

A PUBLICATION OF THE RIVERWALK TRUST Vol. 9 No. 5 June 2012 "ANY MAN CAN BE A FATHER. IT TAKES Someone special To be a dad."

- ANONYMOUS

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EM

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750m

≋N THIS ISSUE





On The Cover



Photography by Jason Leidy Design by Ryan K. Hughes

Hollis Leidy enjoys exercise time on Fort Lauderdale Beach.

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.

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Riverwalk Trust Mission Statement

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

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Caitlin Fahey Administration and Event Coordinator

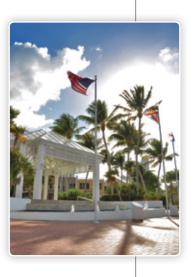
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RIVERWALK ROUNDUP



Banners Up

Decorate the Riverwalk and Promote Your Business



President/CEO **Riverwalk Trust**

Summer kicks off the sale and installation of banners along the Riverwalk a great way to support your community and get your name out.

The decorative banners are presented on both sides of the New River and provide a colorful way to showcase your name. Over the next month, our staff will be notifying existing banner holders that it is time for renewal and placing the remaining ones up for sale to the public. Don't delay in responding ... they go very quickly!

Burger Battle III sponsored by Publix Apron's Cooking School was a success with a new winner from the judges for Best Burger. Charm City Burger Company took the prize and you will be hearing more about them and the other contenders in our July issue. It was a beautiful evening with great food, entertainment, sponsors, judges and restaurants. The event raises fund for Riverwalk to continue to take care of the walk and activate Downtown.

Our staff is hard at work crafting the annual calendar of events for the upcoming year and would welcome your ideas and suggestions for things to do in Downtown. We are always looking for great @Riverwalk events to



offer such as yoga, boot camp, paddleboard demonstrations and other group friendly activities.

I extend a huge thank you to the working staff at Riverwalk, Caitlin Fahey, Kim Spellacy, Chelsea Anderson and Ann Gillespie. They give more than a normal day to the Riverwalk to insure its stability and success. To our magazine crew, Lynn Stock, Jason Leidy, Ryan K. Hughes, Michelle Simon, Caroline Pinsker, Nancy Porto and the Riverwalk Ad Group — you guys have done a fantastic job and the future is very bright.

Congratulations ALEXANDRA

Like a bunch of beaming mamas and papas, we are so proud of one of our own, Alexandra Roland, who graduated in mid-May from the University of Miami with a bachelor's degree in print journalism.

Former Riverwalk Trust CEO and president Patsy Mennuti brought Alex into our fold several years ago, when Alex was in high school at the University School at Nova Southeastern University. Alex came on board as a Riverwalk Trust intern. "She

was a natural writer," Patsy said. "Her first story was pictures and writing for Noon Tunes in Stranahan Park. I quickly sent her out — as a high school student — to do a story on some of the new corporate build outs and expansions in the downtown. She did a great job and continued to do a great job over the years. I then expanded her role to managing and putting together Event Connections for print and web."

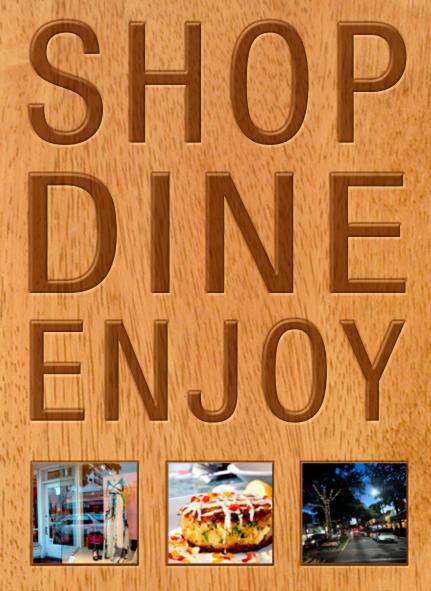
Alex still puts that section together for us each month, and you may be a recipient of one of her monthly emails, asking for event listings from your organization. (If you're not, and would like to submit items for us, please do ... send events to calendar@ goriverwalk.com by the first of the month to be included in the following month's calendar.)

Alex moved on to write countless features for us, and magazine executive editor Lynn Stock relies on her as our go-to writer. Over the years, Alex has written about the Sun Trolley, history of hamburgers and restaurant profiles for Dining Destinations, in addition to compiling our comprehensive Season Preview listings for our September issue each

year.

Lucky for us, Alex is staying on for now as calendar editor and features writer as she embarks on the next phase of her career. 🕲





There are so many things to love about Las Olas it's hard to pick just one. From the quaint boulevard lined with old fashion street lamps, and twinkling lights to the fashion boutiques, art galleries, restaurants, sidewalk cafes and bars all within a liesurely stroll from each other. Las Olas has something for everyone.

FALL IN LOVE WITH LAS OLAS



FROM ANDREWS AVENUE TO FORT LAUDERDALE BEACH

Need to Lose Weight?

Downtown's Got a Gym for You!





There's no shortage of gyms in Downtown Fort Lauderdale. With more than a dozen private gyms within office and residential buildings and half a dozen membership gyms for anyone to join, there are no excuses not to be fit in Downtown Fort Lauderdale.

DDA Executive Director Downtown Fort Lauderdal

By Chris

Wren

110 Fitness is one of the latest gyms to open Downtown, with state of the art equipment, classes and facilities. The gym is a full-service executive facility, conveniently located across from the Broward County Courthouse. Here you can take spin, yoga or cross-training classes after work or fit in a

workout anytime during your busy schedule.

110 Fitness has more than 23,000 square feet of workout facilities filled with cardio machines, strength and free weight equipment. Free **parking** is included with membership and locker room facilities allow

you to clean up before heading back to work or before your evening activities. More than just a gym, 110 Fitness is a comprehensive **health**, **wellness** and **fitness** center. So whether your focus is weight loss, general health and fitness, or serious physical training, 110 Fitness has you covered. 110 Fitness will be even more convenient when it moves to the first floor of the building.

A complete temporary facility on the Seventh and Eighth floor of the 110 Tower is open for members' use until completion of the new permanent facility on the ground floor.

B-cycle or walk there and you'll be burning even more calories! Just pop in or call for an appointment! Open Monday through Friday from 5:30 a.m. to 9 p.m., Saturday 8 a.m. to 8 p.m., and Sunday 9 a.m. to 1 p.m. Located at 110 S.E. Sixth St., #700, (954) 533-1834, and on the web at www.110fitness.com.

BUILD A **Better** Block!

On June 16, community partners (Cadence Living, Florida Atlantic

University School of Urban and Regional Planning, the City of Fort Lauderdale, the FAT Village Art District, Flagler Village Civic Association, C&I Studios, and Urban Matters) will present **Better Block FTL**, a temporary urban design demonstration.

Downtown Fort Lauderdale will join other cities like Dallas, Oklahoma City and Philadelphia in using **temporary streetscape improvements** and pop-up businesses to create community **connection** and **revitalize** a city street. The Better Block projects seek to temporarily transform city streets into vibrant, attractive public space where the car, the pedestrian, the bike and businesses share the street as one.

The goal of Better Block is to demonstrate, educate and connect. Through the use of vegetation, reorganized sidewalk space, public art, "pop-up" businesses and live music, the block will be transformed into a lively, functional urban street. Jason Roberts and Andrew Howard, both of Texas, created Better Block.

The project will be located in FAT Arts Village District, the 500 block of Northwest First Avenue. Be sure to check it out!

If interested in volunteering time, funds, or resources towards this community event, please email BetterBlockFtL@cadence-living.com.





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RIVERWALK EXCLUSIVES





Gregory Oram





Marine Industry Cares Fourth Annual Spin-A-Thon Raises Money for Children's Diagnostic and Treatment Center and Kids In Distress

he Marine Industry Cares Foundation's fourth annual Spin-a-Thon held at Esplanade Park on April 20 raised approximately \$150,000 for the Children's Diagnostic and Treatment Center and Kids in Distress.

Sixty teams kept their spin bikes moving non-stop for the six-hour event. John P. "Jack" Seiler and Nan Rich kicked off the event, while DJ TJ and spin instructors from local gyms donated their time and energy, leading the crowd of fundraisers. Riverwalk Trust hosted the event. Major sponsors included

International Medical Group and HCC Medical Insurance Services.

The Marine Industry Cares Foundation mobilizes the generous spirit of the maritime community to benefit children and families in need. Founded in 2010 by marine industry leaders in South Florida motivated to make a difference in their city, the foundation seeks to build a lasting relationship between the marine industry and the local community.

For more information, please visit www. marineindustrycares.org. 🕲









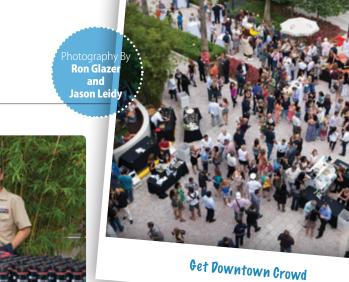


Marine tattoos were sold for \$5 for the cause



Genia

Get Downtown







Bobbie Lawrie and Joseph Mustipher







f you were in town on April 27, you probably noticed the party happening on Las Olas Boulevard. It was the Riverwalk Get Downtown, Fort Lauderdale's largest outdoor cocktail hour at the Stiles Plaza. This is one of Riverwalk's signature events gathering Riverwalk Trust members, visitors and professionals who work in the Downtown Fort Lauderdale area for great food, cocktails and live music.

Guests enjoyed the best Flavors of Fort Lauderdale provided by restaurants from around the city including America's Backyard, Big City Tavern, Chima Brazilian Steakhouse, China Grill, Downtowner Saloon, Energy Kitchen, Kilwins Las Olas, Rocco's Tacos and Tequila Bar, Sweetie, Tijuana Flats and YOLO while sipping on various libations from Wodka Vodka, Barefoot Wine and Bubbly, Budweiser Select 55 and Bud Light, mixed and poured by YOLO restaurant.

A panel of food enthusiasts judged all the restaurants' samples and awarded the Flavors of Fort Lauderdale to YOLO for Best Overall, Rocco's Tacos for Best Presentation, China Grill for Best Bites, Sweetie for Best Customer Service and Kilwins for Best Sweets. Flavors of Fort Lauderdale contest is sponsored by EDCO Awards and Specialties.

Thank you to Premier Beverage, Wodka Vodka, Patriot National Insurance Group, Broward B-cycle, Middle River Photography, Glazer Photography, Stephens Distributing, Barefoot Wine and Bubbly and 93.9 MIA for all of your support and participation in creating another wonderful Riverwalk event. In addition to the sponsors and participating restaurants, Riverwalk Trust thanks Event Chair John Haley. Riverwalk Trust also thanks the Riverwalk Trust board members and volunteers who went above and beyond, the food judges, the team at Stiles Corporation, the City of Fort Lauderdale, Jason Leidy, Ron Glazer and the team at YOLO for their additional assistance.

For volunteer, sponsorship or general information about the Riverwalk Fort Lauderdale and other Riverwalk events, visit www. goriverwalk.com or call (954) 468-1541, ext. 203.



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RIVERWALK EXCLUSIVES



Hamburger cupcakes by Susie's Scrumptious Sweets

pril 30 marked the kick off to the Riverwalk Burger Battle III Presented by Publix Apron's Cooking School with the Third Annual Trash Talking Party, hosted this year by O-B House, with Brown Distributing and Premier Beverage. Trash talking was encouraged as the chefs from the participating restaurants, sponsors and judges gathered for the private party.

