

JANUARY 2020

# Central Kendall LIVING



D'Mello's

*Spicy Lifestyle*



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Content Due:	Edition Date:
December 5	January
January 5	February
February 5	March
March 5	April
April 5	May
May 5	June
June 5	July
July 5	August
August 5	September
September 5	October
October 5	November
November 5	December

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**Happy New Year Kendall!**



January 1st is always the day where we choose to begin with a fresh look for our lives. For 2020 not only is it a new year, but it is also a new decade with new plans to be made in the months ahead. Hopefully the new year resolution you made around this time in 2018 for your 2019 intention is still going strong. Or perhaps, like myself, you broke it just after midnight!

Whatever has happened so far, please remember that some of the best resolutions are sometimes the easiest to overlook – things like loving your family, respecting others and being charitable to those less fortunate, can make the next 12 months better for everybody!

As we launch our inaugural issue of *Central Kendall Living*, our team would like to thank all of those sponsors who have made this possible for you, our neighbors, so you can receive this at your door!

One of our gifts to you as a local magazine is featuring the neighbor you probably don't know you have. Please join us this month as we meet one of those neighbors, Ayesha D'Mello, who shares her passion of the culinary arts from her Indian culture with those who want to learn about the savory spices with healing properties.

If you and your family would like to share your story or whatever is happening in your life with us in an upcoming issue, please let our content coordinator know. Our Calendar of Events is packed with things to do now that life has returned to normal after the holidays and be sure to read this month's Expert Contributor, Celia Bunge, from the Miami International Riding Club, who is passionate about all things equestrian.

At any rate, January and the rest of 2020 looks like it is going to be a new adventure for everybody!

See you in the neighborhood!



*Bradley Harden*  
Publisher

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**PLAY SET**  
Beautiful kids' play set for sale. Has built-in picnic table, two swings, fort, slide and hanging bar. A great set for a growing family. Set was stained each year. Best offer. Call 222-222-2222.

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D'Mello's

# Spicy Lifestyle

BY PATY HERNANDEZ

What makes Central Kendall Living magazine unique is how we feature local residents who have brought their passion along with their zest for life into their communities and beyond. For our inaugural magazine launch we're blessed to begin 2020 with the D'Mello Family. Parents, Ayesha and Bruno were both born in India yet sought a different life outside of what they knew. They've settled into the United States as their home and will always stay connected to India through visits and food. Their family began in California on the West Coast and eventually relocated to Miami in 2005. Although physically far from home, this venturesome family weaves their Indian culture within their lives and shares it through Ayesha's Kitchen.

Ayesha, 4th child out of 5 differed from her family members due to her sense of adventure and love of traveling. Another source of enjoyment was spending time in her friend's kitchen observing what her friend's mother was cooking and also what spices were being combined. As a true student, she would return home excited to try what she just learned. She fondly remembers spending time as a family volunteering at nearby missionaries alongside nuns and priests. A cherished memory was when she met Mother Teresa, recently canonized as St Teresa of Calcutta, who autographed her Bible when she was 9 years old.

She always dreamed of living abroad and decided to leave India after completing her undergraduate degree in Business. She left on her own at 21 years old to Canada and continued her studies in Computer Science, then moved to Texas and obtained her Masters in Business Administration (MBA).

Their families introduced Ayesha and Bruno as they were both living in the United States. They married June of 1995 in India surrounded by their friends and families. Ayesha joined her husband who was already working in San Francisco and began her corporate career with Silicon Valley software companies focusing on product management and involved extensive traveling.

In 2005, her husband was offered a new position in Miami. At first the family was excited about this new adventure together however, they had a hard time adjusting to the new culture. Now after almost 15 years in Miami, every family member has completely adapted to Miami culture and enjoy living here. Another unexpected transition Ayesha would encounter was leaving her corporate and highly paid position at the request of her husband so she could focus on being home for their children. He suggested she try for 3 months as she was hesitant about this idea at first.

She soon jumped into her new full time role as CEO of her household and become involved at her children's elementary school. She thoroughly enjoyed what she was doing



Antique Theater in Ancient City of Hierapolis, Pamukkale, Turkey

with the children that after 3 weeks she decided not to return to the corporate world. She was pleasantly surprised to find that as a family they recognized that "less is more" as the loss in the second income never made a dent in the quality of life within their family.

Now, with more time Ayesha returned to her first love, which is cooking from scratch and mixing spices to make it magical. She ventured from serving her family to cook alongside her neighbors after Hurricanes Katrina and Wilma caused neighborhood wide power outages. They opened their home to neighbors for showers and freshly cooked Indian specialities. Soon word spread about her amazing traditional Indian food not found anywhere in Miami, eventually reaching the nose of a local food critic who wrote positively about Ayesha's food from personal experience. With glowing reviews, readers began to inquire about how to have her meals in their bellies and how to make them through cooking classes.

