

Method:

Using a small bowl, add the peanut butter and then fold in the jelly. Using a small spoon, scoop the mixture into a mini muffin tin. Cover with foil and parchment paper-in-one and place in the freezer for a minimum of three hours. Serve. Recipe makes 10 "candy" pieces .

*It is important that you do not stir excessively as you want there to be chunks of jelly within each of the candy pieces. For this reason, I do not recommend using jam or spread since they are too runny and do not yield the same result.

PLATING 101

You've made it. After hours of measuring, tasting, stirring, and waiting, this may be the best dish you've ever prepared. You want the first look to be as tantalizing as the first bite. So before you plate your casserole, steak, or spaghetti Bolognese, consult these four plating tips.

- Choose your plate. White plates are classic but if you're going for unusual, select a colored or patterned option. If your dish includes a sauce, consider a bowl or a plate with a deeper center.
- Create flavor. Position food according to how you want the flavors and textures to interact. (i.e. place dry foods near moist sauces)
- Choose the focus. Start at the center of the plate and work your way out for a traditional look. If you're feeling eccentric, position the food asymmetrically or if the dish consists of individual pieces, plate an odd number of pairings.
- 4. Add the finishing touch. Use unique items to garnish food. Try a lemon wedge sliced in an unusual shape. If your dish consists of mostly brown hues, choose a garnish that pops with color.



Grown in the South American regions of Ecuador, Colombia, and Chile, Quinoa has become a popular gluten-free superfood, praised for its nutritional value. The edible portion, or seed, is high in calcium, phosphorous, iron, and fiber and is a source of slow releasing carbs, leading many to regard it as helpful in conjunction with weight loss efforts.

It's most popularly used in salads, served alongside meat for dinner or fruit for breakfast, and it can also act as protein in meatballs, burgers or quinoa cakes. Preparation techniques vary depending on desired consistency and sometimes recipes call for quinoa in different forms: flour, flakes, or seeds. Purchase it at your local grocery store, and once opened, store in a cool, dry place.

R is for REFRESH LIVE CAFE

-Gabrielle Roland

Family owned and operated by Chad and Karen Cherry, this new secret spot serves healthier versions of comfort foods. They refer to their concept, which opened last December, as "urban contemporary." The café (soon to be restaurant) is gaining popularity with dishes like coconut chicken fingers with a piña colada drizzle, turkey burger served with mango chutney, and chimichurri chicken. Chicken salads and wraps are fixtures on the menu, but their two specials change daily.

Some ingredients used are sourced locally, like from the Dania Beach Patch. Community overall is important to Chad and Karen.



"[We're] trying to encourage people of culture to open up to the idea of eating healthier," Karen said. Gourmet sweet potato pies are also baked by resident baker and mother of chef Chad, Sheila Cherry. Joe Toliver and Keyon Dooling have recently joined the Cherry team as business partners. 1033 NW Sixth Street, Suite 102 (954) 512-7617 www.refreshlivecafe.com

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OD, FUN S

Sis for SPIRALIZER -Amanda Jane



The spiralizer is the hottest kitchen gadget since the toaster was invented. It is a simple-to-use machine that produces spiral cuts, shoestrings, and vegetable "noodles" that add new texture to pasta and stir-fry dishes, and salads. Long ribbons made of cucumbers, carrots, and radishes can be used in salads. Try apple spirals for apple slaw. Get yours at almost any store that sells kitchen supplies including William-Sonoma, Bed Bath & Beyond, or Target. You can even order one on Amazon. Check out the recipe below, which uses spirals of zucchini.

ZUCCHINI "PASTA" WITH KALE AND BUTTERNUT SQUASH

Ingredients:

 tbsp. olive oil
 butternut squash, peeled and cut into cubes
 Sea salt and pepper, to taste
 tbsp. red pepper flakes
 large zucchini, trimmed and run through the fine grates of a spiralizer
 garlic clove, minced
 cups kale (approximately four large leaves), stems removed and leaves chopped into strips
 cup grated parmesan cheese, plus extra for garnish

Method:

Add olive oil into a medium saucepan over medium-high heat. Allow the oil to warm for about 30 seconds. Add butternut squash and season with salt and pepper. Sautee squash, stirring occasionally for about 10 minutes until lightly browned and tender. Add red pepper flakes and toss with the squash. Once cooked, remove from heat and set aside. Add the zucchini, kale, and garlic into a large saucepan and season with salt and pepper. Cook, stirring occasionally, until tender, for about two to three minutes. Toss the "noodles" and kale with parmesan. Immediately transfer zucchini noodle mixture to a serving plate. Top with butternut squash. Garnish with additional cheese, red pepper flakes, olive oil drizzle or salt and pepper. Serve immediately.



Hadley and Delaney with Alicia Diaz

Tis for the *TWICE AS GOOD* cooking show -Clarissa Buch

A cooking show for kids, *Twice as* Good features South Florida native twin chefs Hadley and Delaney Robertson who encourage nutritious cooking and healthy eating for both kids and their parents. Their show debuted in 2012, and was back for a second season in 2014. The twins have also authored a cookbook and proceeds, which have already reached \$100,000, benefit the Twice as Good Foundation, which is managed by Community Foundation of Broward. The show's third season is airing in 2015 and a fourth season is currently being filmed. This year look out for an episode featuring eight-year-old Alicia Diaz, who through the Make-A-Wish Foundation was able to guest star. Watch the fun and interactive show on your local PBS station and buy the cookbook on Amazon or visit the Twice as Good websites: www.twiceasgoodfoundation.org, www.twiceasgoodshow.com.

U is for U-PICK SALAD at Marando Farms

-Alexandra Roland

Marando Farms has been a neighborhood fixture for locals and restaurants since it opened in 2005. Its U-pick salad option for customers has been available for some time but gained significant popularity this year. Behind the storefront are nine gardens full of vegetables like pak choi, swiss chard, eggplant, tomatoes, and nastritium, edible flowers that add a nice spicy and colorful touch to salad dishes. Patrons can pick and purchase greens and vegetables for \$5.99 per pound or herbs for \$15.99 per pound. Marando Farms provides the scissors and bags. The hours of operation are: weekdays, 10 a.m. – 6 p.m. and weekends, 9 a.m. – 5 p.m. www.marandofarms.com.