The **Burger Battle Committee** members were present to discuss the upcoming event with the 20 local restaurants planning on showcasing their grilling skills and competing for the title of **Best Burger**. All present enjoyed specially prepared bites from **O-B House** paired with craft brews from **Brown Distributing**

and samples from Jack Daniel's, Barefoot Wine and Bubbly and Voss water. Susie's Scrumptious Sweets provided mouth-watering desserts artfully crafted to look like burgers. On this night, chefs blindly picked the official

tasting order in which their burgers would be served to the judges at Burger Battle.

Very special thanks to O-B House, Brown Distributing, The Native Brewing Company, Monk in the Trunk, Susie's Scrumptious Sweets, Premier Beverage, Jack Daniel's, Barefoot Wine and Bubbly, Voss and QuinnProQuo.

Burger Battle III Trash Talk Party

Hosted by O-B House



Burger Battle Committee: Lee Feldman, Brad Minto, Stacy Schwartz, Renée Quinn, Bryon Gold, Mark Budwig and Lisa Scott-Founds







Elizabeth Morrall, Blaire Lapides, Brian Burk



y Jason Leidv

Burger Battle III

Presented by Publix Apron's Cooking School



Judges: Chef Ryan Fletcher, Chef Wes Bonner, Jason Crush, Chef Udo Mueller, Sef Gonzalez, Eric Barton, Jason Cotter, Susan Drinon, Chef John "Jack" Kane and Chef Ron Kerr





erry Ecton and Bob Leider





Chantelle Stallings and Susie Stallings









JM Lexus

he smoke from the grills rolled down Las Olas Boulevard on May 11 as the Riverwalk Burger Battle III Presented by Publix Apron's Cooking School was held at Huizenga Plaza in Downtown Fort Lauderdale. This year, 20 of the area's top restaurants competed, showcasing their creativity and grilling skills to a sold-out crowd of 1,500 guests.

With the two-time champion Georgie's Alibi out of the competition and catering the VIP area with Susie's Scrumptious Sweets and Brown Distributing, the competition was left open for all of this year's contenders. ROK:BRGR won the Fan Favorite award for the second year in a row, Capital Grill was awarded Best Knife and Fork Burger, new contenders Rosie's Bar and Grill took home the award for Best Bar and Grill Burger and Charm

City Burger Company took home not only the award for Best Burger Joint, but also the award for Burger Nirvana and the panel of judges gave them the nod for this year's Best Burger! All participating restaurants put up a great fight for the title, and we hope to see them back to compete again next year.

Guests gathered for an evening of gourmet burger creations, The Downtowner Saloon French Fry Bar, Krystal Burger Slider-Eating Contest, Jack Daniel's Whiskey and cocktails, music from Community Property and fun, while raising funds to support Riverwalk Trust's mission of building and nurturing a vibrant community connected by the New River.

Thank you to our presenting sponsor Publix Apron's Cooking School and our event sponsors JM Lexus, Premier Beverage, Jack Daniel's, Barefoot Wine and Bubbly, Voss, Stephens Distributing, Budweiser, BB&T, QuinnProQuo, Workscapes, U-Pull-It, Bank of America, Big 105.9, 93.9 MIA, the Downtown Development Authority, Stiles, Best Rental, O-B House, Go Riverwalk Magazine, Smith & Knibbs Public Relations, Burger Beast, New Times Broward Palm Beach and the City of Fort Lauderdale.

A very special thanks to all of our judges, Renée and Mike Quinn, the Burger Battle committee members, event chair Brad Minto, The Downtowner Saloon, participating restaurants, all of our volunteers and George Gadson, sculptor of our awards.

notography By **Ron Glazer**

and

Jason Leidy

D'Angelo Realty Group

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ASHLEY SOUTH

3 BR, 3.5 BATH WITH BEAUTIFUL RIVER, OCEAN & INTRACOASTAL VIEWS FROM THE 30TH FLOOR. MARBLE FLOORS, GOURMET KITCHEN, GRANITE COUNTER-TOPS, SUB ZERO FRIDGE, POGGENPOHL CABINETRY & DOUBLE OVENS. CUSTOM DESIGNED BATHROOMS WITH DURAVIT FIXTURES & 2 PARKING SPACES. \$1,450,000.

ASHLEY NORTH

SPECTACULAR VIEWS FROM THIS 3 BEDROOM, 3.5 BATH ON THE 31ST FLOOR. FEATURES A GOURMET KITCHEN WITH GRANITE COUNTERTOPS, POGGENPOHL CABINETRY, 2 LARGE TERRACES & 5-STAR LUXURY AMENITIES. \$1,385,000.

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ASHLEY NORTH BEAUTIFULLY UPGRADED WITH CREMA MARFIL MARBLE FLOORS, SURROUND SOUND, 7 CEILING FANS, LUTRON DIMMERS, 3 FLAT SCREEN TVS & MUCH MORE!

ASHLEY NORTH

DESIGNER MODEL, CUSTOM INTERIOR WITH MARBLE FLOORS IN LIVING, ONYX INLAYS IN THE FOYER, WOOD FLOORS IN THE BEDROOMS, HAND CARVED FIREPLACE, 250 BOTTLE WINE COOLER & MARBLE COUNTERS IN THE KITCHEN. \$1,250,000.

ASHLEY NORTH

BEAUTIFUL 3 BR. 3 BATH ASHLEY MODEL WITH DIRECT RIVER VIEWS, WOOD FLOORS IN THE LIVING & CARPET IN THE BEDROOMS. FEATURES A GOURMET KITCHEN WITH POGGENPOHL CABINETRY & THERMADOR OVENS. \$1,050,000.

NEW LISTING CHAMPAGNE NORTH

HIGH FLOOR 2BR. 2.5 BATH WITH BEAUTIFUL RIVER, OCEAN & CITY VIEWS. DESIGNER UPGRADES & BUILT-INS INCLUDING CUSTOM CABINETRY, FIREPLACE & LIGHTING. 3 FLAT SCREEN TV'S. MARBLE FLOORS & 2 TERRACES. \$895,000.

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ST REDUCED ASHLEY NORTH

DIRECT RIVER VIEWS FROM THIS 3 BEDROOM, 3.5 BATH MODEL THAT FEATURES A GOURMET KITCHEN, GRANITE COUNTERS, SUB ZERO REFRIGERATOR, \$847.500.

IUST SOLD **CHAMPAGNE SOUTH** DESIGNER MODEL, 2BR, 2.5 BATH HAS MARBLE FLOORS WITH INLAYS, A WETBAR, SURROUND SOUND, CUSTOM CLOSETS, WINDOW TREATMENTS & LIGHTING.

GOURMET KITCHEN WITH COUNTERS & BACK SPLASH IN GRANITE.

CHAMPAGNE SOUTH

BEAUTIFUL PANORAMIC VIEWS FROM THIS 2 BEDROOM 2.5 BATH + COMPUTER ROOM. MARBLE IN LIVING AREAS & CARPET IN THE BEDROOMS. \$819,000.

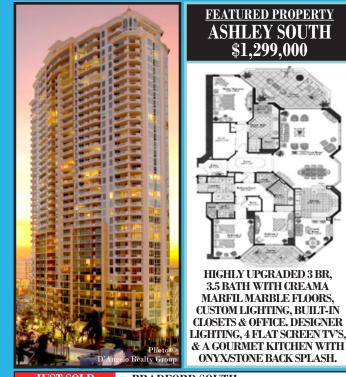
CHAMPAGNE NORTH

35TH FLOOR, 2 BEDROOM, 2.5 BATH UNIT WITH SOME OF THE BEST VIEWS IN THE BUILDING; OCEAN, INTRACOASTAL & RIVER VIEWS. MAPLE WOOD FLOORS, GOURMET KITCHEN WITH GRANITE COUNTERS, & 5-STAR AMENITIES. \$779.000.

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BRADFORD SOUTH 2 BEDROOM, 2 BATH MODEL ON A HIGH FLOOR. FEATURES A GOURMET KITCHEN W/POGGENPOHL CABINETRY, A LARGE TERRACE & LUXURY AMENITIES.

IUST SOLD **BRADFORD NORTH**

BEAUTIFUL 2BR, 2 BATH WITH 24X24 MARBLE FLOORS THROUGHOUT INCLUDING TERRACE. BUILT-IN CLOSETS, EXCEPTIONAL VIEWS FROM ALL ROOMS, FLAT SCREEN TV & BOSE SURROUND SOUND IN LIVING ROOM.

NDER CONTRACT 1 BEDROOM SUITE

LUXURIOUS & LARGE 1 BEDROOM, 1.5 BATH SUITE + OFFICE/DEN AREA WITH APPROXIMATELY 1,400 SQ. FT. DIRECTLY ON THE RIVER WITH GREAT VIEWS.

FEATURED PROPERTIES FOR LEASE

CHAMPAGNE MODEL: 2 BEDROOM, 2.5 BATH, GOURMET \$4.500 KITCHEN, 2 LARGE TERRACES, 2 PARKING SPACES, ANNUAL LEASE.



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NO EXCUSES

Businesses Help Employees Get Healthy by Lynn peithman stock · photography by Jason Leidy

hen lunchtime rolls around for **Pat Dengler**, a tax director at **AutoNation** in Downtown Fort Lauderdale, it's time for her daily workout. She doesn't have to travel far from her 11th-floor office. She simply jogs down one flight of stairs to the employees-only AutoNation gym.

Two days a week, Dengler works out there with **Mike Scherwitz**, a personal trainer who comes to her. Afterward, she showers in the companyprovided locker room. She doesn't even have to bring her own towel. At the end of the workday, with her fitness routine complete, she's free to spend time with her family, including two teenage sons.

"It definitely helps me stay motivated," having a gym easily accessible, she said. "The convenience is huge. It's a great benefit to have here." Promoting Fitness at Work

Today, more than 81 percent of America's businesses with 50

or more employees have some form of health promotion program, according to the website of Wellness Councils of America, a national nonprofit organization that works to improve wellness in the workplace. The most popular kinds of health programs include exercise, stop-smoking classes, back care programs and stress management. "Most employers offer wellness programs simply because they think the **benefit** is worth the cost."

AutoNation has found that to be the case. "We want people to be **healthy**," said **Marc Cannon**, senior vice president of corporate communications for AutoNation. "It's better for us to **pay** for a gym than to pay for when they're sick," adding that sick care costs can be three to four times **higher** than wellness programs.

AutoNation's **on-site gym** is available for employees at a certain level who have worked



Pivotal Fitness trainer Danny Blanco works out in the 30,000-square-foot gym.

745

6

there for 10 years or more, Cannon said. The company's health plan also helps pay for an employee's **membership** in local fitness centers, such as the YMCA and LA Fitness.

"We even have our **staircases** open in the building," Cannon said. "We encourage people to walk the staircases. We have artwork and AutoNation banners hanging in the staircases."

Convenience Equals Success

Wherever the exercise is offered, convenience is a large factor in a successful fitness routine.

"As far as fitness goes, if it's not convenient, people aren't going to do it," said personal trainer Scherwitz. "Everything is in place to **promote** a healthy lifestyle. The **healthier** the employee, the more **productive** they are. You're more efficient to work."

Dengler experiences that positive benefit. "I am far more **productive**, certainly, right after the workout," Dengler said. "AutoNation does a lot to promote fitness. They're really interested in keeping their employees fit."

One of the company's wellness programs is called **Know Your Numbers**. A specially equipped bus travels to AutoNation workplaces and gives employees a chance to have their weight, body fat and blood sugar noted.

