

November 2020 | Volume 63 | Issue 11  
Miami Shores | Biscayne Park | El Portal | North Bay Village

# Egret



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## Real Estate Home of the Month



**970 NE 87th Street,  
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Welcome to The Point at Shorecrest! Smarty updated in 2018, this sprawling 3bed/2.5bath mid-century modern ranch style home features an expansive and open multi-functional living space, floor-to-ceiling impact windows, refinished wood floors, beautifully remodeled kitchen and bathrooms, and an amazing no-flood-zone location east of Biscayne Boulevard! Enjoy easy living on this manicured yet low-maintenance corner lot with plenty of room for a BBQ patio underneath a mature mango tree. Other features include: spacious bedrooms, new roof, impact windows, irrigation system and more! Move-in ready with the best in practicality with spacious laundry room, 1-car garage, and massive hallway storage closet.

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## President's Message

### Patrice Gillespie-Smith

President, Greater Miami Shores Chamber of Commerce

Eight months into this pandemic and I still feel grateful. Granted, life is upside down and I'm sure all of you miss traveling, entertainment and gathering in general as much as I do. However, the fact that we are still able to enjoy a meal at a restaurant outside; get practically anything delivered to our home and have figured out how to conduct businesses safely is quite unbelievable. The fact that our schools are open and our kids are able to learn in person or remotely is pretty incredible. Another feat worth noting is that as a community, we are still finding ways to come together. For Halloween, we were so pleased to see our community come together to participate in the Haunted Hustle (our virtual 5K). We are so thankful to our generous sponsors, Miami-Dade County Chairwoman Audrey Edmonson, Miami Country Day School,

Miami Shores Village Vice Mayor Alice Burch and Lipton Toyota for making the run possible. Lastly, I'm grateful that the Greater Miami Shores Chamber has managed to stay afloat during this turbulent time. Despite many challenges and some setbacks, the dedication of our Board and members kept the Chamber alive. As you think about all you are grateful for, I hope receiving the Egret every month is among your blessings. It's a great vehicle to communicate with each other. If you enjoy hearing from your businesses and neighbors, please start or renew your Chamber membership today at [www.miamishores.com](http://www.miamishores.com). Every dollar helps us keep this community resource going!

Happy Thanksgiving! Whether you are celebrating at home or traveling, we hope you stay healthy and safe during this holiday season!

The Egret • November 2020 • Volume 63 • Number 11 • 9620 NE Second Avenue, Suite 201, Miami Shores, FL, 33138 • 305-754-5466 e-mail: [chamberinfo@miamishores.com](mailto:chamberinfo@miamishores.com) • [www.miamishores.com](http://www.miamishores.com) • [facebook.com/MiamiShores](https://www.facebook.com/MiamiShores), The Greater Miami Shores Egret is the official publication of the Greater Miami Shores Chamber of Commerce, and is published monthly. 7,000 copies of the Egret are distributed to homes, apartments, and businesses within the villages of Miami Shores, Biscayne Park, El Portal, and North Bay Village free of charge. Views expressed in this publication are those of the editorial staff and do not necessarily reflect those of the Board of Directors. Information in it is intended for Chamber member organizations as well as the residents of our communities. Please contact the Chamber for more information on membership, advertising, distribution, or content.

The Egret is designed by Carla Peters /MyWeeThree Design, printed by David Bloom/Physical Advertising Works, distributed by South Florida Distributors, LLC.

**For contact information please go to the Chamber's website: [www.miamishores.com](http://www.miamishores.com)**  
**Find a copy of the Egret at:**

Biscayne Park Village Hall  
Brockway Memorial Library  
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Doctors Charter School  
Ed Burke Recreation Center  
El Portal Village Hall  
GG Salon

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# Down to Business

Check back monthly to get great tips from industry leaders in our Community!

## Physical Therapy Works!

### DOWN to BUSINESS

Care360 Physical Therapy (PT) has arrived in Miami Shores and is strategically located to serve not only our Village, but the surrounding area. With few PT choices in the Upper Eastside, patients had to travel to either the North Miami or Brickell areas, 8030 NE 5th Avenue is significantly more convenient and a lot closer.