Vis for VEGAN and Wild Sea's VODKA 1 recipe -Clarissa Buch and provided by

Wild Sea

VEGAN

You might be against animal cruelty, have diet restrictions or simply have a taste for a plant-based diet. Whatever the case, up and coming vegan establishments around Fort Lauderdale give customers delicious foods that work for their lifestyles. For vegans, anything containing or using animal products is off limits. So when someone with a vegan diet is looking to enjoy a tasty night out, usually options are slim. Now that's all starting to change. Sublime, one of the most well known vegan restaurants located on Federal highway, prides itself on flavorful and nutritious cuisine allowing guests to experience guilt-free



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dining while supporting animal welfare. Sublime offers a variety of flatbreads, salads, and specialty entrees like vegetable lasagna and Thai red curry. Vegan or not, you really can't go wrong! Green Bar and Kitchen and Fresh First, both located on SE 17th St., also carry vegan dishes.



VODKA 1 Wild Sea at the Riverside Hotel recently revamped their cocktail offerings. Head bartender Mathieu Pinsard and director of food and beverages Jason Cotter opted for simple names to highlight the bare bones of each drink. The recipe for their Vodka 1 offering is below.

Ingredients:

¼ oz. Stoli Elit Vodka
 4 basil leaves
 ¼ oz. lime juice
 ¾ oz. St. Germaine
 ¼ oz. sugar syrup

Method:

In a glass shaker, combine vodka, St. Germaine, sugar syrup, lime juice and three basil leaves and muddle vigorously. Add ice and shake vigorously, strain into a chilled martini glass. Garnish with last basil leaf, which must be smacked between both hands to release aromatics.

•Alexandra Roland

Justin Wilson, director of restaurants at the Ritz Carlton Fort Lauderdale, explains the science behind wine pairings. **GRW**: When dining, why is choosing the correct wine pairing to accompany an entrée important? **JW**: Ultimately, food and wine pairing is almost entirely a matter of personal preference. Drink what you like, but there are general guidelines to assist in making you feel more comfortable when pairing food and wine.

When dining, think of the meal as a whole. What are the dominant characteristics of the dish? For example, is it mild or flavorful? Fatty or lean? Rich or acidic? The wine and food are meant to accentuate the flavors in one another, both tasting better as a result.

GRW: When choosing a wine pairing, what should one look for and avoid?

JW: You want to keep flavors in balance. Weight and structure often have just as much to do with pairing wines as does flavor. Don't match strong to delicate. Big, powerful wines paired with light, delicate dishes rarely end well. Match big, flavorful foods with bold, flavorful wines, i.e. a juicy steak with a bold Cab or spicy Zinfandel and match the richness of the food with the richness of the wine, i.e. rich creamy sauce dishes with a rich Chardonnay. Acid loves acid. When eating a dish with strong acidic content, pair it with an acidic wine. Think of citrus, lemon flavored dishes with Sauvignon Blanc. A pasta dish with tomato sauce pairs beautifully with Sangiovese or Barbera because they are high in acidity, medium in body, and light in tannins. Tannins pair well with fat. The astringency of the tannins cuts through the viscosity of the fat.

GRW: What best complements sweet dishes and desserts?

JW: Ports and Madeira pair well with chocolate. A slightly sweet sparkling like Prosecco with fresh fruit.

GRW: What about savory dishes? **JW**: Sweet to light sweet wines help contrast the spice and salt, i.e. dessert wines, off-dry Rieslings. Savory mushroom dishes can benefit from earthy Pinot Noirs such as from Oregon or Burgundy. Champagne goes well with oysters because of the salinity in the champagne and the brininess of the oysters.

GRW: And spicy dishes? **JW**: Light, sweet German white varietals such as Gewurztraminer and Riesling work well with spicy foods, particularly Indian and Asian cuisines. The light sweetness cuts the heat of the spice, and the firm acidity helps balance the richness of the oil or butter. As far as reds, Zinfandel or Grenache work well with spicy beef dishes.



X is for X (10) ways to cook an egg -Gabrielle Roland

Yes, we know it's not exactly in line with the other items, but give us some points for creativity. Here are 10 ways to make an egg and a dish suggestion for each.

1. POACHED – Eggs in Purgatory

Bring water, salt, and white vinegar to a simmer. After stirring liquid combination, carefully drop egg into pot. Turn off heat and cover for five minutes. Remove with spatula and serve immediately.

2. SCRAMBLED – Scrambled egg casserole

Heat saucepan over medium-high heat, coat bottom of pan with olive oil or butter. Crack egg into pan and using a spatula, scramble or break up eggs as they solidify.

3. BEATEN - Omelet

Crack five eggs into mixing bowl and beat until mixture achieves consistent milky yellow coloring. Add salt for flavor. Heat one

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tablespoon of olive oil in nonstick
pan and add egg mixture. Gently
fold eggs until cooked to desired
consistency and serve immediately.
4. HARD BOILED – Deviled

Eggs

Place eggs in pot and add cold water until eggs are covered. Bring to a boil with high heat. Once water begins to boil, turn off heat and cover. Let sit for 10 minutes and then strain water from pot. Run cold water over eggs to cool and then remove shell.

5. FRIED – Croque Madame Heat saucepan over medium-low heat, coat bottom of pan with olive oil or butter. Crack egg into pan and cook until whites are set but yolk is at preferred consistency.
6. RAW – Breakfast Smoothie

Add pasteurized liquid egg white along with your favorite smoothie ingredients. Blend thoroughly. 7. **BAKED – Fontina and Spinach**

Baked Eggs

Preheat the oven to 350°F. Crack eggs in large bowl and beat. Mix in additional ingredients. Coat the inside of an oven-safe container with butter. Bake until set in the center and let stand for 10 minutes. 8. WHIPPED – Egg Nests Whip egg whites until firm peaks are achieved.