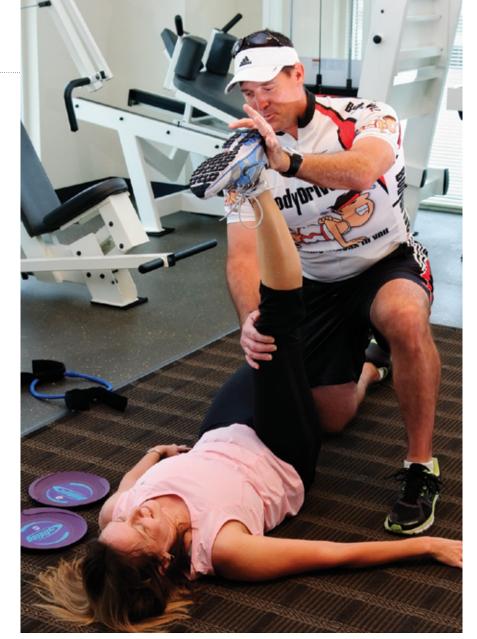
A few years ago, **Chris Curtin**, an AutoNation employee in Seattle, was a bit alarmed after having his **vital signs** and other health criteria taken at the AutoNation health bus. He became so **motivated** to get healthy that he lost 100 pounds.

Healthier Employees, Tangible Benefits

Over at **Stiles**, the company also offers gym membership discounts for their associates, has health fairs and lunch-time speakers, said **Maria Hernandez**, benefits specialist with the human resources department. Their September health fair has hosted Whole Foods and Weight Watchers and offered flu shots, chair massages and onsite eye exams.

Employees are introduced to new nibbles in "healthy snacks bags, which is a great way to **introduce** healthy snacks to employees," Hernandez said. "These are items employees wouldn't typically buy at the supermarket."

Such efforts produce results for employers and employees alike. "Over the years we've



experienced a **decrease** on medication for hypertension and stress. We've also noticed a great deal of **weight loss** among associates and healthy eating habits. Also, participation in our Health Fair event and health risk assessments has increased over the years."

According to a survey by Mercer, an international human resources consulting firm, the main **reasons** for employers to provide a wellness or health program are to provide **benefits** as part of a competitive total **rewards package** and to **retain** employees.

Other key reasons include:

• Poor health can **damage** the business (from safety, reputation, business continuity and financial perspectives).

• Ill health affects productivity.

• Health management programs can help differentiate companies as "employers of choice," which increases brand equity and preference among customers.

Fitness Centers On Board

And local fitness centers accommodate such measures further by offering a place for employees to reach their fitness goals. On North Federal Highway, **Pivotal Fitness** promotes **corporate wellness** and approaches local businesses about developing a program for their company, said **Mike Bush**, owner.

"We offer to visit the **workplace**, talk with employees about health and wellness for the purpose of motivating them to **participate**. The easy part is getting people to agree that exercise is a good thing, and that they should participate. The hard part is actually getting them to do what they say they should do. We do this by making appointments with them at the club and trying to establish some **accountability** to showing up. Once we get them into the club, it is our job to highlight the need and show them a path to meet their **goals**."

NO EXCUSES | HEALTH & FITNESS

Pivotal Fitness offers more than 125 pieces of equipment including 50 cardio machines, as well as group classes for spinning, yoga and Zumba, a dance workout.

"We work with companies all the time who understand that the health and wellness of their employees will translate to better results in their business but how those companies look at health and wellness varies," said Bush. "Those range from just providing an amenity for the employee to use at their convenience to implementing



We work with companies all the time who understand that the health and wellness of their employees will translate to better results in their business."

– Mike Bush, owner of Pivotal Fitness

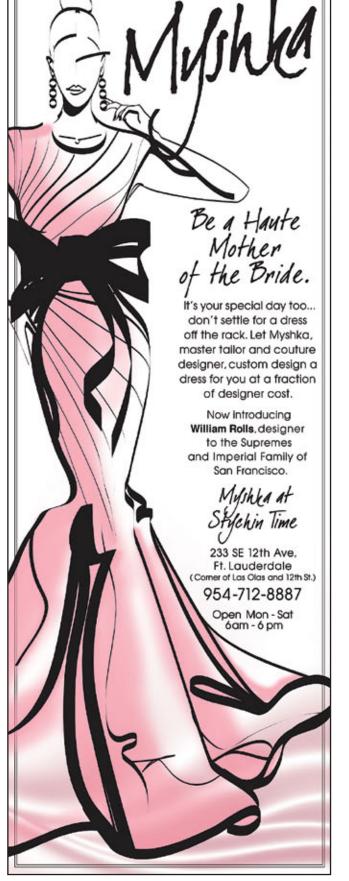
a **requirement** that they have to work out a certain number of times a month in order for the company to pay for the employee's health insurance premium.

"Additionally, we have learned that any successful **implementation** of a corporate wellness program must not only be endorsed by upper management, but also driven. If a C-level executive is not driving the initiative for the company, then the program will not provide the desired results for either the company or the **employee**."

Back at AutoNation, top **management** leads through example that fitness is important, Cannon said. "It starts at the top with **Mike Jackson** and **Mike Maroone** and all the way down." Every day, key AutoNation executives can be found in the AutoNation gym, in spite of lengthy workdays. And AutoNation sponsored five separate teams participate in the Salvation Army's MOST Amazing Race for the Salvation Army in early May.

The "get fit" **message** is also promoted from the top down at Stiles. "We encourage participation in **community** and **charity** events such as the Mercedes Benz Corporate Run, Junior Diabetes Research Foundation Walk for the Cure, the Jingle Bell Jog, and our annual golf tournament to encourage outdoor activities," Hernandez said.

"Everybody talks about health care," Cannon said. "Health care starts with **prevention**. It's better to spend the money being **healthy** than being ill."





UPTHE RIVER WITH A PADDLE

An Introduction to Paddleboarding on Fort Lauderdale's Waterways

BY CHELSEA ANDERSON · PHOTOGRAPHY BY JASON LEIDY

hoever first dubbed Fort Lauderdale "The Venice of America" must have experienced paddleboarding here. With more than 300 miles of navigable inland waterways, paddleboarding throughout the City is a fun and healthy hobby.

I took a standard newbie lesson with **Tiffany Weidner** from **Precision Paddleboards** on the New River Downtown. Precision recommends a lesson for firsttime users. For \$65, you get a paddleboard and paddle rental, a Personal Floatation Device (PFD), and a one-hour lesson with an instructor.

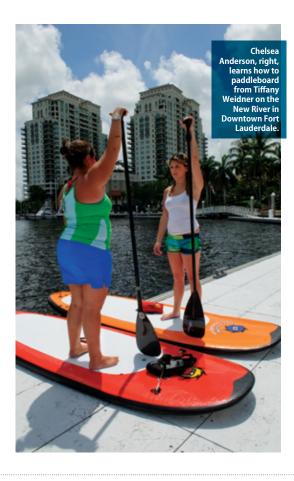
We began on the dock where Tiffany discussed the important paddleboarding points:

• The paddle should fit your body height — from the board to the natural reach-up of your arm. You dig the paddle straight down into the water using your stomach, back and shoulder muscles. An excellent all-over workout.

• A PFD should be present at all times. Paddleboards are considered watercraft and should comply with all applicable maritime rules.

• The board's front is the "nose," the back is the "tail" and the sides are the "rails." Feet should be shoulder-length apart in the middle of the board between the nose and the tail. Feet also should stay in the center of the board between the rails to prevent rocking or tipping.

• Be aware of your surroundings at all times: Boats may find it hard to see you, so be alert and avoid them. Most paddleboards have fins or "skegs" on the bottom that can measure 12 inches, so be conscious of the depth of the water.





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HEALTH & FITNESS | PADDLEBOARDING .



t my lesson, we used a "stock" board (9 feet by 35 inches) that was easy to balance and had a pad in the middle to help the feet grip the board. This board is recommended for beginners because it is wide, sturdy and soft on the bottom and sides. Our carbon fiber paddles were light and easy to use. Even though I'm a novice, I had no difficulty standing and feeling comfortable on the board.

It was a perfect day for this lesson on the New River: the sun was out and the water was cool with barely any chop. I strongly suggest wearing a swimsuit and bringing sunscreen and sunglasses. While paddling, the only time I got wet was when a little water splashed from the sides of

the board, but I wanted to jump in the refreshing water anyway because of the heat! Later that evening, my muscles were sore, proving that paddleboarding is a cool new way to get healthy and fit.

Paddleboards come in different shapes and sizes. Besides the "stock" board, "cruiser" boards (about 11 feet) are used for extended trips requiring a longer board with displacement hulls. It was a perfect day for this lesson on the New River: the sun was out and the water was cool with barely any chop

"Racer" boards (from 12 feet to 14 feet) are thinner and used for racing and fast paddling. Kids can also enjoy this fun and healthy hobby by using a shorter (7 feet to 8 feet) board.

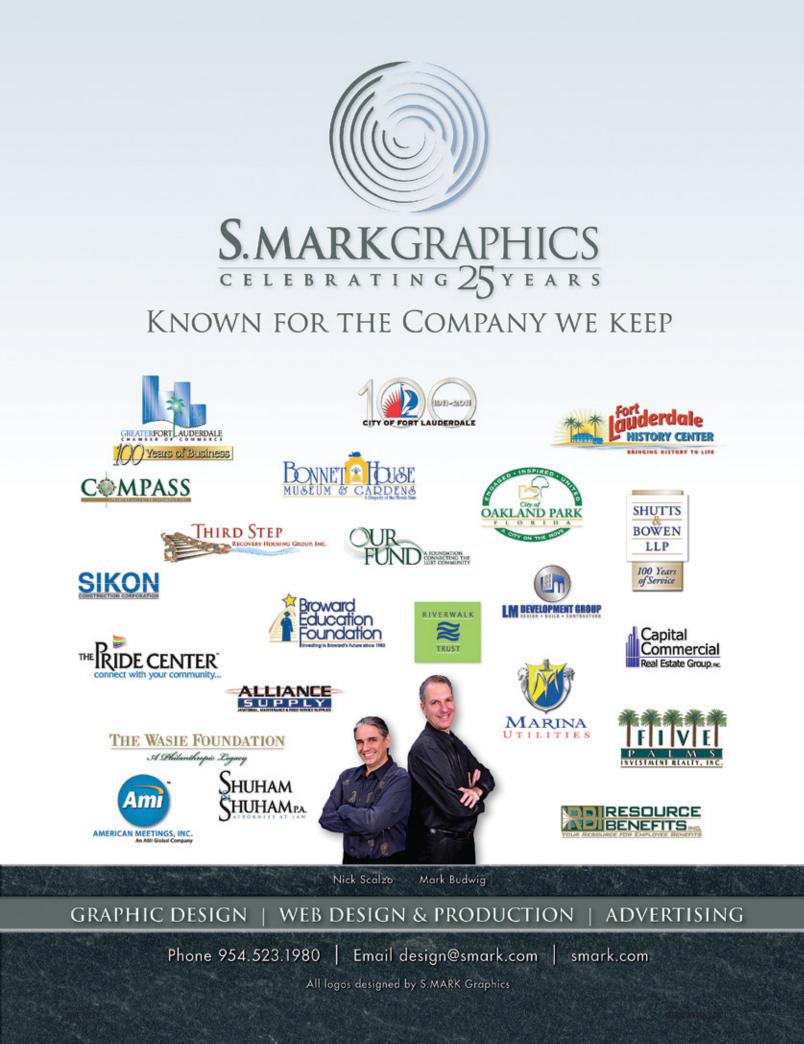
Interested in this new fitness option? Then take a lesson and try out different boards. At the Precision Paddleboards store, you can rent or purchase boards, paddles, and other equipment. Rent (includes board, paddle and PFD): one hour for \$20; two hours for \$30; or four hours for \$50. You also can rent boards overnight for \$75 for nocturnal or morning paddles.