This surprised Ayesha as it wasn't part of her journey, or so she thought. Since the challenging days of life after the 2 disastrous hurricanes that brought her community

together coupled with the wonderful response to the article, Ayesha founded Ayesha's Kitchen in the heart of Kendall. She began with 1 menu with 5-6 items ranging from appetizers to desserts and has now grown to over 27 menus. Throughout this entrepreneurial path she realized that teaching people about authentic Indian cuisine and the art of combining spices was also part of her passion. Relying on the ancient theory of food being medicine, she teaches her students how to create balanced meals that anyone, regardless if they eat animal products or not at all, can prepare even if they've never cooked a day in their lives for a healthy lifestyle. She added that her students, ranging from 5-92 years old, have the common interest of learning how to cook more healthy ways and enjoy the different menus while meeting new people.

Since moving to America, Ayesha explained how food was the one thing that pulled her closer to her native culture. She was amazed to see how the different regional cultures in India transformed their dishes through the use of spices. Paired with each menu is a history lesson about the region where the dishes are





Zipline in Roatan Island, Honduras

found. To further deepen the connection between food and healing, she stresses the importance of recognizing that “We are what we eat.” With the loving patience of a gifted teacher she shares how to consume local and organic ingredients that contain proteins, fiber and good fats, plus the medicinal benefits from Indian spices to help you feel and perform at your peak level.

Having cradled Ayesha’s Kitchen from a hobby to a boutique culinary school Ayesha is proud to have replicated her school into what can be anyone’s actual kitchen. She loves to make the experience unique and fun as she weaves into the classes explanations about the dishes and what region they’re from. Once the meal has finished cooking, everyone ventures outdoors for a beautiful dining experience and enjoy genuine conversations sitting beneath the tiki hut near the pool. What brings the most joy to the work she’s brought to Kendall are how people connect with her. She explained that people from across the continent who come on vacation to South Florida, have found her classes, taken them and left saying this was the highlight of their trip and it is a true hidden gem. She also loves hosting people in her home for the culinary classes or going to their homes for private events.

When Ayesha’s not busy teaching or creating new menus at home, she takes her passion and

volunteers in other kitchens such as Camillus House and her local church, St. Louis Catholic Church. Her family continues the tradition of being of service whenever they return to India for a visit at least once a year if not more to help the missionaries in villages close to her childhood home. Her children have grown up alongside the missionary’s youngest residents as their parents toiled for long hours in the farms. The volunteers help with school work, arts and crafts. They also bring donations such as clothes, school supplies, and other materials to leave in the villages. As her parents are getting older Ayesha’s trips have increased to India and she always makes time to volunteer in the missionaries.

Inspired by their entrepreneurial and humble mother, siblings Byron and Brhea currently studying at Johns Hopkins University (JHU) in Baltimore, Maryland have incorporated entrepreneurial tendencies into their lives and studies. As a student he recognized food insecurity amongst his fellow peer and grew frustrated with the lack of support from the university. Turning that frustration into action, he found The Hopkins Pantry to resolve this issue. Now, The Hopkins Pantry is open and fully staffed 7 days a week and accepts anything from shelf stable food products to toiletries for the students. Another accomplishment he’s achieved is stepping into

the entrepreneurial path as he founded Goba Tea, the first shelf-stable bottled bubble tea. He has successfully been able to place them in several universities and store shelves in the North East and is looking to expand to large grocery chains in the future.

During his elementary and high school years, Byron was part of the Miami Children’s Chorus (MCC) for close to 10 years and had the opportunity to sing in multiple prestigious venues including the Super Bowl XLIV, multiple operas including La Boheme, Turandot, as well as, at the inauguration of the Miami Walk of Fame. Byron competitively swam, played water polo, and crew. He shared his passion of singing with the children in the missionary villages as he taught them vocals for many years.

Brhea, a junior is majoring in Computer Engineering and triple minoring in Applied Mathematics and Statistics, Computer Science and Entrepreneurship and Management. Aside from her academics that she excels in, she is highly creative in the arts field and is the Online Editing Manager of her University’s fashion magazine “Marque”. Furthermore, she has a strong interest in business and is on the board of a social entrepreneurship society, “Enactus” and also an Account Executive of the marketing and consulting group “NEST”. Finally, she loves sports and is on the club university teams for Water Polo and Squash.

Ayesha is extremely proud of her family and shares their many accomplishments with honor. She also acknowledges that without their support, Ayesha’s Kitchen wouldn’t be possible. Her passion for cooking is fueled by their love for eating. Her husband and kids have been just as involved as she’s built her business from a few menu items to voted the #1 cooking class in Miami. They have held roles of being her sous chefs to loving and unbiased food critics. They also join in as students whenever their schedules allow to see their mom in teacher role. Her husband of 25 years is her best critique and fierce supporter.