9. SOFT BOILED – Served with Toast

Bring water to a boil and add salt. Prick the bottom of the eggs with egg pricker and add to boiling water. Let boil for five minutes and remove. After cooling off eggs with cold water, crack the top of the shell.

10. MICROWAVED – Breakfast Sandwich

Coat bottom of mug with butter or olive oil. Crack egg into mug and microwave for 60 seconds. Loosen sides with a knife to remove.

Y is for YACHT CHEF -Alexandra Roland

Being a restaurant chef is intense, especially during a weekend

dinner service. Transfer that service to a yacht. The workspace shrinks and the stress level heightens. A freelance yacht chef for the past 16 years, Chris Wear is currently based in Fort Lauderdale but he trained at the Culinary Institute of America in Hyde Park, NY.

According to him being a yacht chef is not for everybody. "The concept is always the same but the crew is always changing," he says. The profession is lucrative and Wear says that traveling to places that many don't get to see is a major perk. But while at work he can spend up to months at a time out at sea. That is with very limited time off.

A typical day involves getting up at 6 a.m. to prepare some kind of baked good like muffins or scones for the guests and breakfast for the crew. The rest of the day includes lunch and dinner for both the crew and also the guests. Add clean up and prep time in between each service, plus a trip off the boat to get supplies in the afternoon and you've got a 16-hour day. "A 14-hour day is a short day," he says.

Once he purchases the food, which is usually enough for the four to 12 guests he has on board, storing it in a small refrigerator and prepping and cooking it in a little space can be challenging.



Yacht chef Chris Wear

Wear compares the yacht chef lifestyle to dorm life – sharing close quarters with the crew, which is usually made up of people that he just met. It's a one-person job. Taking into account guests' likes and dislikes and food allergies, he constructs a daily menu, something that has to vary unlike in a restaurant. "I generally make whatever I want."



Zis for **ZUCCHINI FRITTERS** -Elizabeth Van Zandt

My kindergarten teacher gave me this recipe (yes, I still stay in touch with her). I have made minor adjustments to make it a little healthier. Feel free to use different veggies.

Ingredients:

1 cup zucchini, skinned and finely chopped (or grated) ¼ cup almond flour, blanched

- 2 tbsp. extra virgin olive oil
- (EVOO)
- 2 tbsp. parmesan cheese
- 1 large egg
- 1/4 tsp. pure sea salt
- 1/4 tsp. ground black pepper

Method:

Mix together all the ingredients with the exception of the EVOO. Heat a large non-stick pan over medium heat. Add the EVOO and make sure you coat the entire pan. Spoon the mixture onto the heated pan and make approximately five fritters. Cook on both sides for approximately four minutes each or until golden brown. Repeat with any leftover batter. Serve. Makes approximately five small fritters. (D)

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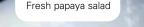
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Fresh Fusion

A NEWCOMER TO LAS OLAS, SKY THAI SUSHI PRESENTS THAI AND JAPANESE FLAVORS WITH SWANK AND AUTHENTICITY.

WRITER AMANDA JANE

ocated on Las Olas Boulevard, Sky Thai Sushi burst onto the culinary scene in late 2013 and has set the bar for a fusion of modern and authentic Asian cuisine. The restaurant offers an award-winning menu, extensive sake selection, and an atmosphere that seamlessly transfers from afternoon casual chic to a high-energy hotspot in the evening. Local clientele have recently included high profile athletes like Ryan Tannehill and Scottie Pippen, and even former Governor Charlie Crist.

Recently deemed "Best Asian Restaurant" by *Yellow Cab Magazine*, Sky Thai Sushi boasts an extensive menu developed by owners Rob and Winnie Gebhard with the goal of offering a widespread variety of Japanese and Thai dishes. The Gebhard family has over 30 years of





Pairing

PINEAPPLE LOBSTER AND SHRIMP FRIED RICE: Pineapple chunks, cashew nuts, raisins, peas, carrots, lobster, and shrimp served in half of a pineapple.



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experience serving both cuisines in South Florida.

One of their signature dishes is the galaxy lobster specialty roll, made of succulent steamed lobster, cucumber, avocado, and jalapeño. According to the Gebhards, it is a best seller. For a modern twist, try the lobster and shrimp fried rice. The flavor stems from the Asian Pacific and the dish includes pineapple chunks, cashew nuts, and raisins. It is served in a hollowed out pineapple half, and offers a refreshing citrus flavor not found in traditional fried rice combinations. The dish is large enough to be shared at the dinner table. Their menu also has plenty of vegetarian and gluten free options for anyone with special dietary needs. Dessert selections include Thai donuts, cheesecake tempura, and F.B.I – fried banana and ice cream.

The food presentation at Sky Thai Sushi is just as appealing as the food. It is not uncommon to see sushi served in a martini glass. The fried sweet and sour snapper meat is served on top of the fish body, which is coated in tempura. This is another modern element brought to life in the restaurant, which is filled with bright lights and blue walls eliciting a coastal vibe.

Looking for the best seat in the house? The party room seats up to eight people and has private television and

music volume controls. Sky Thai can also accommodate

large parties and special events in the main dining room depending on availability. Booking reservations in advance is required to reserve the rooms.

The restaurant offers dine-in, pick-up, catering, and delivery service options. Lunch is served from open until 3:30 p.m. each day and includes specials plus bento box combos. Tasty dinner specials and drink promotions are offered each day of the week, and happy hour is 4-7 p.m. everyday. Take advantage of Moët Monday when glasses of Moët Imperial champagne by the glass are priced by the hour (at 4 p.m. it's \$4 a glass and increases \$1 on the hour until closing at 10 p.m.)