If you are serious about purchasing a paddleboard and the necessary gear, expect to pay between \$1,000 and \$1,500 for the equipment:

- New "stock" board: \$700 to \$1,200
- Used board: many under \$1,000
- Paddle: around \$250, depending on the type and brand
- Soft rack to transport your board: \$60
- PFD: \$35-\$100

Almost anyone can easily learn paddleboarding. The only skills needed are the ability to bend the knees and arms, admire the horizon and smile!

Chelsea Anderson has a bachelor of science degree from Florida State University and is program coordinator at Riverwalk Trust. She was born and raised in South Florida, and as a current resident of Fort Lauderdale, is committed to building and activating the Riverwalk.





GET MOTIVATED

How To Choose A Personal Trainer

BY SEAN GHAZZARA • PHOTOGRAPHY BY JASON LEIDY

eed help obtaining your fitness goals? Enlisting the services of a personal trainer has become increasingly popular and very effective for many. However, finding the right trainer can be a bit overwhelming, if not intimidating. Here are a few key tips when choosing a personal trainer.

THE CONSULTATION

A **relationship** with a personal trainer is like any other — it must be built on **trust**. We all have different fitness levels, so it's important that you consult with a trainer and interview them to build that trust and to make sure they're the right fit for you. Be sure they have a current **certification** for personal training, CPR and are insured.

During the consultation you should be prepared to answer the following questions:

• What are your specific **goals**? Are you looking to lose body fat? Gain muscle? Or perhaps tone and shape?

• Would you like to **improve** in a particular sport or activity?

• Do you have any medical **conditions** or injuries that have previously prevented you from achieving your goals?

• What does your daily **food** intake consist of?



... GET MOTIVATED | HEALTH & FITNESS



During the consultation, **communicate** methods that have and have not worked for you in the past. Be honest. This is not the time to be shy! Together, you and your trainer will identify your body type, locate problem areas and develop a plan to achieve results. Once you have a goal in mind, you'll be ready to complete a **fitness analysis**.

FITNESS LEVEL ANALYSIS

A great personal trainer will complete an analysis on the following major components of your physical fitness:

- Aerobic health
- Flexibility
- Strength
- Balance
- Endurance

In an ideal fitness program, each of these focus areas will be measured, perfected and incorporated equally. After you have consulted with a trainer and a fitness analysis has been done, you can start your **training** and begin to measure your success.

MEASURING SUCCESS

Measuring success can be done in a number of ways:

- Body fat percentage and body measurements
- Tracking and comparing your fitness level analysis
- How you feel
- How your clothes fit

I've found that success in achieving results is dependent upon trusting your trainer to keep you injury free while you accomplish **challenging** and stimulating workouts. If so, you will push your physical limits on every set and with every repetition. This is absolutely key to your **progress**.

The most elite of personal trainers will **excite** you about the process. Your body is capable of amazing **change**. When it comes to being strong, healthy and in great physical shape, remember, there is no quick fix. With proper guidance, consistent effort and commitment, you can achieve a level of fitness that is usually reserved for athletes. ⁽¹⁾

Sean Ghazzara is the CEO of Life Code Health and Fitness LLC and is a licensed and insured personal trainer who is based out of Fort Lauderdale.

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FINANCIAL FITNESS

Helping Others Set Fiscal Goals and Follow Them Through

BY LYNN PEITHMAN STOCK • PHOTOGRAPHY BY JASON LEIDY

ust as a physical trainer takes measurements of a client's **fitness level** before setting goals on the treadmill, financial representative **Ed McCluskey** talks to his clients about their **financial situations** before he tailors his fiscal advice.

McCluskey is district director for the Fort Lauderdale office of **Northwestern Mutual**. He manages financial representatives who help clients with their **financial strategy**, as well as working as a financial representative himself.

McCluskey finds out about his own clients' **goals**: what kind of financial foundation they want to build, grow and protect; what they want their future to look like; when they would like to have financial independence; and what they have done to achieve those goals.

"As your personal trainer would, we touch base a couple of times a year to see how are you doing? Do we need to make any **adjustments** to your goals?" he said.

Then McCluskey makes recommendations to keep them on track — what they need to do to achieve those goals.

"We want to be there along the way. Sometimes we need to gently **nudge** our clients," he said. "We need to recommend actions that line up with intentions, very similar to a personal trainer. Our clients need someone to push

them to remind them of their goals."

He focuses on a foundation of risk protection and looks at life, disability and other insurance options to cover contingencies.

McCluskey turned to financial services as a career because of a representative who worked with his family's business. When the family business closed, McCluskey looked into other careers and found Northwestern Mutual. "I really liked the core values of the company," he said, which include honesty, integrity, commitment to making a positive impact in their clients' lives, and making a positive impact in the community.

"Northwestern Mutual provides the umbrella to get out there and make **South Florida** a better place."





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LAUDERDALE SPA CHIC

Plan Now for Spa Specials in September

BY LYNN PEITHMAN STOCK

ediscover your inner bliss come September, when \$99 spa and salon specials are available at Fort Lauderdale resorts.

In a promotion called **Lauderdale Spa Chic**, organized by the Greater Fort Lauderdale Convention and Visitors Bureau, participating spas, salons and resorts will offer specials for \$99 each, which is up to 50 percent off the average rates. The treatments will be available Sept. 1 through 30.

For an updated list of participating spas, visit **www.sunny.org/spachic**.

SpaQ at the Hilton Beach Resort 505 N. Fort Lauderdale Beach Blvd. (954) 414-2222, ext. 2875

Choose from:

Body Bliss (80 minutes): Relieve muscular tension and stimulate circulation.
Spa Q Refresh and Relax (50 minutes): A custom facial and classic pedicure.

Spa Atlantic at the Atlantic Hotel 601 N. Fort Lauderdale Beach Blvd. (954) 567-8085

Choose from:

- Aromatherapy Massage (80 minutes):
- Orange Blossom Facial (80 minutes):



This oxygenating, anti-aging facial utilizes ingredients full of antioxidants, including an application of a natural Spirulina Algae rich in protein, vitamins, minerals and botanical extracts to combat premature aging, disrupt hyper-pigmentation and provide skin with a healthy glow. This facial includes a luxurious face and scalp massage as well as a hydrating hand treatment. • Fresher Facial (25 minutes), Head, Neck and Shoulders Massage (25 minutes) and Express Manicure: A deep-cleansing introductory facial based on



organic Moor Mud, which refines and remineralizes dull, lifeless skin. Includes a skin analysis and short massage of the face and shoulders, as well as a heated hand treatment.

The Spa at the Ritz-Carlton1 N. Fort Lauderdale Beach Blvd.(954) 302-6490

• **Spa Sampler** (75 minutes): includes three 25-minute express services: facial, manicure and head, neck and shoulder massage. Not available on Saturdays; based on availability on Sundays.

Other sample Lauderdale Spa Chic treatments include:

• Deep Tissue Massage and Dermalogica Micro Zone Facial at **The Spa at The Grand Resort and Spa**

• Zen Massage and Scalp Treatment at **The Spa at Harbor Beach Marriott Resort and Spa**

• Keratin Express Blowout with Haircut (90 minutes) at The Spa at Hyatt Regency Bonaventure Conference Center and Spa

 \bullet Gentleman's Facial (50 minutes) at The Spa at Lago Mar Resort and Club

• Candlelight couples massage for two at **Planet Massage of Las Olas**

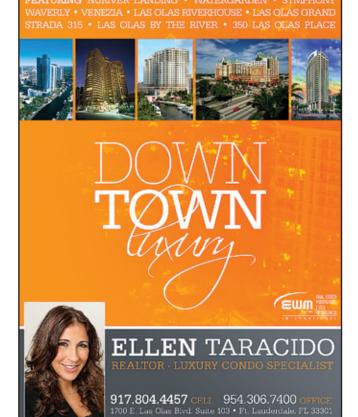
• Swedish Massage (50 minutes), Classic Spa Manicure, Classic Spa Pedicure and Healthy Spa Lunch at **Spa Ocean Sands, Residence Inn by Marriot Oceanfront**

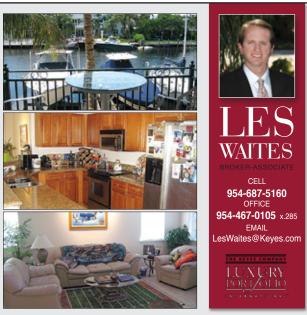
 \cdot Spa Sampler (75 minutes) at The Spa at The Ritz-Carlton, Fort Lauderdale

• Oxygen Blast Mini Facial at Bliss Fort Lauderdale, W Fort Lauderdale

• Signature Rollerssage (80 minutes) at the Heavenly Spa by Westin Beach Resort and Spa, Fort Lauderdale

• Designer Spa Facial with Eye Treatment at **The Spa at The Westin Diplomat Resort and Spa**





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Tone Those Muscles Before Walking Down the Aisle BY LYNN PEITHMAN STOCK • PHOTOGRAPHY BY JASON LEIDY



lune 4 through July 2 Tuesdays, 6 to 7 a.m. Wellness Center

isa Mansdorf works out several times a week. She does a good job of getting her cardio in, but admits she needs help pushing herself further to get toned.

So this November bride — who will walk down the aisle in a strapless gown will tackle Bridal Boot Camp, offered by Broward Health beginning in June.

"The summer is a perfect time to kick off the exercise," she said. "I hope this kicks me into shape and I want to get toned. This will push me harder and make sure I look good in my dress."

The Bridal Boot Camp is designed for brides to get in shape before their big day. Open to brides-to-be, bridesmaids, future brides, past brides, and family and friends, Bridal Boot Camp classes are designed to suit a variety of people at all fitness levels. Led by certified personal trainers, the program will be offered June 4 through July 27 at the Wellness Center at Broward Health Medical Center. Classes meet from 6 to 7 a.m. and are open the public. The cost is \$200 per person.

Trainers will work with each participant to set individual goals and maximize results. The eight-week Bridal Boot Camp will be offered twice a week. Classes will feature a variety of training workouts that focus on fitness fundamentals, such as cardio and strength training.

"Our goal is to motivate participants to take their training to the next level in a responsible way, so that they'll see results and feel better on their special day," said Cara M. Perrin, coordinator, Wellness Center.

As part of the Bridal Boot Camp program, participants will receive a pre- and post-fitness evaluation and assessment so that progress can be monitored and adjustments made when necessary.

Trainer Celeste Allen, who will be working with the Bridal Boot Camp, is engaged herself, although a

date has not been set. "It's going to be really exciting because I will be a bride one day. Most brides want to look great in their dress and they want to be toned."

Mansdorf, a registered dietician at Broward Health, looks forward to working out in a supportive group, not to mention sharing wedding planning stories.

"When you have a goal in mind — oh, I have six months to get in shape — this helps make sure I meet that goal."

'Most brides want to look great in their dress and they want to be toned.