Sports injuries are most probably the first thought when Physical Therapy is discussed, however, it's by far not the only reason to seek PT care. Everyone from toddlers, to grandparents, can, and many do, benefit from the knowledge and experience of physiotherapists.

Physical therapy, is an all-encompassing term, including medical needs from wound care, respiratory therapy, orthopedics medicine, and everything in between.

Several philosophies regarding physical health developed in ancient Greece, Rome, India, and China.

One source of its origin is Herodotus, a Greek physician, from around 500 BC, often credited with establishing one of the first documented systems of exercise called *Ars Gymnastica*, meaning The Art of Gymnastics.

There is also scriptural evidence predating Herodotus from China and India, sometime before 1000 BC, that described a type of exercise called *Cong Fu*, which consisted of body positioning and breathing routines.

Care360 Physical Therapy provides

what Claudio Bandiera P.T., the Owner and Clinical Director describes as a comprehensive approach. Along with the traditional treatment methods for sports injuries, falls and back pain, the clinic also includes neurologic therapies for:

- \* Balance training and fall prevention
- \* High-functioning Parkinson's Disease,
- \* Post-Stroke function recovery, including sensory integration, coordination and gait training and other Stroke-resultant deficiencies.
- \* Peripheral Nerve injuries
- \* Headaches
- \* Dizziness/Vertigo
- \* Surgery recovery for knee and hip replacements

More than just back pain and sports injuries, Care360 treats complex conditions such as Multiple Sclerosis, Cerebral Palsy, and Stroke rehabilitation. Our staff is more than qualified to rehabilitate individuals to their best selves despite the severity of their condition.

Care360 PT providers include Bandiera, who obtained his doctorate while training in Europe.

Staff includes one therapist and one therapist assistant plus a massage therapist. Each staff member is Florida State Certified to provide the appropriate care levels. A distinctive difference offered by Care360 is the combined 'teamwork' of a massage



therapist and physical therapist working together producing a multiplier effect, augmenting the pain relief and relaxation experience for patients.

During the past six months of 'at home' living there has been an increase in pediatric therapy needs including cycling, running, soccer and other children's sports activities strains, sprains, and accidents.

Care360 has always practiced the Covid protocols. As a medical facility, sanitizing between patients is an automatic practice. At this time and for the foreseeable future all staff and patients are required to wear masks and upon entering the clinic all patients and visitors are provided hand sanitizer.

Patients are not required to have a referring doctor's prescription, unless their medical insurance requires it, and may call to book appointments independently. The clinic accepts most major insurances, Medicare, and Medicaid. Patients may also pay with credit card or cash. The practice has a multi-lingual staff, fluent in English, Spanish, Portuguese, and Italian.

Care360 Physical Therapy,  
8030 NE 5th Ave., Miami.  
786-703-3908;  
care360physicaltherapy.com.

Historical information resource: [www.physiospot.com/opinion/herodotus-a-pt-a-brief-history-of-the-rise-of-physiotherapy](http://www.physiospot.com/opinion/herodotus-a-pt-a-brief-history-of-the-rise-of-physiotherapy).

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## Welcome to “Deux Jardins”

This immaculate pool home perfectly situated on an expansive half-acre corner lot in Miami Shores awaits its newest residents! Enjoy lush landscaped gardens with abundant palm and fruit trees and a lagoon pool with waterfalls perfect for private, grand entertaining. This single story walled and gated estate features a formal living room with impressive vaulted ceilings and a covered exterior terrace that offers a seamless blend of indoor/outdoor living. Fall in love with its charm and architectural details such as pecky cypress ceilings, fireplace, archways and wood floors. A new gas kitchen offers Thermador stainless steel appliances, Woodmode cabinets, and quartz counters. This home also features a porte-cochere, 2-car garage, impact windows and doors, new laundry room, electric blinds and Smart Home technology throughout. Located just minutes from excellent schools and the Miami Shores Country Club, your new home is here!

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## NOW is the time to list your home For Sale!