Amanda Jane is the creator of the food blog Seasonally Jane (www.seasonallyjane.com) where she shares her love of seasonally inspired cooking through original recipes, photography, and writing. Seasonally Jane celebrates the use of peak-season produce, organic whole foods, and unique ingredients all sourced locally when possible. Amanda launched her blog in Sept. 2014 and is based in Lighthouse Point. Follow her on Instagram, Twitter, and Facebook: /seasonallyjane



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LAS OLAS WINE & FOOD FESTIVAL – 20 YEARS

My, how the time has flown! It is incredible to me that this year marks the 20th anniversary of the American Lung Association's Las Olas Wine & Food Festival. I am so proud to say we have been with this event from the beginning and the proud wine and spirits partner since 2002. We have seen the festival grow from a small sidewalk event celebrating Beaujolais Nouveau where guests walked from store to store to sample wines. Our quaint beginnings featured around 12 restaurants and a handful of wineries. Just like a fine wine, over the years the festival has aged and matured. Eventually we outgrew the sidewalk, turned Las Olas into a pedestrian only boulevard for one night, and popped the cork on the lively and ever expanding festival we now know. Today, thousands of people pour onto Las Olas to

participate in the festival, hang out in the unique shops and restaurants, or simply stroll along the boulevard. Festivalgoers can sample from more than 40 wine tables, pouring over 200 labels of wines and from 65 area restaurants, serving delicious food all along Las Olas.

Our involvement with the Las Olas Wine & Food Festival and our commitment to the American Lung Association would not be possible without the support and participation of our supplier partners. For years, Bombay Sapphire

WHAT TO SEE AND DO AT THE 20TH ANNIVERSARY LAS OLAS WINE & FOOD FESTIVAL

MAY 1

BOMBAY SAPPHIRE LOUNGE For the 10th year in a row, Sapphire will host their famous lounge space on SE Ninth Ave. and Las Olas. Guests will enjoy the festival's signature cocktail, the Raspberry Sapphire Collins, live music, and more.

NEW AMSTERDAM VODKA LOUNGE

Located on SE Eighth Ave. and Las Olas Boulevard, the New Amsterdam lounge will feature their signature cocktail, The Mule, and will be a space for festivalgoers to enjoy cocktails and a good time.

MAIN STAGE ON THE LAWN AT THE

RIVERSIDE HOTEL This stage will include music throughout the night and feature Easy 93.1 and Hits 97.3.

FOOD Over 65 restaurants will be serving food along the boulevard.

WINE SALES The Discount Liquor Group will be taking orders and delivering any of the wines you enjoy during the evening. has created a unique experience on SE Ninth Avenue, where the Bombay Sapphire Lounge is situated. Here guests can get the party going and celebrate to the sounds of a DJ while sipping a delicious Sapphire Collins. This year we will mix it up with the addition of the New Amsterdam Vodka lounge. And of course the festival would not be complete without the vino. We have so many wineries that anticipate this festival and fly in from all over the world. Taste wines from California, Germany, South Africa, South America, and everywhere in between.

Congratulations to the American Lung Association on celebrating 20 years of the Las Olas Wine & Food Festival and raising important funds for lung cancer research and education in our community.

-Bob Drinon 🕲





EVENTS CONNECTION

💷 Pippin

Through Apr. 12 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

The 25th Annual Putnam County Spelling Bee Through Apr. 19 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Quest for the Fountain of Youth Exhibit

Through Apr. 30 Broward County Main Library (954) 357-7443 www.broward.org/library



Brain: The World Inside Your Head Through May 3 Using innovative special effects, hands-on learning activities, video games, optical illusions, and interactive displays, this exhibit shows how the brain functions and how, like other parts of the body, it can sometimes malfunction. Museum of Discovery and Science (954) 467-6637

Riverwalk Noon Tunes

Every Wednesday Noon - 1:30 p.m. Through May 27 Bring a bagged lunch or order from one of the Riverwalk Gourmet Delights food kiosks. Enjoy your lunch break while listening to tunes from local musicians. Huizenga Plaza www.goriverwalk.com

National Landscape Architecture Month Apr. 2015

Apr. 2013 In honor of National Landscape Architecture Month, Cadence will celebrate their profession throughout the month via social media and will conclude with an exhibit on Apr. 25 during FAT Village Artwalk. Cadence (954) 766-4572

Exhibit: Sunderland Wildlife by Kevan and Linda Sunderland

Apr. - June The Sunderlands have been photographing Florida's wildlife for over 30 years. Their knowledge of Florida's flora and fauna from their biology backgrounds has given them special insight into Florida's landscapes. Broward County Main Library (954) 357-7443

Control Wears Prada with Born of Osiris, The World Alive, Secrets Apr. 1

Revolution Live (954) 449-1025 www.jointherevolution.net

Divergent Series: Insurgent: An IMAX® 3D Experience

Through Apr. 2 Museum of Discovery and Science AutoNation IMAX Theater (954) 463-IMAX (4629)

Welcome to Night Vale

Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org



Junior League Riverwalk Run Pre Race Party Apr. 2 Bimini Boatyard Bar & Grill (954) 462-1350

C The Broward Education Foundation's Teacher Grant Awards Ceremony

Apr. 2 The Hyatt Regency Pier Sixty-Six (754) 321-2032 www.browardfoundation.com

Furious 7: The IMAX * 3D Experience Apr. 2 - 30 Museum of Discovery and

Science AutoNation IMAX Theater (954) 463-IMAX (4629)

Full Moon Dinner and Party Apr. 3

The Atlantic Hotel & Spa (954) 567-8070

Friends of the Fort Lauderdale Libraries Books and More Event Apr. 3 Frauerd County Main Librar

Broward County Main Library (954) 357-7443 www.broward.org/library

Joey's Egg Hunt Apr. 3 - 5

Hop (or waddle) along in search of colorful eggs left by Joey the Otter. Once you have collected them you will receive a gift bag. You may even find a golden egg inside making you a grand prize winner! Museum of Discovery and Scienco

and Science (954) 467-6637



Caking Back Sunday with Letlive and the Menzingers Apr. 4 Revolution Live (954) 449-1025 www.jointherevolution.com

Spring Family Celebration

Apr. 5 New River Inn Museum (954) 463-4431 www. fortlauderdalehistoricalsociety.org

Compiled by GABRIELLE ROLAND Calendar Editor

Symphony of the Americas presents:

"Why We Sing" Apr. 7 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

OPinion Passion Hour

Apr. 7 Obar Burgers & Blues (954) 614-6795

Broward Moments Lecture Series - Broward County's Architectural History Apr. 7 Broward County Main Library (954) 357-7443

(954) 357-7443 www.broward.org/library



Gay Men's Chorus of South Florida Apr. 7 and 12 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Symphony of the Americas: Symphony Classics and the Best of Broadway II Apr. 7 and 12 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Cold Coast Jazz Society: Dr. Lonnie Smith Trio Apr. 8 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org



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EVENTS CONNECTION

HANDY Next Gen's 2015 Member Kickoff Apr. 9

C&I Studios (954) 522-2911 www.handyinc.org

Concerts Under the Stars

Apr. 9 Concerts under the stars on the Bonnet House estate include wine, dessert and coffee in the ticket price. The evening's activities take place in and around the house with the concert taking place on the veranda lawn beneath the moon and stars. Bonnet House Museum & Gardens (954) 703-2614 www.bonnethouse.org

🚷 MattyB

Apr. 10 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Exhibition -"Helhesten: The Hellhorse: Danish Cultural Resistance During World War II"

Apr. 10 – Oct. 4 This exhibition examines the innovative, abstract work of the group of Danish artists known as Helhesten (Hell-horse), including Else Altfelt, Ejler Bille, Henry Heerup, and Asger Jorn, who participated in the resistance to the Nazi occupation of Denmark. NSU Art Museum Fort Lauderdale (954) 525-5500 www.nsuartmuseum.org

Tom Paxton & Janis Jan: Final Tour Together Apr. 11 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Exotic Car Display Apr. 11 Museum of Discovery

Museum of Discovery and Science (954) 467-6637



C Aloha! An Oceanfront Polynesian Luau Apr. 11 The Atlantic Hotel & Spa (954) 567-8070

Blue Door String Quartet Chamber Series 1 Apr. 11 Josephine S. Leiser

Opera Center (954) 522-8445 www.southfloridasymphony.org

O Junior League

Riverwalk Run Apr. 11 Riverwalk (954) 462-1350 www.juniorleagueftl.org

Alan Cumming

Parker Playhouse (954) 462-0222 www.browardcenter.org

Rock the Ocean's Tortuga Music Festival Apr. 11 and 12 Fort Lauderdale Beach www.tortugamusicfestival.com

Fort Lauderdale Historical Society Speaker Series: Laura Martin - "Fort Lauderdale Education Through the Ages" Apr. 13 New River Inn Museum

(954) 463-4431 www. fortlauderdalehistoricalsociety.org

Boz Scaggs Apr. 13

Apr. 13 Boz Scaggs is a singersongwriter and guitarist. His explorations in blues, R&B, rock, and jazz have produced lasting work and a career that has brought acclaim, a loyal following, and respect among musicians. Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

The Broward Center presents Chris Botti Apr. 14

Grammy Award[®]-winning jazz trumpeter Chris Botti fuses his jazz roots with a pop music flare. Since the release of his 2004 critically acclaimed CD, "When I Fall In Love," Botti has become the largest-selling American instrumental artist. Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

A Different Perspective: Your Take on History Exhibit Apr. 14 – Oct. 25

New River Inn Museum (954) 463-4431 www. fortlauderdalehistoricalsociety.org



Port Lauderdale Speaker Series presents Doris Kearns Goodwin Apr. 15 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

🚷 іам

Apr. 15 Revolution Live (954) 449-1025 www.jointherevolution.com

Helping Turn Lives Around Luncheon Apr. 15 The Hyatt Regency Pier Sixty-Six www.chsfl.org/htla

Stache Supper Club

Apr. 15 An exclusive evening of top-shelf, unique, and rare liquors paired with gourmet eats. Limited seating available. Stache (954) 449-1044

The Ting Tings with Kane Holler Apr. 16 Revolution Live (954) 449-1025 www.jointherevolution.com

Charity Guild Annual Spring Luncheon

Apr. 17 The Hyatt Regency Pier Sixty-Six (954) 767-0350 www.charityguild.net

Robert Irvine Live

Hard Rock Live (800) 745-3000

Miami City Ballet Program IV: "Points of Departure"

Apr. 17 – 19 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Pineapple Jam Dinner and Auction Apr. 18

The Historic Stranahan House Museum's annual gala includes delicious food, open bar, live and silent auctions, and the opportunity to preserve Fort Lauderdale's special history. Historic Stranahan House Museum (954) 524-4736 www.stranahanhouse.org

8 Stache Burlesque

Revue Apr. 18 Stache (954) 449-1044

S8th Annual Pioneer Women of Fort Lauderdale Luncheon Apr. 18 Tropical Acres Restaurant (954) 292-4574

Poetry Workshop with Vicky Santiesteban

Apr. 18 Broward County Main Library (954) 357-7443

O Annual Take Steps Fort Lauderdale

Apr. 18 The Crohn's & Colitis Foundation of America (CCFA) invites the South Florida public to walk for a



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- David Reed, MICF Chairman



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FVENTS CONNECTION

cure at the nation's largest event dedicated to finding a cure for Crohn's disease and ulcerative colitis, two debilitating digestive diseases. Huizenga Plaza (561) 218-2929 www.cctakesteps.org/ fortlauderdale

🍪 Origami that Flies for Family Fun Apr. 21 Broward County Main Library

(954) 357-7443

OJack's Joint Blackjack Tournament Apr. 21 Stache

(954) 262-2150 www.specialolympicsflorida.org/ jacksjoint

🚱 Chamber Music Anr 21 Broward County Main Library (954) 357-7443

Decture on Shark Science and Conservation in Recognition of Earth Day Apr. 22 Presented by SharkTeamOne. **Broward County** Main Library (954) 357-7443 www.broward.org/library

🕑 Up Close and Personal with Marin Mazzie and Jason Danielev Apr. 23 NSU Art Museum