BRIDAL BOOT CAMP

Ţ November bride Lisa Mansdorf gets coached by personal trainer Celeste Allen at the Wellness Center at Broward Health in advance of the upcoming Bridal Boot Camp. -



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DENTAL DAY SPA

You Read That Correctly ... A Dental Office That Offers Spa Services

BY LYNN PEITHMAN STOCK

n your to-do list for today: Make dinner reservations. Relax with a glass of champagne while getting a facial. Oh, and squeeze in that obligatory six-month **dental checkup**, which you're not looking forward to because you hate going to the dentist.

In this day of multitasking, there's a new **dental office** where you can accomplish all of these items at one time: Dr. Patty's Dental Boutique.

Dr. April Patterson, known as Dr. Patty, is a board certified South Florida cosmetic and restorative dentist. She calls her new dental office on North Federal Highway a "**dental boutique**" and offers dental services coupled with spa treatments in a modern and relaxing environment.

"I wanted to create a **comfort conscious**, client-centered haven for oral hygiene," she said.

Dr. Patty attended Florida State University, University of Michigan Dental School and Nash Institute for Cosmetic Dentistry. She is a member of the American Dental Association, the Florida Dental Association, the American Education of General Dentistry and the Cosmetic Dental Association.

Upon arrival, clients are treated to complimentary champagne, wine and espresso coffee bar. Clipboards have been replaced with iPads, which allow the doctor to electronically capture client information. A locker room stocked with complimentary robes and slippers and a private shower area is available before and after treatments.

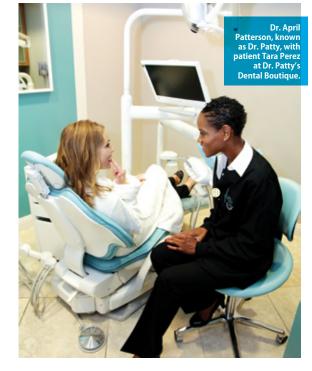
Dr. Patty employs a "Director of Client Happiness" on staff to act as a concierge for clients, tending to their every need from limo transportation to and from their appointment to making lunch or dinner reservations.

Client **perks** in the exam room include a lemon-scented warm towel service, paraffin wax treatment for hands, temple massage therapy, cucumber eye press and personalized movie and music selections.

Spa services

include Restylane, Botox, facials, body treatments, permanent eye/lip make-up, and complimentary brow waxing. Dr. Patty also employs a full-time eyelash extension specialist.

On the dental side, services extend beyond routine cleanings and X-rays: cosmetic **braces**, implants and extractions, porcelain veneers, **sedation dentistry** ("sleep dentistry") and teeth whitening. Buzzing drills have been replaced with nearly noiseless, electronic tools and further silenced by music



available in surround sound and via complimentary ear buds.

The dental office has gone high-tech. **Dental procedures** are televised, digital photography and intra-oral cameras are used to give clients an up-close look into their mouths for the early detection of cavities, and a digital smile makeover allows clients to leave with a real photo of what their new smile would look like after a cosmetic treatment.

Dr. Patty's Dental Boutique 646 N. Federal Highway, Fort Lauderdale (954) 523-2400 www.drpattydental.com





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GET READY TO RUMBLE

Hometown Women's Roller Derby

BY MAGGIE GUNTHER • PHOTOGRAPHY BY JASON LEIDY



musement and intimidation; **tattoos** and fishnets; glamour, grunge, **girl power** and the spirit of friendly competition are all part of the mystique surrounding Fort Lauderdale's hometown roller derby team, the Gold Coast Derby Grrls.

Roller Derby is a fast-paced, full-contact sport with games that are also called bouts. The bouts consist of two-minute jams, at which time five girls from each team are on the track – four blockers and one jammer. Since there is no ball, each team's jammer must quickly make her way through a pack of girls and back around the track to score, while blockers from both teams defend their team's jammer and target the other team's jammer simultaneously. The team earning the most points at the end of two 30-minute halves wins.

The sport began in the 1930s and was largely scripted for entertainment purposes, with predetermined winners. Today, similarities to the early days include only **colorful skater** **names** and outfits; bouts are highly **competitive**. The sport had a resurgence in the early 2000s, setting the stage for the Broward County Derby Grrls to hit the scene in 2007. In 2010 the team name was changed to **Gold Coast Derby Grrls** in the interest of inclusiveness to the team members, who hail from throughout the tri-county area.

Part of the **Women's Flat Track Derby Association** (WFTDA), the Grrls compete in a 32-team South Central Region against leagues including the Hard Knox Roller Girls and the Dallas Derby Devils. Admittance to WFTDA alone is a major accomplishment, but even greater is that the Grrls are the only team to have garnered a **top 10 ranking** and a trip to the regional playoffs within six months of joining WFTDA. WFTDA also recognized the Grrls' commitment to excellence by tapping them to host its International Conference Memorial Day Weekend at the team's home, the City of Fort Lauderdale's War Memorial Auditorium. In addition, the Grrls will host

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GOLD COAST DERBY GRRLS Cheer on your hometown roller derby team. Sept. 15 • 7 p.m. Oct. 6 • 7 p.m. Nov. 17 • 7 p.m. War Memorial Auditorium 800 N.E. Eighth St., Fort Lauderdale Advance Prices: \$10 General Admission \$15 Suicide Area \$20 Reserved Prices increase \$5 day of show 12 and under \$5 (general admission only) www.goldcoastderbygrrls. com www.ticketmaster.com

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Sunshine Skate, a three-day competitive tournament, at the War Memorial Auditorium Aug. 3 to 5.

Former Derby Grrls finance director and current skater liaison **Heather Cherry**, whose handle is Cherry Cruel Whip, says the Grrls' accomplishments stem from "making the team a family and creating an empowering **community** for women of all shapes, sizes, cultures and backgrounds." Monday through Friday practices in Broward and Palm Beach probably can't hurt, either.

Derby Grrls each take on **playfully dangerous personas**, such as Lucy Lunatic, Baller Shot Caller, Velvet Assassin, Pow Pow Panther, Freek-A-Rella, Carniverous Licks, Cherry Cruel Whip, Tackle Me Elmo, Hellon

fun is the Grrls' intensely loyal fan base, who

have recently started tailgating, complete with

party bus appearances, at bouts. "Our fans are

the best in the world," said Laura Garro, a.k.a.

Carniverous Licks, the Grrls' public relations

director. These fans even pay for the privilege

of sitting in the "Suicide Seats" which aren't

seats so much as floor space just outside the

beloved Grrls is a thin piece of tape. Suicide

seats are sold only at the WMA box office to

track, where all that separates them from their

Skates, Kitten Not Submittin' and Sookie Skankhouse. Adding to the

'Our fans are the best in the world,' said Laura Garro, a.k.a. Carniverous Licks

included!

to find warehouse practice space, secure more

sponsorships, make it to regionals again next year, and to continue recruiting and growing the league.

individuals who are 18 and up - helmet not

The Grrls are all **volunteers**, with day jobs ranging from **veterinary technician**

to social worker, so fundraising is key to

paying for practice space and travel expenses.

Funds are obtained through sponsorships

and fundraisers. Moving forward, they hope

To **connect** with the Gold Coast Derby Grrls, attend an upcoming bout at War Memorial Auditorium, an after-party, or follow them on Facebook, Twitter or at goldcoastderbygrrls.com. ⁽¹⁾

Maggie Gunther works in community and public relations for Florida Atlantic University's Broward campuses and War Memorial Auditorium, and is an active member of the Fort Lauderdale community.



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Chef Wes Bonner Shares his Culinary Visions with Foodies of Fort Lauderdale at Publix Apron's Cooking School

BY ALEXANDRA ROLAND · PHOTOGRAPHY BY JASON LEIDY



his isn't your ordinary supermarket.

Sandwiched between the cheeses and the lunchmeats is the entrance to the Publix Apron's Cooking School. When classes are offered, patrons ride the elevator up to floor two and into what looks like the set of a cooking show.

Fresh berries soak in a clear glass container. Eggs sit aright, their white shells vivid amongst

the sea of clean stainless steel appliances, bowls and spatulas.

Chef Wes Bonner is an early bird. Arriving at the Plantation Publix Apron's Cooking School in time to prep for his 10 a.m. basic cooking class, Bonner ponders over wine pairings and administrative duties. A new addition to the Fort Lauderdale

cooking school location, Bonner's comfortable way around the kitchen and his cool and confident culinary articulation makes him fit right in.

Bonner got his first taste for the culinary arts during his high school home

ec class after preparing recipes for teachers. After graduating a year early, Bonner attended the culinary arts school Johnson and Wales in North Miami circa 2002 before working at the Ritz-Carlton in Coconut Grove. He was just 18 years old.

This early bird is also a **globetrotter**. A year and a half later, Bonner moved to London, England, where he obtained a pastry certificate and worked at the Mandarin Oriental Hotel Hyde Park. As diverse as the city was, Bonner returned a well-rounded connoisseur of distinct tastes and distinctive techniques. He took his talents to the likes of the Four Seasons Resort, Charley's Crab, and Bizarre Avenue Café, all in Palm Beach County.

Upon completing his culinary education degree in Atlanta, Bonner set his sights on the community. His goal? Communicating his passion for the kitchen to the public in an effort to calm the intimidation usually associated with cooking. "Our customers look at us as food experts and they want us to solve their food problems," he said. His willingness to try something different extends into his teaching style and culinary selections for each class.

What kind of exposure does the Apron's school provide? "From sushi to classic French cuisine." The tone is set from the beginning. Bright pictures of onions, shrimp, quinoa and raspberries line the walls. The classes enrich the cooking process with logged quality instruction time with passionate professionals such as Bonner, who bring what they love into the kitchen.

"I want them to feel comfortable using the products we carry. Because if they don't know what Nori is, they're not

Publix at Plantati 1181 S. University Drive, Plantation (954) 577-0542 www.publix.com/aprons/schools/Plantation/Home.do going to know what to do with it." Nori, or Japanese seaweed, aside, Bonner says he would love to work with chocolate, demonstrating how to handle the ingredient in a melted or

solid state and how to, with creativity, take technique to the next level.

Bonner, a 2012 Burger Battle judge, is partial to grassroots efforts to involve the community in food and says that the Apron Cooking School shares a similar appeal.

With a possible Publix catering component to be affiliated with the cooking school on the horizon, it appears as if Bonner has his hands full but is just getting his feet wet. 🖲

Alexandra Roland has a bachelor of science degree in print journalism from the University of Miami. She is a freelance writer in the South Florida area and founder of a.p.r. Consulting, a full-service communications firm.

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Real Estate Expert Michelle Farber Ross of MMD Realty

Real Estate Improvements in U.S. By: Michelle Farber Ross

In recent months, ULI (Urban Land Institute) has conducted studies to measure the real estate capital markets throughout the US and the world. Promising news comes as a result of these surveys of top economists and analysts pointing towards broad improvements for America's economy, real estate capital markets, real estate fundamentals and the housing industry through 2014.

Over the next three years we will see the following positive trends:

• Vacancy rates are expected to drop in a range of between 1.2 -3.7 % for office, retail and industrial properties

• Rents are expected to increase for all property types: Retail up .8 % Apartments up 5%

• Housing starts will double by 2014 and home prices will begin to rise in 2013, with prices increasing by 3.5% in 2014

 Commercial property transaction volume to increase nearly 50%

 Issuance of commercial mortgage-backed securities is expected to double

All of this good news comes at a price. It is inevitable that inflation and interest rates will increase and will raise the cost of borrowing for consumers and investors.

All told, it is refreshing to see a silver-lining to this cloud of a recession that we have experienced in recent years.