If you have been waiting for the perfect time to sell your home, now is the best opportunity we have had in the last 5 years. The real estate market in Miami-Dade has quickly shifted to a seller's market. This means that home prices have jumped higher in the past 6 weeks, with buyer's purchasing homes at a faster pace than homes are getting listed for sale. We have seen home prices jump 10-15% in this very short period of time.

### Four factors are contributing to this shift from a buyer's market to a seller's market:

1. Mortgage rates are below 3%
2. Covid-19 has created demand from buyers leaving densely populated northern cities for homes in south Florida.
- 3) Covid-19 has caused current condominium owners to prefer living in a single-family home where they feel safer and have outdoor space for their family to enjoy.
- 4) The fires in California have put south Florida on Californian's radar as a safer place to live.

We expect that once the pandemic is over, many homeowners who were afraid to list their home for sale because they did not want strangers walking through their home, will decide to list their homes for sale. This would add a lot of inventory to the market. In addition, mortgage rates will rise as the economy recovers. These factors will cause home prices to fall again and create a buyer's market.

So if you are waiting for the best time to sell your home, take advantage of this short window of opportunity and give us a call today to discuss getting you the best possible price for your home.

## Discover Why So Many Miami Residents Are Buying Vacation Homes On Hutchinson Island !!!!



The Jack Coden Group is Proud to Announce the Exclusive Sales of the Most Luxurious Townhome Project Ever Planned on Hutchinson Island!

A new boutique gated community located just 2 hours north of Miami on A1A, across from the Treasure Coast's most beautiful pristine beach. OceanGlass will have 29 exquisite townhomes and private marina right on the Intracoastal.

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- Private fenced back yards with optional swimming pools
- Latest smart home technology application for your security and climate control



Just minutes from historic downtown Stuart. Call today to learn more about this exciting new project.

Prices from \$649,000. Enhance your lifestyle with the magic of Treasure Coast living!

**Experience isn't Expensive...It is Priceless!**



## TIP OF THE MONTH

Many clients have asked me if they should rent their home annually (long term), or weekly/monthly (short term). We always recommend long term even though short term rental rates are higher. With a long-term rental, your house is never empty, and the rent is paid every month. With a short term rental, 60% of the year your home will be empty (on average), not only are you losing rent, but it is never good to have your home empty for long periods of time and the extra wear and tear on your home with different short term renters takes a toll on the condition of your home.

## Properties Exclusively For Sale By The Jack Coden Group



**NEW LISTING**  
2691 SW 110th Way \$1,049,000

Breathtaking Lake views from this custom architectural masterpiece built on a 48,822 sf premium lot! Rare to market, this home features 5 beds & 3 baths.



**UNDER CONTRACT**  
530 NE 59th St. \$900,000

**RARE TO MARKET.** One of Historic Morningside's grandest pre-war old Spanish masterpieces. Built in 1927, this 2 story treasure is famous for having the only original elevator in Morningside.



**NEW PRICE**  
1800 NE 114th St. #1210 \$449,000

**BEAUTIFULLY REMODELED 3 BEDS/ 3 FULL BATHS** corner Rotunda at The Cricket Club with HIS & HERS full master bathrooms and walk-in closets!



**9073 Froude Ave. \$749,000**

Beautifully remodeled beach home with Huge Backyard! This charming 3 bedroom and 2 bathroom plus a one car garage is a **MUST SEE!**



**UNDER CONTRACT**  
110 Fiesta Way \$1,500,000

Attention boosters and investors. This original waterfront home is located on one of the finest streets on all of the Las Olas Islands.



**7501 E Treasure Dr. #2L \$178,500**

Beautifully remodeled & spacious 1 bed & 1 bath with large glass balcony and lots of natural light! Come enjoy all that North Bay Village has to offer!



**NEW PRICE**  
1800 NE 114th St. #2108 \$284,500

Panoramic South East bay views from this huge 1950 sq. ft. unit at the Cricket Club! This 2 Beds & 3 Baths unit has a 210 sq. ft. balcony.