Fort Lauderdale (954) 262-0245

😂 Riverwalk 15th Annual Tribute Honoring **Kelley Shanley**

Apr. 23 Riverwalk Fort Lauderdale will honor Kelley Shanley for his role in the growth and development of Riverwalk Park and Downtown Fort Lauderdale at the Riverwalk Annual Tribute. **Riverside Hotel** (954) 468-1541 www.goriverwalk.com

🔮 Up Close and Personal with Alfreda Gerald

Apr. 23 NSU Art Museum Fort Lauderdale (954) 709-7447

🝪 Roberta Flack

Apr. 24 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

American Fine Wine **Competition Gala**

Apr. 24 Seminole Hard Rock Hotel & Casino www. americanfinewinecompetition.org

🖯 St. Jude Inaugural **Culinary Soiré** Apr. 24 Bonnet House Museum and Gardens www.stjude.org



Over the Edge for Gilda's Apr. 25 110 Tower (954) 763-6776 www. gildasclubfouthflorida.com

😂 7th Annual

Spin-A-Thon Apr. 25 Esplanade Park (954) 639-5005 www.marineindustrycares.org

🥙 Stache Art Bash with Flagler Art Walk Apr. 25 Stache (954) 449-1044

laute for HANDY Anr 25

The Leighton Estate www.handyinc.org



🙆 Family Fun Series: "Curious George" Apr. 25 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

😲 Kathy Griffin

Apr. 25 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

🚱 Chopin for All Concert Apr. 25

The Chopin Foundation is proud to present one of the new finalists from the 2015 National Chopin Piano Competition. The solo piano recital will feature the music of Chopin. Broward County Main Library (305) 868-0624 www.chopin.org

🍪 Ministry with Sixxis

Apr. 26 Revolution Live (954) 449-1025 www.jointherevolution.com

Walk like MADD and MADD Dash Fort Lauderdale 2015 Apr. 26

More than 2,000 walkers and runners will take to the streets of Fort Lauderdale's Riverwalk district to participate in the annual Walk like MADD (Mothers Against Drunk Driving) & MADD Dash Fort Lauderdale 5K. Huizenga Park (877) ASK-MADD (275-6233) www.madd.org

Riverwalk's Spring Get Downtown Apr. 27

Fort Lauderdale's largest bi-annual outdoor networking and cocktail hour is back with tastings from some of Fort Lauderdale's favorite restaurants, live music, and tasty beverages. 333. E Las Olas Blvd (954) 468-1541 www.goriverwalk.com

Walk the Moon with The Griswolds Apr. 27 Revolution Live

(954) 449-1025 www.jointherevolution.com

STEM Home School **Classes: Engineering** Expedition

Apr. 27 Museum of Discovery and Science (954) 713-0930

🝪 Of Mice and Men with Crown the Empire. Volumes Apr. 28 Revolution Live (954) 449-1025 www.jointherevolution.com

😲 Fort Lauderdale **Speaker Series presents**

F.W. deKlerk Apr. 29 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

🖰 Annual Gentlemen's Dinner

Apr. 30 Hyatt Regency Pier Sixty-Six (954) 536-3038

Bvengers: Age of Ultron: An IMAX[®] 3D Experience Apr. 30 - May 21 Museum of Discoverv and Science AutoNation IMAX Theater (954) 463-IMAX (4629)

Monthly Exhibit: Mother's Dav Ivv

Stranahan May 2015 Historic Stranahan House Museum (954) 524-4736 www.stranahanhouse.org

American Lung Association's 20th Annual Las Olas Wine and Food Festival May 1 Las Olas Boulevard (954) 524-4658



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EVENTS CONNECTION

Kentucky Derby Party May 2

Celebrate the most exciting three minutes in sports in style. All are invited to participate in the best hat contest and enjoy a mint julep along the banks of the New River. New River. New River Inn Museum (954) 463-4431 www.

fortlauderdalehistoricalsociety.org

Fringe Festival

This live theater event aims to fuse the art scene with the local community by bringing the true nature of creation to the stage and street. Artists will be performing one-act shows of all types, including spoken word, stand-up, drama, and children's events.

Broward College Downtown Campus (954) 201-7939



The Color Run: Shine Tour May 2

The Color Run, also known as the happiest 5k on the planet, is a unique paint race that celebrates healthiness, happiness, and individuality. Now the single largest event series in the world, The Color Run has exploded since the debut event. This is the third year that The Color Run has come to Fort Lauderdale. Huizenga Plaza www.thecolorrun.com/ ft-lauderdale/

3 Jason Bonham's Led 2eppelin Experience May 3 Hard Rock Live (866) 502-7529

🍪 "She Sings" Choral

Concert May 3 & 15 All Saints Episcopal Church (954) 533-9227 www.browardcenter.org

Flogging Molly May 4

Revolution Live (954) 449-1025 www.jointherevolution.com

Blue Door String Quartet Chamber Series 2

May 5 Josephine S. Leiser Opera Center (954) 522-8445 www.southfloridasymphony.org

O Pinion Passion Hour

May 5 Café Vico (954) 614-6795

Anything Goes

May 5 – 17 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org



Surger Battle May 8

Riverwalk Fort Lauderdale hosts Burger Battle[™] VI under the stars along the Riverwalk at Huizenga Plaza. This sizzling event pits some of South Florida's top burger joints and restaurants against one another as they show off their creative juices and grilling skills to 1000+ guests. This is a 21+ event and will be held rain or shine. For more information. contact Cristina Hudson at (954) 468-1541, ext. 205. Tickets are currently on sale on Blacktie South Florida. Huizenga Plaza www.goriverwalk.com

"LIVE WIRE! The Electricity Tour"

May 8 Doktor Kaboom will explore the fundamentals of electrical energy and the history of humanity's adventures into its potential. Aimed at grades 4-8. Parker Playhouse (954) 462-0222 www.browardcenter.org