Michelle Farber Ross Broker - Managing Partner MMD Realty, LLC.

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DINING DESTINATION



YOLO Enliven Your Palate at Sophisticated Downtown Eatery

Erik

Mathes

life renewed.

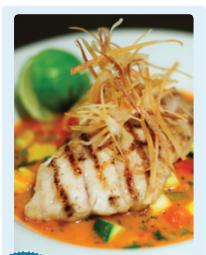
Sure, life's a beach in sunny South Florida, but there are still plenty of people that could use a thorough reminder that they only live once, and every experience is worth savoring.

Thankfully, a group of savvy restaurateurs put their heads together to open YOLO (as in, "You Only Live Once"), a sophisticated hot spot situated smack-dab in the center of Downtown Fort Lauderdale. With an elegant and engaging ambiance in the style of lavish Las Vegas restaurants, and an inviting al fresco set up, YOLO is the perfect place to go when your palate needs to be **enlivened** and your lust for

Whether you sit outside near the signature **fire pit**, or you opt for a cozy booth within its walls, the

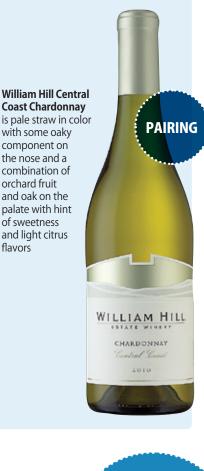
sights, scents and splendor of this chic American Contemporary eatery will surely wake up your senses, and the service will make you feel special. The menu draws from **global influences** (Asian, French, Latin, Middle-Eastern ...), and rectangular red tiles in the open kitchen mark the interior, brick and **mahogany** tiles accenting the dining room, and **driftwood** placed sporadically — including a unique arrangement with mossy orbs. That's another thing — there are circles and spheres in various forms throughout the design, from oversized light shades, to decorative flair hanging above the hostess' stand, and enormous O-shaped table dividers. All to emphasize the ever-important O's of YOLO.

Inside the kitchen is a massive oak-burning **grill** (O is for oak, after all), and the stash of cut



SIGNATURE DISH

Oak-Grilled Grouper: Island vegetables and coconut-conch stew topped with crispy yucca strips.



Erik Mathes is a personal chef, in-home cooking instructor, culinary mentor and food blogger. With his company, Kitchen Coach FL, he has transformed rookie cooks into kitchen all-stars and has cooked for South Florida's elite. Visit www.kitchencoachFL. com.

Most of the dishes feature at least one component that'll kiss that grill before hitting your plate.

logs that it uses for fuel is built right into the decor. Most of the dishes feature at least one component that'll **kiss** that grill before hitting your plate, ensuring that a deep, **woody** element is imparted into your protein or veg. And, for those who consider themselves "food porn" enthusiasts, there's a flat-screen TV planted above the kitchen's expo area that shows the plates currently sitting in the window ready to be brought to a table, so you can immediately put a picture next to the saliva-inducing menu descriptions. (Whether the true purpose of this was to benefit the wait staff or the aforementioned aficionados is unclear, but either way, I'll take it.)

YOLO has plenty of delectable selections to choose from, but it prides itself on the Oak-Grilled Grouper - served with tropical coconut-conch stew, crispy fried yucca strips, and mixed island vegetables. The Caribbean Creole-style dish features a stew of Florida shellfish with a blend of traditional veggies like boniato, calabaza and, of course, more yucca, under the sweet and sour influence of coconut milk and lime juice. There's an earthy touch of curry powder, as well as an herbaceous burst from chopped cilantro. Perhaps the best part is the subtle oak presence that permeates the plump flesh of the fish, rounding out this splendid salute to fresh local flavors.





Ideal for an after-work nosh, an upscale lunch after strolling past Las Olas boutiques, or an impressive date destination, YOLO is a venue that is making a bold statement with its innovative look, feel and flavor. Head there today, and taste why it's so great to be alive.



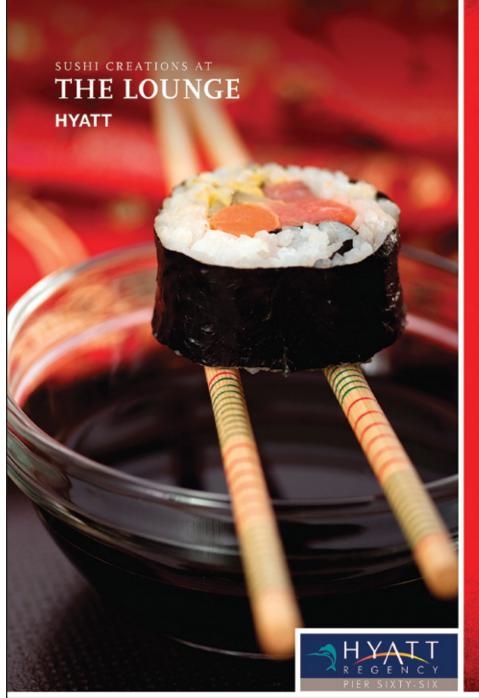
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TUNA TATAKI 17 Ahi tuna, seared rare and thinly sliced with ponzu sauce

DIVE IN Live scallops sliced with cilantro, sea salt and citrus juice

SEA SALAD Sliced conch and octupus served with kimchee or sunomono vinegar

CITRUS HAMACHI Daikon sprout, cucumber, cilantro, jalape o, and ginger wrapped in hamachi and served with a citrus soy sauce and tobiko

SALMON SPICE Sliced salmon topped with a garlic salsa

TUNA BITS Truffle infused spicy tuna served in endive leaf and topped with black caviar

BLUE CRAB CALIFORNIA Blue crab, avocado, cucumber

TUNACADO MAKI Shrimp, cucumber, scallions, topped with tuna and avocado

KAMIKAZE ROLL Spicy tuna, masago, cucumber, and scallions

PELICAN SALMON ROLL Salmon, avocado, black caviar, and cream cheese

PIER 66 ROLL 22 Tuna, salmon, hamachi, shrimp, crab and spicy caviar

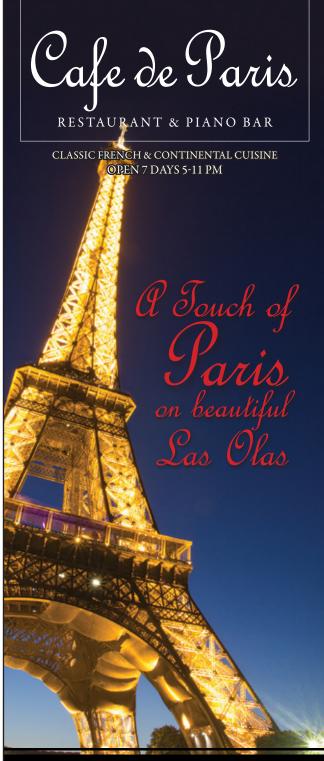
CRUNCHY EEL ROLL Broiled eel, avocado, cream cheese, masago, tempura flakes, wrapped in soy bean crepe

Ask our chef about our daily specials. *Menu, prices, days and hours of operation subject to change.

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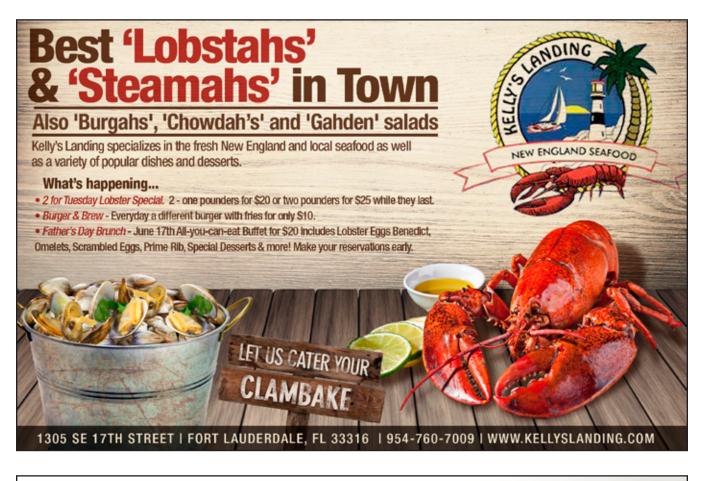
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WORLD-FAMOUS COPACABANA SUPPER CLUB OPENS THIS SUMMER IN DOWNTOWN FORT LAUDERDALE

BY MICKI MARKS

as Olas and downtown Fort Lauderdale will never be the same. The most famous supper club in the world will be opening its doors this summer in a 12,000-square-foot venue.

THE COPACABANA SUPPER CLUB WILL HAVE THE BEST OF EVERYTHING ...

• A full tapas restaurant featuring amazing Latin cuisine and tapas desserts

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• A dance floor that will keep people dancing to the wee hours of the morning with a live DJ

• And a party room to host all private events including weddings, banquets and corporate events.

Copacabana Fort Lauderdale, located at 219 South Andrews Avenue in the heart of the Riverfront District, continues its commitment to excellence and elegance for which the original Copacabana Supper Club is known.

Copacabana Fort Lauderdale will be known as the No. 1 destination in Florida to celebrate birthdays and to host bachelorette parties. Many packages are available. Dinner dancing show packages start at \$49.99 and include dinner, a show and dancing.

Copacabana is exactly the concept Fort Lauderdale needs. The whole city is very excited that the Copa decided to make Fort Lauderdale the first stop in 70 years since the New York location opened its doors.

So get on your best outfit ... dress to impress and get ready to relive history like never before.

Copacabana hosts a return to elegance that was desperately needed.

WE CAN'T WAIT UNTIL THE COPA OPENS.

To become a part of history and to be a legendary Copa Girl, bartender or server, please email info@copacabanasupperclub. com or call (954) 767-0643.



Compiled by Alexandra Roland Calendar Editor

DARK SHADOWS THE IMAX EXPERIENCE

Through June 7 Director Tim Burton brings the cult classic series "Dark Shadows" to the big screen in a film featuring an all-star cast, led by Johnny Depp, Michelle Pfeiffer and Helena Bonham Carter. PG-13. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629

BROWARD COLLEGE POTTERS GUILD INVITATIONAL 2012

Through June 15 Broward College New Gallery (954) 201-6894

HUMAN IMAGE AND

PORTRAIT EXHIBITION Through June 22 Broward Art Guild (954) 537-3370

RIBFEST

June 1 and 2 Barbecue ribs and country music acts, including Amber Leigh, Shane Duncan, Tom Jackson, David Ray and The Mann Sisters. Huizenga Plaza (954) 524-3333 \$7

NEIL DIAMOND

June 1 BankAtlantic Center (954) 835-7825

KATHY GRIFFIN

June 2 Hard Rock Live (954) 327-7504

SATURDAY NITE ALIVE 2012

June 2 through Aug. 11 Isle Casino Racing Pompano Park Presents Saturday Nite Alive Showcasing the best of Fort Lauderdale Beach for 11 Saturday nights June 2 through Aug. 11. The entertainment lineup includes more than 20 acts. Fort Lauderdale Beach A1A www.MyFortLauderdaleBeach.com

LIGHTHOUSE OF BROWARD JAZZ IN THE GARDEN June 2

The Lighthouse of Broward Jazz in the Garden will present internationally recognized artists for a 90-minute concert. Additionally there will be the opportunity for wine, Latin tapas, and to enjoy a cigar rolling show. The concert will have as the main act singer and musician Nicole Yarling. Lighthouse of Broward Sensory Garden (954) 463-4217