**BUSINESS FOR SALE**  
15807 Pines Blvd. \$40,000

Successful turnkey restaurant located in busy shopping center. Seats 42. Large takeout business. Full kitchen. Gross \$500K per year. 8 years left on lease.



**1800 NE 114th St. #411 \$295,000**

Beautifully remodeled 1,950 sq. ft. 2 BR & 3 BA unit at The Cricket Club! This charming unit has north views of the canal & boats docked at the Cricket Marina.



**11113 Biscayne Blvd. #356 \$235,000**

Spacious 2 bedroom, 2 bathroom unit located in Jockey Club building III. Remodeled kitchen and bathrooms. Full size washer and dryer in the unit.



**1701 NE 115th St. #29A \$229,000**

Charming and updated 2-story Townhouse in highly sought after, Northgate Community. This 2 bed & 2 1/2 bath unit features a spacious floor plan.



**13105 Ixora Ct. #310 \$139,000**

Cozy unit located in a quiet gated community in Keystone Point! This well-kept waterfront condo features a spacious and welcoming living & dining area.



**780 NE 69th St. #1105 \$265,000**

Amazing 2 bed/ 2 bath renovated corner unit with beautiful views of Biscayne Bay and city views. This unit features a wrap around balcony.



**NEW PRICE**  
170 SE 14th St. #1508 \$342,000

Charming and updated 2 story Townhouse in highly sought after, Northgate Community. This 2 bed & 2 1/2 bath unit features a spacious floor plan.



**BUSINESS FOR SALE**  
**NEW LISTING**  
Landscaping Business \$79,000

Opportunity to purchase a long standing, successful, turnkey money-making landscaping company which has been in business for 50 years. Contact us for more info.



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## Down to Business

Check back monthly to see what's happening in local business news!

Landscaping is our home's crowning glory! Divine Landscaping fulfills its name by both designing and maintaining homeowners' and businesses' natural and healthy yards. A carefully crafted landscape can both increase your home's value and enhance its environment



South Florida's

climate encourages prolific growth of our native plants. Divine Landscaping selects low-maintenance plantings for either privacy or decorative designs. Fall is the best time for planting, the sun isn't as strong and there's still enough rain to encourage rooting. Yes, November is still Fall.

Location is taken into consideration for the landscape design, sunny or shady determines the appropriate foliage. A detail for Divine Landscaping's best work is the soil quality, a bit sandy here in the Miami area, so a soil test is strongly recommended to ensure the proper nourishment for the garden to thrive.

Divine Landscaping knows the most reputable nursery's for trees, shrubs and plantings assuring the quality and endurance of each variety. Selecting complementary vegetations promotes both beauty and the garden's well-being.

Maintenance varies for each season and tree trimming safely prepares landscapes for inclement weather and storms. Divine-Landscaping Services, Angel Martinez, 305-433-5560; Info@divine-landscaping.com.



# Home GREEN Home

by **SUSAN  
ACKLEY**



*Everything that slows us down  
and forces patience -everything  
that sets us back into the slow  
circles of nature is a help  
Gardening is an instrument  
of grace*

*-May Sarton*





## G.I.Y. Gardening

**Growing It Yourself** is emotionally therapeutic, immensely gratifying and productive. There are boundless benefits from exercise and being out in the fresh air, to sharing the largess with family, friends and our greater community.

There is something visceral when working your garden and 'work' itself is a misnomer. It's a hobby, gratifying, sensually satisfying both in the short term, pulling the weeds, readying the bed for planting and long term, reaping what you literally sow.

Miami Shores Presbyterian Church has had a community garden for more than fifteen years. Yvonne Moyer, a long-time parishioner was the instigator well before Whole Foods and Fresh Market entered our region. Yvonne's connection with our 'good earth' was inspired by wanting to know that her vegetables were really organic as well as sharing the surplus with Pass It On Ministry and Chapman Partnership.

Today there are 21 individual gardens, arranged in 4x8' beds constructed with 8"x 8' wooden boards. The beds are not lined allowing for earthworms and other decomposers to circulate throughout, enriching the soil and aerating it.