Bette Midler

May 8 & 9 Hard Rock Live (866) 502-7529

Broward Education Foundation's Black & White Gala

May 9 The Hyatt Regency Pier Sixty-Six (754) 321-2032 www.browardfoundation.com

Sunflowers Circle of Friends Mother's Day Brunch May 9

A champagne Mother's Day brunch to honor the mothers of children with special healthcare needs who are served by Children's Diagnostic & Treatment Center. Fort Lauderdale Yacht Club www.childrensdiagnostic.org

lightwish with Sabaton, Delain

May 9 Revolution Live (954) 449-1025 www.jointherevolution.com

Asian Pacific American Heritage Celebration May 9 & 10

May 9 & 10 Museum of Discovery and Science (954) 467-6637

Cellos May 10

Presented by AEG-Live and the Broward Center. Parker Playhouse (954) 462-0222 www.browardcenter.org

Bring Ballet Gala

Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

B The Imagination Radio Players

May 12 Broward County Main Library (954) 357-7443

Cinco De Mayo Musical Performance May 12 Broward County Main Library

Broward County Main Library (954) 357-7443

Gold Coast Jazz Society: Mike Longo, Jazz Pianist & the Gold Coast Jazz Society Band May 13

May 13 Broward Center for the Performing Arts (954) 462-0222 www.browardcenter.org

Watch Out Ivy!: When Ivy Stranahan Went Undercover for the Government May 14

Broward County Main Library (954) 357-7443

Exhibition - Frida Kahlo and Diego Rivera

Through May 31 NSU Art Museum Fort Lauderdale (954) 525-5500 www.nsuartmuseum.org

The Trender I Cold

The Tropical Splendor of Florida Birds: A Selection of Books, Prints, and Objects Through June. 13 Broward County Main Library (954) 357-8243

Exhibition -"Aesthetic Decisions" Through Aug. 2

Through Aug. 2 This group exhibition curated by Bonnie Clearwater, director and chief curator of NSU Art Museum Fort Lauderdale, features 20 and 21st century works that explore the philosophy of aesthetics. NSU Art Museum Fort Lauderdale (954) 525-5500 www.nsuartmuseum.org

Tiny Giants 3D

Through Aug. 31 Museum of Discovery and Science AutoNation IMAX Theater (954) 463-IMAX (4629)

Humpback Whales 3D

Through Jan. 31, 2016 Museum of Discovery and Science AutoNation IMAX Theater (954) 463-IMAX (4629)



8

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EVENTS CONNECTION

ONGOING

Siverwalk Water Trollev

Ongoing - Seven days a week, from 11 a.m. to 2 p.m. and 4 p.m. to 11 p.m. The Riverwalk Water Trolley travels along the New River from the Broward Center for the Performing Arts to Stranahan house. There are four stops on the north side of the river and four on the south side. Passengers ride for free. (954) 761-3543 www.riverwalkwatertrollev.com

🔍 JM Lexus Sunday Jazz Brunch

First Sunday of the month 11 a.m. to 2 p.m. **Riverwalk Park** (954) 828-5363

🕗 River Ghost Tours

Sunday night Historic Stranahan House Museum (954) 524-4736 www.stranahanhouse.org

🔍 Las Olas Outdoor **Green Market** Sundays • 9 a.m. to 2 p.m. Plaza at YOLO

(954) 462-4166

G Farmers Market Tuesdays through Sept. 9 Broward Health Center (954) 318-6148

🔘 English Café

Every Tuesday Learn to speak English in a friendly environment. Broward County Main Library (954) 357-7439 www.broward.org/library

🍪 Open Mic Tuesdays

Fourth Tuesday of the month Chris Monteleone hosts the forum for musicians, singerssongwriters, bands, spoken word artists, comics, painters, and sketch artists. ArtServe (954) 462-8190 www.artserve.org

🥘 El Club Tuesdays

Brush up on your Español. Broward County Main Library (954) 357-7439 www.broward.org/library

🥘 Crossroads Café

Wednesdays Broward County Main Library (954) 357-7439 www.broward.org/library

Behind the Scenes

Second and fourth Wednesday of the month. Take a sneak peek inside normally closed areas of Evelyn and Frederic Bartlett's private living guarters. Bonnet House (954) 703-2606 www.bonnethouse.org/ hours-fees/

Starry Nights Thursday Evenings

NSU Art Museum Fort Lauderdale (954) 262-0245

First Fridays: Book

Event and Pickers Sale First Friday of the month Pick up new and used books and gently used items. Sponsored by the Friends of the Fort Lauderdale Libraries. Broward County Main Library (954) 357-7443

🕞 Food In Motion Flagler Green Market

Second Friday of the month Feldman Park (754) 800-9765

🍯 Flagler Artwalk

Last Saturday of the month FAT Village (754) 800-1640 www.flaglerartwalk.com

Docent Guided House Tours

Ongoing Historic Stranahan House Museum (954) 524-4736 www.stranahanhouse.org

RIVERWALK RECREATION

Riverwalk Recreation members enjoy discounted rates on rentals for paddleboards, kayaks, bicycles, and e-bikes. Members are also entitled to discounted Cycle Party Social Mixer tours. Options include a single membership for \$29 each month and a two-person membership for \$39 each month. Contact Riverwalk Recreation for further details. (954) 526-5159 www.RiverwalkRec.com 300 SW 1st Avenue, Suite 111



😂 Paddleboard Riverwalk Saturdays and Sundays, 10 a.m.-4 p.m. \$25 for a one-hour rental, \$35 for a guided group tour, and \$40 for a night tour. Lessons and rentals will also be available Esplanade Park (877) 779-9299 www.paddleriverwalk.com

• Cardio Mix with Josh Hecht

6:30 p.m. Mondays and Wednesdays Times and dates subject to change depending on weather restrictions. Esplanade Park (954) 790-4953

😂 • A Dog's Best Friend

Group Classes Intermediate Dog Obedience Class: Thursdays, 7 p.m. Masters Dog Obedience Class: Thursdays, 8:15 p.m. Both are six week courses. If you have already attended a Basic Obedience Class, and you are looking for a class to take your dog's training to the next level, this class is for you. Esplanade Park www.adogsbestfriend.com

ᄙ • Riverwalk Segway Tours

Everyday • 8 a.m.-6 p.m. Take a one- or two-hour Segway tour in Fort Lauderdale on the Riverwalk. No experience, balance, or coordination needed. Training provided. One-hour tour: \$59 per person; two-hour tour, \$89 per person. (954) 304-5746 (advanced reservations) www.segwayfortlauderdale. com

💐 • Photography Classes on the Riverwalk

First Saturday of the month Join award winning photographers Hank Henley and Jason Leidy along the Riverwalk in downtown Fort Lauderdale for a three hour workshop featuring lecture, hands-on, and extended online components. From this foundation, you can further your skills via sessions that are customized to your specific goals.