DANCE DIMENSIONS 2012 SPRING PERFORMANCE June 2 and 3 Broward Center for the Performing Arts

954) 462-0222

BACKYARD BUBBLE BASH WEEKEND

June 2 and 3 Join the Museum of Discovery and Science for some good, "clean" fun for the whole family. Dress to get wet. June is all about the ocean. Get wild with bubbles and play backyard ocean games. At 2:30 p.m., learn how to make homemade ice cream and see how simple ingredients and a little kinetic energy can create a delicious physical change. Also, fly over to the Learning Labs to meet the Bird Lovers Club. Museum of Discovery and Science (954) 713-0930

SUNTRUST SUNDAY JAZZ BRUNCH

June 3 • 11 a.m. to 2 p.m. June's brunch will feature Oop Bop Sh'bam, Full Circle and Take Note. Riverwalk Park (954) 828-5363

BRIDAL BOOT CAMP

June 4 through July 27 Every Tuesday and Thursday for eight weeks from 6 to 7 a.m. Broward Health Wellness Center hosts Bridal Boot Camp for future, want to be, and past brides. This program is for the women who want to take it to the next level. Group classes will include: certified personal trainers, high intensity workouts, obstacle courses, high volume and high impact classes, cardio and resistance training, pre- and post-outcomes, and a free membership including spinning for two months. Due to limited space, reservations are required. (954) 712-6878

TURTLE WALKS

June 5 through 7, 12 and 13, 19 and 20, 26 through 28 July 3 and 5, 10 through 11, 17 through 19, and 24 This summer, the Museum of Discovery and Science will host evening Turtle Walks. The whole family can participate in uncovering the natural history and myths of turtles. Nature permitting, participants will have a chance to watch a 300 pound Loggerhead sea turtle venture out of the ocean to lay her eggs. Begins at Museum of Discovery and Science (954) 713-0<u>930</u>

JUNE Learning to have fun in the kitchen

HE COOKS, SHE COOKS PUBLIX APRON'S COOKING SCHOOL

What do you get when pairing up the guys against the girls in a little friendly cooking competition? join us for a special "competitive" edition of couples cooking. Menu: Smoked Salmon Canapés; Lady Fingers. Publix at Plantation

PROMETHEUS AN IMAX 3D EXPERIENCE

Opens at midnight June 7 Runs through July 2 Ridley Scott, director of "Alien" and "Blade Runner," returns to the genre he helped define. A team of explorers discover a clue to the origins of mankind on Earth, leading them on a journey to the darkest corners of the universe. There, they must fight a terrifying battle to save the future of the human race. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629

UFC'S HARLEY-DAVIDSON HOMETOWN THROWDOWN

June 8 BankAtlantic Center (954) 835-7000

FATHER'S DAY CELEBRATION

June 8 Boulevard Gardens Community Center (954) 625-2988



WORLD OCEANS WEEKEND June 9 and 10

Join the Museum of Discovery and Science for an educational and entertaining celebration of World Ocean Day. Museum guests will be given the opportunity to celebrate the world's oceans, and participate in activities related to the ocean's importance in their lives. The event offers individuals a chance to learn more about the local connections to the ocean and how they can positively affect the ocean in their daily lives.

Pirates Treasure Hunt, <u>where guests</u> may search for clues on a pirate scavenger hunt, and the Big Kahuna Surf School to get a few pointers on hanging ten.

Museum of Discovery and Science (954) 713-0930

Events subject to change. Please call before you go. Submit your events to Calendar@GoRiverwalk.com by the 5th of the month.

AUGUST 2012



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SOUTH FLORIDA BALLET THEATER

June 10 Broward Center for the Performing Arts (954) 462-0222

ISRAELI DANCE FESTIVAL

June 10 Broward Center for the Performing Arts (954) 462-0222



SUMMER NIGHTS OF ART JUN ADULT ART COURSES Beginning June 11 Museum of Art | Fort Lauderdale (954) 262-0239

KELLY AND CAROLINE OF VESPER SPARROW CHRYSTAL HARTIGAN PRESENTS SONGWRITERS SHOWCASE

June 11 • 7:30 p.m. Showcasing local, national and international songwriters in a solo acoustic format. Evening begins with a one-hour open mic session (one live original song per performer). Stage is then set with four featured invited songwriters performing "in the round" style. Broward Center for the Performing Arts www.chrystalhartiganpresents.com

LA CAGE AUX FOLLES BROADWAY ACROSS AMERICA

June 12 through 24 Broward Center for the Performing Arts (954) 462-0222

AFRICAN-AMERICAN CONTENT AND ACTIVITIES TEACHERS' WORKSHOP

June 13 Old Dillard Museum (754) 322-8828

IL DIVO AND ORCHESTRA IN CONCERT

June 14 Hard Rock Live (800) 745-3000

ROGER WATERS

June 15 Music legend Roger Waters, cofounder and primary songwriter for Pink Floyd, will make an exclusive South Florida appearance. BankAtlantic Center (954) 835-7000

BETTER BLOCK FTL June 16

Better Block FTL is a temporary urban design demonstration. Downtown Fort Lauderdale will join other cities like Dallas, Oklahoma City and Philadelphia in using temporary streetscape improvements and pop-up businesses to create community connection and revitalize a city street. The Better Block projects seek to temporarily transform city streets into vibrant, attractive public space — where the car, the pedestrian, the bike and businesses share the street as one. The event is presented by community partners Cadence Living, Florida Atlantic University School of Urban and Regional Planning, the City of Fort Lauderdale, the FAT Village Art District, Flagler Village Civic Association, C&I Studios, and Urban Matters FAT Arts Village District, 500 block of Northwest First Avenue BetterBlockFtL@cadence-living.com

SOUTH FLORIDA PRIDE WIND ENSEMBLE MUSIC OF OUR LIVES

June 16 The South Florida Pride Wind Ensemble will feature small ensembles as well as the full band as they play pop favorites from the classics to Lady Gaga. Broward Center for the Performing Arts (954) 462-0222



SECOND ANNUAL GILDA'S OFFICE OLYMPICS

June 16 In the spirit of Gilda Radner and Saturday Night Live, company teams will compete for the gold in a series of games such as Trashcan Basketball, Office Pig Pile and Toss Your Boss. BankAtlantic Center

BONNET HOUSE

FATHER'S DAY SPECIAL June 17 • 10 a.m. to 4 p.m. Fathers get in free with one paid general admission. Bonnet House Museum and Gardens (954) 703-2606

JUNETEENTH CELEBRATION

June 19 Old Dillard Museum (754) 322-8828

STANDING ON CEREMONY

June 21 through 24 Enjoy an evening featuring eight short plays on the subject of marriage equality written by some of today's playwrights and performed by a celebrity cast. Broward Center for the Performing Arts (954) 462-0222

FIGHT TIME 10 LIVE PRO MMA FIGHTS

War Memorial Auditorium (954) 828-5380



FORT LAUDERDALE BUS LOOP June 22 • 5:30 p.m.

June 22 • 5:30 p.m. The Fort Lauderdale Bus Loop, a fundraiser for six local charitie involving the Sun Trolley and 10 local bars, returns Friday, June 22. Upon registering, participants will receive their passes allowing them a free ride on the Sun Trolley and one free drink at each of the participating locations. The cost for the Bus Loop is a \$25 donation at the door or \$20 prepaid online in advance. For check-in locations, updated venue information or to purchase tickets in advance visit www.BusLoop.org. (954) 574-6000 www.BusLoop.org

ONE DIRECTION

July 1 Pop sensation One Direction will be hitting the road for their first-ever headlining North American tour in support of their debut album "Up All Night." BankAtlantic Center (954) 835-7000

THE AMAZINE SPIDER-MAN AN IMAX 3D EXPERIENCE

Opens at midnight July 2 Runs through July 19 One of the world's most popular characters is back on the big screen as a new chapter in the Spider-Man legacy is revealed in "The Amazing Spider-Man." Focusing on an untold story that tells a different side of the Peter Parker story, the new film stars Andrew Garfield, Emma Stone, Rhys Inrfan Khan, with Martin Sheen and Sally Field.

AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629

BACKYARD BUBBLE BASH WEEKEND

July 7 and 8 Join the Museum of Discovery and Science for some good, "clean" fun for the whole family. Dress to get wet. Celebrate the 4th of July with a bubble block party. At 2:30 p.m., learn how to make homemade ice cream and see how simple ingredients and a little kinetic energy can create a delicious physical change. Also, fly over to the Learning Labs to meet the Bird Lovers Club.

Museum of Discovery and Science (954) 713-0930

THEATER SUMMER CAMP 2012 CINDERELLA

July 12 through 14 Everybody's favorite rags-to-riches story comes to life on the stage in Rodgers and Hammerstein's Cinderella, performed by Broward Center's Summer Theatre Camp Young Professionals. Broward Center for the Performing Arts (954) 462-0222

THE DARK NIGHT RISES THE IMAX EXPERIENCE

Opens at midnight July 19 Runs through Aug. 31 "The Dark Knight Rises" features a cast led by Oscar winner Christian Bale as Bruce Wayne/Batman. The film also stars Anne Hathaway as Selina Kyle; Tom Hardy as Bane; Oscar winner Marion Cotillard ("La Vie en Rose") as Miranda Tate; and Joseph Gordon-Levitt as John Blake. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629



@ RIVERWALK

• CARDIO MIX WITH JOSH HECHT 6:30 p.m. Mondays and Wednesdays Esplanade Park (954) 732-0517 Times and dates subject to change depending on weather restrictions. For more information, call (954) 468-1541 or visit www. GoRiverwalk. com. Look for additional classes and programs coming soon.

ADOPT A CAT MONTH

June If you adopt any feline over the age of six months, the \$85 adoption fee will be waived entirely; if you adopt a feline under six months the fee is \$50. Humane Society of Broward County (954) 989-3977

Events subject to change. Please call before you go. Submit your events to Calendar@GoRiverwalk.com by the 5th of the month.

BROWARD ATTRACTIONS AND MUSEUMS MONTH (BAMM)

JUNE

Jance Discover 16 local museums, attractions and cultural centers for the price of one membership. During the month of June members of any one of the cultural institutions in Broward County and South Palm Beach County listed below and receive free general admission to all participating venues.