Many gardeners add a rich organic compost and manure to their beds providing natural growth encouragement rather than chemicals, which can cause harm to both our food source and the environment.

Several strategies are shared by MSPC gardeners including: Planting closely together eliminates weeds and some plants shade others. Some plants are companion plants which promotes both their flourishing. Onions planted on the perimeter are suggested to discourage insects. And, a floral edging will invite the pollinators, bees, and butterflies, however both are endangered by pesticides, fungicides and even natural sprays.

Building the bed for your garden can be another G.I.Y. project with free plans available online: <https://www.lowes.com/n/how-to/how-to-build-a-raised-garden-bed> <https://www.homedepot.com/c/ah/how-to-build-raised-garden-beds/>

Home Depot's website advises: A novice can pick up a kit and put something together in an afternoon, since "easy to assemble" actually lives up to its name.

Lowe's website contains the plans: Learn how to build a raised garden bed. Maximize your backyard space, gain better control over the soil, reduce soil compaction and care for your plants more easily.

Or you can purchase a prefabricated garden foundation: from online resources such as: <https://www.gardeners.com/buy/modular-raised-bed/> <https://www.metalgardenbeds.com/> <https://www.amazon.com/>

How to you get your best results? Choose a sunny to partially sunny spot in your front or side yard. Legally, vegetable gardens can be grown in the front yard but rather than tempting passers-by or creating neighborhood

garden envy...back yards are recommended.

Start with good soil quality: Miami-Dade County soil is generally too sandy and should have some clay soil added.

Alternatively, you can make a base soil by blending equal parts coarse horticultural vermiculite, peat moss and good quality organic compost. Source: ([garden.lovetoknow.com/vegetable-garden/best-soil-raised-bed-vegetable-garden](http://garden.lovetoknow.com/vegetable-garden/best-soil-raised-bed-vegetable-garden)).

Planning your fresh-picked menus: If you plant vegetables you really care about, you will probably be willing to put in extra effort!

Many vegetable plants require full sun. Some plants, such as peas, can grow in partial shade but do best in full sun.

The University of Florida Agricultural Extension puts out a list of plants that grow well in Zone 10 along with dates to plant, water and soil conditions. [www.sfyl.ifas.ufl.edu](http://www.sfyl.ifas.ufl.edu)

When planting a vegetable garden, you can either start with seeds or purchase seedlings. While seeds are inexpensive compared to the cost of vegetable seedlings, there are other factors to consider in making your decision.

The choice between direct seeding and transplanting seedlings considers three basic questions:

1. Is the vegetable easy to germinate from seed?
2. Is the growing season long enough for the vegetable to mature if planted from seed?
3. Does the vegetable transplant well?

Growing vegetables from seeds may not be practical for long-season plants in regions with short growing seasons. Therefore, long-season plants such as tomatoes, peppers, and eggplant, most gardeners purchase seedlings or established potted plants. We recommend buying native grown organic plants from a local grower such as Little River Cooperative Edible Plant Nursery.

Some fast-growing crops, like peas and summer squash can be direct seeded in the garden quickly catching up to transplants. These include common and favored vegetables: Beans, Beets, Carrots, Cucumbers, Garlic, Lettuce, Okra, Parsnips, Peas and Radishes.

Vegetables that are often transplanted as seedlings are the more slow-growing vegetables and herbs: Basil, Broccoli, Brussels sprouts, Cabbage, Chinese Cabbage, Cauliflower, Celery, Chard, Chives, Collards greens, Eggplant, Endive, Escarole, Kale, Kohlrabi, Leeks, Mustard, Parsley, Peppers, Tomatoes and Zucchini. Source: (<https://www.thespruce.com/vegetable-garden-seeds-or-seedlings->).

G.I.Y. can be a family project during our Covid-Cautionary times. The benefits are enormous and promote a healthy lifestyle which is good for us and our greater community.