(817) 266-2946

🗟 • Riverwalk Yoga

Mondays & Wednesdays

🖥 • Cycle Party Tours

Everyday Adults \$29, youths (5-15) \$15 www.cycleparty.com

😂 • Bicycle Tours

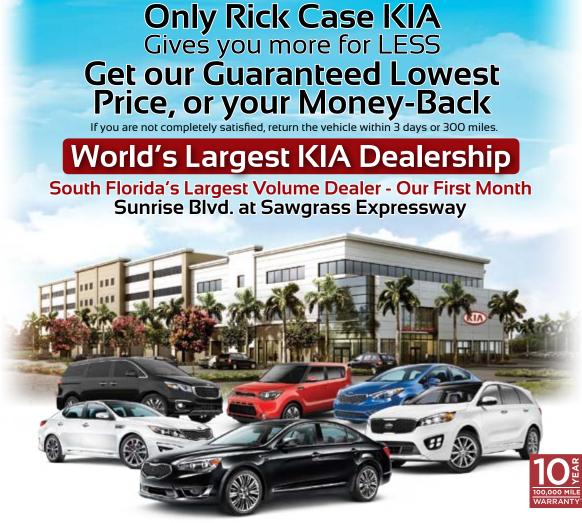
Daily 10 a.m. - 6 p.m. The price is \$29 for a two-hour independent tour and \$39 for a two-hour guided tour. Tours are along the north and south sides of the New River. (954) 562-5159 www.riverwalkrec.com

🕑 • Kayak Rental

Daily 10 a.m. - 6 p.m. Two-hour rentals: \$29 - single \$39 - tandem Four-hour rentals: \$49 - single \$69 - tandem Along the New River (954) 562-5159 www.riverwalkrec.com







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Maritime Professional Training (MPT) Red Passion Fundraiser

MPT raised \$2,500 for the American Heart Association at this inaugural event.





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The Adventures of Himmarshee Hal: **River Rogues**

WRITER DEBORAH SHARP · ILLUSTRATION DENISE BAKER

FICTION

Cigar smoke curled over the second-story railing of the New River Inn. Whispers floated up on the balmy April air. Himmarshee Hal glanced at his cell phone: 4:38 a.m.

Just his luck: Trespassers, when it was almost quitting time. He'd only taken the gig at Fort Lauderdale's history museum because he was broke. Trust funds, apparently, don't last forever. Guarding exhibits overnight was supposed to be a cinch for an aspiring private eye.

Male voices murmured. Hal made out a few words:

Train station. Packing crates. Whiskey . . .

He crept to the balcony edge, but couldn't see the men. His stomach knotted at what he could see: Two shotguns, propped on the veranda.

Hal loved history, but not enough to die for it in a shootout.

Just then, a distant train whistle echoed.

"Right on time," said one man, stepping off the porch. In a fedora and two-toned shoes, he shouldered one of the guns. His companions, similarly garbed, followed him along the Riverwalk, toward the railroad crossing.

Hal hurried inside; checked every entry. No intruders. By the time he reached the downstairs veranda, the men were gone. A train thundered past.

"Nice night," a white-haired man called from beneath a gazebo.

Friend or foe? Friendly, Hal decided. Plus, he was reassuringly old, and Hal could see both his hands around a coffee cup. "Name's Dave," he said. "Have a seat."

Hal did, asking, "Did you see three guys dressed like Al Capone? Two had shotguns."

Dave quirked a brow. Hal related what he'd overheard. Dave grinned. "You sure you didn't dream up some history?"

Hal recalled pulling a chair to the museum balcony; feeling drowsy. Does a cigar stink in a dream?

"There was a train station, long time ago."

Dave pointed to Las Olas Riverfront. "During Prohibition, a lot of booze traveled north in freight cars supposedly packed with Florida tomatoes."

"For real?"

Yep. All sorts of rogues have plied the New River, from earliest days: Rum-runners. Gamblers. Smugglers." Dave sipped his coffee. "I have a personal interest in Fort Lauderdale's criminal past."

"Meaning?"

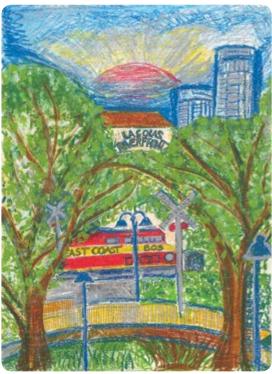
"Let's just say I moved a little contraband, back in the late 1970s, early 80s."

"Drugs?"

He seemed to weigh the question.

"Let me tell you a story ... "

Dave claimed he'd done time, busted for his role in a drug ring based at a boatyard upriver. Deploying a fleet of luxury yachts, the ring ferried in two million pounds of pot. The crews wore crisp uniforms. Old folks



were hired to pose as wealthy boat owners. Dressed in posh togs, sipping cocktails on deck, their job was to divert suspicion.

"So, you got out?" Hal asked. "Went staight?"

"Yes . . . and no."

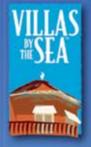
A soft whistle sounded on the river. "Right on time," said Dave.

A cabin cruiser with no running lights glided up to a floating dock. Before climbing aboard, Dave winked at Hal: "Once a rogue, always a rogue."

Deborah Sharp is a Fort Lauderdale native, a former journalist, and the author of the Mace Bauer Mysteries. She lives along the New River with her husband, Kerry Sanders.

> Follow Himmarshee Hal's next escapade in the May issue of *GoRiverwalk Magazine*.

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