African American Research Library and Cultural Center

Art and Culture Center of Hollywood Boca Raton Historical Society and Museum

Bonnet House Museum and Gardens

Cinema Paradiso

Classical South Florida 89.7 & 90.7 FM

Fort Lauderdale History Center

Historic Stranahan House Museur IGFA Fishing Hall of Fame and Muroum

International Swimming Hall of Fame Museum

Museum of Art | Fort Lauderdale Nova Southeastern University

Old Davie School Historical Iviu. Old Dillard Musoum

Plantation Historical Museum

Seminole Ah-Tah-Thi-Ki Muse

The Children's Museum, Boca Raton

(954) 364-5205 <u>www.BA</u>MMinfo.org

WOMEN'S INTERNATIONAL HOLISTIC CONFERENCE SUITS, STILETTOS AND LIPSTICK: THE BALANCING ACT

July 13 • 9 a.m. to 6 p.m. A day of education, inspiration, networking and professional development. The Ritz-Carlton, Fort Lauderdale \$149 www.WIHCwow.com

BORN TO BE WILD 3D IMAX Through Aug. 31

Born To Be Wild 3D is an adventure transporting moviegoers into the rainforests of Borneo with primatologist Dr. Birute Mary Galdikas, and across the Kenyan savannah with elephant authority Dame Daphne Sheldrick, as they and their teams rescue, rehabilitate and return these orphaned orangutans and elephants back to the wild. Narrated by Academy-Award winner Morgan Freeman. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629 www.imax.com/borntobewild

SEA REX 3D: JOURNEY TO A PREHISTORIC WORLD IMAX Through Aug. 31

Join Julie as she travels from a modern-day aquarium to the Triassic, Jurassic and Cretaceous periods. Explore an underwater universe inhabited by largerthan-life creatures – including the Liopleurodon, long-necked Elasmosaurus and gigantic Shonisaurus - which were ruling the seas before dinosaurs conquered the earth. Immerse yourself in a lost age, 200 million years back in time, and get ready for a face-to-face encounter with the T-rex of the seas. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629 www.searex-thefilm.com

TO THE ARCTIC 3D IMAX *Through Aug. 31*

Narrated by Oscar winner Meryl Streep, the film takes audiences on a never-before-experienced journey into the lives of a mother polar bear and her twin sevenmonth-old cubs as they navigate the changing Arctic wilderness they call home. Intimate footage brings moviegoers up close and personal with this family's struggle to survive in a frigid environment of melting ice, immense glaciers, waterfalls and snow-bound peaks. Sponsored locally by BankUnited and Campbell and Rosemurgy Real Estate. AutoNation IMAX 3D Theater Museum of Discovery and Science (954) 463-4629 www.imax.com/tothearctic

ASSOCIATIONS AND INSPIRATION THE COBRA MOVEMENT AND THE ARTS OF AFRICA AND NEW GUINEA

Through Sept. 9

This thought-provoking installation juxtaposes paintings, sculpture and works on paper by artists of the CoBrA movement with masks, totems and carvings created on the South Pacific island of New Guinea and on the continent of Africa. *Museum of Art | Fort Lauderdale* (954) 525-5500

2012 SUMMER SAVINGS PASS

Valid through Sept. 30 Lion Country Safari, Miami Seaquarium, Museum of Discovery and Science and Zoo Miami offer a Summer Savings Pass for the fourth year in a row. The pass will give buyers unlimited admission to all four attractions throughout the summer.

www.summersavingspass.com

ALL IN THE FAMILY PAINTINGS AND WORKS ON PAPER BY MEMBERS OF THE GLACKENS FAMILY

Through Oct. 7 The Museum of Art is the repository of the estate of American painter William Glackens, a member of The Eight and a transformative artist at the turn of the twentieth century. Museum of Art | Fort Lauderdale (954) 525-5500

GECKOS TAILS TO TOEPADS

Through Jan. 6, 2013 The Geckos — Tails to Toepads traveling exhibit introduces visitors to the diversity of lizards with interactives and living examples from around the world. Visitors can experience gecko night vision, listen to gecko voices, learn unusual facts from gecko experts, try to spot camouflaged geckos, and build a custom gecko for various environments.

Museum of Discovery and Science (954) 713-0930



SHARK!

Through Jan. 6, 2013 Long before humans first appeared on Earth, sharks were swimming the seas. They predate dinosaurs by about 200 million years and were revered by ancient human societies as gods. Sharks come in all shapes and sizes. There are angel sharks, basking sharks, blues sharks, bull sharks, gray sharks, lemon sharks, sleeper sharks, lemon sharks, sleeper sharks, lemon sharks, among many other varieties. Not only are they found in every ocean of the world, but in many rivers and lakes as well. *Museum of Art | Fort Lauderdale* (954) 525-5500

CONSTRUCTED RELIEFS FROM THE MAURICE AND SARAH LIPSCHULTZ COLLECTION

Ongoing Museum of Art | Fort Lauderdale (954) 525-5500

THE INDIGO ROOM OR IS MEMORY WATER SOLUBLE?

Ongoing Museum of Art | Fort Lauderdale (954) 525-5500

RIVER GHOST TOURS

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

LAS OLAS OUTDOOR GREEN MARKET

Sundays • 9 a.m. to 4 p.m. Las Olas Chemist Parking Lot (954) 462-4166

FORT LAUDERDALE HISTORICAL SOCIETY

HISTORIC WALKING TOURS First Sunday of the Month New River Inn (954) 463-4431, ext. 12 www.oldfortlauderdale.org

A SWINGIN' EVENING OF ENTERTAINMENT

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

FIRST FRIDAY JAZZ JAMS

First Friday of the month ArtServe (954) 524-0805

INTRODUCTION TO

GHOST HUNTING Saturday Nights Historic Stranahan House Museum (954) 524-4736 www.stranahanhouse.org



ORCHID CLASSES Saturdays and Sundays • 10 a.m. to 2 p.m. Sandi Jones and Tom Wells from Broward Orchid Supply teach these classes, limited to 25 participants. Reservations required. Bonnet House Museum and Gardens (954) 703-2606 LindaSchaller@bonnethouse.org

F.A.T. VILLAGE ARTS DISTRICT

ARTWALKS Last Saturday of the month Features local artists. Northwest Fifth Street/Andrews Avenue



Scan this tag to check out Go Riverwalk Magazine's Events Connection online.

Events subject to change. Please call before you go. Submit your events to Calendar@GoRiverwalk.com by the 5th of the month.

Suits, Stilettos and Lipstick

Women's Conference Examines The Balancing Act

he first-annual Women's International Holistic Conference — Suits, Stilettos and Lipstick: The Balancing Act — is coming to The Ritz-Carlton on Fort Lauderdale Beach on July 13. The conference offers a full day of education, inspiration, networking and professional development.

A portion of the conference's proceeds will be donated to a womanrun charity. This year the recipient will be Big Mama's Team of Life.



This conference is for every woman who is trying to do it all. Renowned speakers and panelists will address topics that really matter to women such as health and wellness, business, finances, sex, relationships, family and spirituality.

Among the keynote speakers will be **Dr. Gladys McGarey**, "the mother of holistic medicine;" **Kandee G**, radio personality, speaker and author; **Julia Yarbough**, former anchor and TV personality, **Dr. Sonjia Kenya**, sex educator and author; **Yvonne Haase**, family and couples expert; and **Dr. Elizabeth King**, health and wellness expert and author.

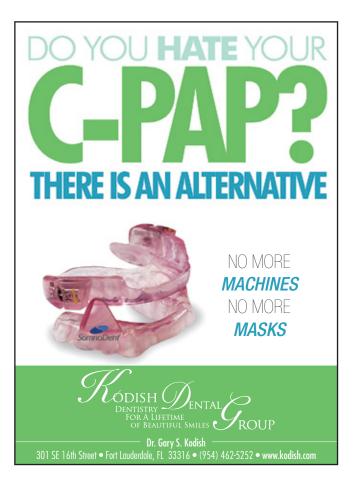
Dr. King, creator of the event, is CEO of International Holistic Center in Fort Lauderdale. She is a familiar voice on AM radio, where she hosts a weekly show, "Dr. King's Health Fusion Hour." Dr. King's inspirational life story and philanthropic community involvement are reasons why she has been selected by Latina magazine as one of the Hispanic Woman of Distinction 2012 honorees.

A partial list of sponsors and partners includes International Holistic Center, MetLife, Go Riverwalk Magazine, Natural Awakenings, Puerto Rican-Hispanic Chamber of Commerce, TravelHost of Greater Fort Lauderdale, Portada News, DRK Global Enterprise, Nothing but Good News media, South Florida CPA Financials, Portside Realty, 30 In Miami Video, Links Media, Social Media Club, SocialBizMembers.com, Derek Kearney Photography, Rhonda Gutierrez Photography, Dr. King's Health Fusion Hour, Chispa Marketing, Azpira Creatives, Girl Stir magazine, and Events by M.

For information and ticket sales, visit www.WIHCwow.com. 🕲



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MEMBERSHIP





Randall Vitale, CFP

Senior Vice President and Fort Lauderdale Market Executive Gibraltar Private Bank and Trust

have been involved with the Riverwalk Trust for several years and believe there is no better organization that incorporates the **vibrancy** of Downtown Fort Lauderdale while also **honoring** our past. Equally important, the **future** of Fort Lauderdale is intertwined with the New River, and the Riverwalk Trust remains the **catalyst** for promoting and developing this incredible asset of our great city.

Gibraltar Private Bank and Trust supports many organizations in South Florida, including Riverwalk Trust. Our team is committed to serving our community, and giving our time and dollars to Riverwalk Trust is an easy choice to make when you see all of the good work being done by the staff and countless volunteers. I encourage any individual or company who lives, works or plays in Fort Lauderdale to become a member of Riverwalk Trust. My wife and I live in Flagler Village and we **enjoy** everything Fort Lauderdale has to offer. And no matter where in the world we go, Fort Lauderdale is home, and there is nowhere else we would rather be.

WELCOME New & Returning Members

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Full Sails in Fort Lauderdale Artist Portfolio Release Photography by Jason Leidy



President Bill Clinton Speech at the Broward Center 'Embracing Our Common Humanity' Ian Ibbetson Photography



Mike Jackson, President Bill Clinton and Kelley Shanley



Kelley Shanley, President and CEO of the Broward Center for the Performing Arts, moderated a question and answer session following the speech by President Bill Clinton at the Broward Center for the Performing Arts.

Maroone Walk Like MADD Launch Party Photography by Studiomevents.com







Please submit Snapped@ photos with complete identification of event and people photographed to Magazine@GoRiverwalk.com

17тн STREET CAUSEWAY ROUTE! Friday, June 22, 2012 • 6 to 11 PM

DER

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Complimentary drink at each participating bar/restaurant \$20 prepay online at www.BusLoop.org or \$25 at the door Visit www.BusLoop.org for check-in and route information!

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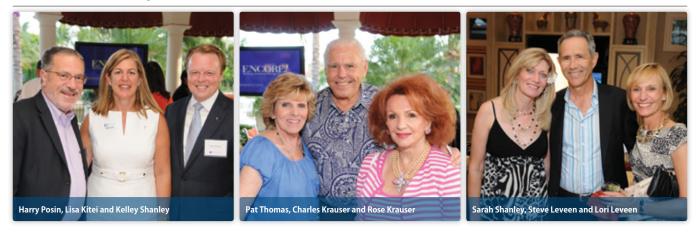
For more information, call the Bus Loop hotline at (954) 574-6000 or visit **WWW.BUSLOOP.Org**







Broward Center Expansion Some Enchanted Evening Fundraiser



Fleet Week Comes to Chris Evert Children's Hospital



Fort Lauderdale Police Memorial Photos by Jason Leidy



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Children's Home Society of Florida Helping Turn Lives Around Luncheon



Salvation Army Amazing Race



Business for the Arts of Broward Art in the Workplace



Please submit Snapped@ photos with complete identification of event and people photographed to Magazine@GoRiverwalk.com



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Have your name highly visible to the Riverwalk's many residents and visitors Become a Riverwalk Trust individual or corporate supporter by placing your name or company's name on a colorful banner along the Riverwalk Park.

The Riverwalk Arts & Entertainment District currently attracts 1.5 million visitors yearly and continues to grow. In addition, many condominium residents who now call Riverwalk Park their home enjoy daily strolls along the Riverwalk. Purchase a banner today and receive daily exposure to this attractive demographic. Prime locations are available on both sides of the New River. Reserve your banner today!

Prices starts at \$125 per year and vary upon location and number purchased. Lettering is uniform on all banners measuring 11/2". According to City of Fort Lauderdale ordinances, company logos and phone numbers are not permitted. Color may vary. Banners will be on display July 2012 through June 2013.





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