**BOUND BY BEAUTY**  
BOUNDBYBEAUTY.ORG

*A Bound by Beauty garden is a biodiverse sanctuary for native plants, butterflies, bees, and birds, whose natural habitats are imperiled by development, the use of toxic chemicals, and climate change. Those of us who have transformed our gardens into sanctuaries feel joy in watching a butterfly sip nectar from flowers we planted, or a migratory bird refreshing itself in a water feature after partaking of a berry, insect, or seed and knowing we are making its journey easier. We feel awe and wonder in seeing the process of metamorphosis, as a caterpillar magically transforms into a butterfly, or a precious jewel like a Painted Bunting appears before our eyes. Join us in creating your own biodiverse sanctuary and safeguarding the beautiful natural world upon which we depend for our own survival. You will be rewarded every time you step out your door. For tips on how to create your own "Bound by Beauty" garden visit our website at [boundbybeauty.org](http://boundbybeauty.org)*

# Greater Miami Shores School Report

## ST. ROSE OF LIMA

Doctors Charter School (DCS) resumed in-person learning on October 5, 2020 on a staggered basis, while also maintaining remote learning for students. It was a wonderful sight for administrators and teachers welcoming back students who had not physically been on our beautiful campus since March. Our new Executive Director, Dr. Acevedo greeted each student personally outside while maintaining social distancing and shared that “students were elated to see their friends and teachers, while our teachers are working arduously to live-stream their lessons for students at home and in school, while maintaining rigor in

the curriculum.” Classes are dismissed individually to ensure social distancing in newly configured one-way hallways and stairwells. On November 2, we will begin accepting applications for new students for the 2021-22 school year. Families are encouraged to apply. Visit [www.doctorscharterschool.org](http://www.doctorscharterschool.org) for more information. Please support our school on “Give Miami Day” at [www.givemiamiday.org/DCSHawks2020](http://www.givemiamiday.org/DCSHawks2020)

Miami Shores Presbyterian Church School (MSPCS) is gearing up for a great holiday season. We look forward to being able to give back to the community by doing some Christmas Caroling in December. Thanks to the COMMUNITY Center for helping us spread the word on that! We are not replacing the Shores Caroling, rather, we are doing a small school community caroling, with one

grade level caroling at a time, so we can continue to social distance while bringing much needed holiday cheer.

We are also so proud of all of our staff and students for making MSPCS on Campus and MSPCS at Home so successful and safe! Students on campus have truly mastered the new routines! Students at home are enjoying going on the Google sites that each teacher has created. Our students are continuing to learn in our innovative, caring, collaborative environment

The St. Rose of Lima Catholic School (SROL) community continues to thrive amidst recent challenges. Although the school halls may be painted with child-friendly health and safety posters, hand washing and sanitizing stations, directional signs and smiling faces (under their masks),

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 10936 NE 6th Avenue, Miami



the SRL teachers and staff have stood united and fully determined to provide an excellent and uninterrupted Catholic education.

Focus at SRL remains laser-sharp on developing each child's fullest academic, spiritual, social, and physical potential. Despite the obvious burden all schools are facing today to reinvent the delivery of instruction, SRL has excelled beyond the academic needs to simultaneously provide an array of extra-curricular options, creative field trips, class projects and activities, and so much more!

Service is a vital part of Catholic education and SRL still remains fully committed to fighting hunger in our local community. In October, their 7th grade team learned that it is common for certain communities to be food deserts (areas that have restricted wholesome, nutritional food). Working with the Buddy System, a local non-profit, SRL coordinated a fresh food collection to help replenish community refrigerators in the Miami area. Under the direction of their trusted teachers, Ms. Mesidor and Mrs. Ocampo, students were able to meet the founder of the Buddy System, Sherina Jones, collect and coordinate the delivery of fresh food to Liberty City and Overtown, and learn firsthand how each person can make a sizeable contribution to those in need. This month, SRL will provide over 100+ Thanksgiving

meals to bring further hope and comfort to others.

It's no surprise enrollment is on the rise at SRL, so much so, they had to recently expand their preschool. Families are invited to schedule a virtual school

tour by calling 305-751-4257 or visiting their website [www.srlschool.com](http://www.srlschool.com).

The St. Rose of Lima Catholic Church & School community wishes all Miami Shores residents a safe, joyful and hopeful Thanksgiving.

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