The D’Mello family works hard yet also know the importance of leaving work to the side and embarking on amazing adventures. Their family motto is “Never limit yourself to new experiences.” Which as a family they live it. They have gone from trekking the Himalayan mountains to paragliding over Ancient City of Hierapolis and Pamukkale Travertines. They’ve also buckled in for the ride of their lives for a 16-course jungle top zip line adventure in the deep forests of Honduras and more. With adventures and travels flowing through their veins they make the most of any time they’re all together. This year they went to Turkey in January, to the Midwest from Kentucky to downtown Chicago, and spent Thanksgiving on the Symphony of the Seas cruise ship that docked in Honduras, Mexico, and the Bahamas.

# So, Why Horses?

WRITTEN BY CELIA BUNGE

So, Why horses? Why now? What can they offer for your family?

Through mirroring horses help us deal with fear, anxiety, sadness, vulnerability, frustration, anger ...

Horses are known to help with common issues that simply don’t respond well to modern medicine, including: self esteem Issues, Depression, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Mild Autism, Food Disorders, or Post Traumatic Stress Disorder (PTSD) ...

Equestrian Sports teach us about empowerment, gender equality, leadership, and about partnership and collaboration. From horses we also learn about camaraderie and group integration.

Horses open a window to a wide range of programs that could greatly benefit young kids, teenagers, and adults. Programs include Equine Assisted Coaching or Equine Assisted Learning for groups, Leadership workshops, Adult Horsemanship Programs (groups), Kids/Youth Horsemanship Programs, Ladies/Girls Hands-On Horse Workshops. Competition teams, and structured sport training. In many instances you can also find Therapeutic Riding, and Riders with Disabilities Programs. In fact, some horse disciplines are Olympic sports.

Equestrian sports, as well as Equine Assisted Activities have been shown to improve self-control, increase risk-taking capacity, they encourage teamwork, and booster confidence and self-esteem. In addition, Individuals with physical disabilities will benefit primarily through the movements of the horse, which strengthen and support the natural motion of the spine and pelvis. Riding also builds and tones muscles; improves flexibility, balance, and coordination; and fosters greater freedom of movement. Those with cognitive or learning impairments can improve their attention span, communication and language skills, and concentration and memory. Acquiring social skills is also possible with the help of horses, and making lifetime barn friends is a definite plus!

I would like to focus today on the youth component of the equestrian programs, meaning those that focus mostly on the young horse people. A good youth equestrian program focuses on teaching this group different and creative ways to get involved in the horse world. It should aim to find each young individual’s talents and matching them with the right task and activity. Some youth participants will enjoy taking care of horses, others love being with people and horses, others have special needs, others have a true talent as riders and channel their passion into retraining abused or neglected horses, or into teaching new careers to ex racehorses that otherwise would have no purpose. Some tenacious young athletes will thrive in top-level competition circuits.

In many cases, an equestrian facility will be the first window into the horse world for so many kids and teenagers that otherwise would not have known that the horse world even exists. As parents, you should look for an organization with an inclusive platform that welcomes young horse loving people from all walks of life into the horse world. From young talented show jumpers, to youth at risk. A place that offers something for everyone as long as they have a love for horses! You should look for a facility that instills a feeling of belonging. A place where you will not only become an excellent horse rider, but that will teach you what it means to care for horses and for the welfare of others.





# The Benefits and Uses of Coconut Oil



By Kailee Capela

Recently, coconut oil has been all the rage. But what's all the hype about? Is coconut oil some kind of miracle superfood? A beauty phenomenon? Some people swear by it, and I happen to be one of those people. Here are some of the proven benefits and uses of coconut oil that you can try at home!

## Healthy Cooking

Replacing your usual oil or butter with coconut oil can benefit your diet. It could burn fat more effectively, and could increase your metabolism, making it a great option for those trying to reach or maintain a healthy weight. Because of its antibacterial and antiviral properties, coconut oil also eases digestion. This helps you combat any harmful bacteria or parasites that could cause indigestion or stomach viruses.



## Moisturizer

One of coconut oil's most common uses is as a moisturizer. It's safe for use on both your face and body, making it a versatile substitute for your daily moisturizer. Coconut oil can treat cases of extreme dryness and other skin conditions. Due to its extreme hydrating, antibacterial and anti-inflammatory properties, it has successfully reduced symptoms like eczema and psoriasis.



## Deep Conditioner

Coconut oil is a great, inexpensive way to deep-condition your hair and scalp, making your hair healthy, glossy and smooth. Simply place a few tablespoons of coconut oil in the microwave until it becomes a liquid, massage it into your hair, then leave it alone for at least an

hour or two. Because coconut oil adds moisture to dry hair while still being color-safe, using it as a deep conditioner is particularly effective for color-treated hair.



## Treat Dandruff

For the same reasons, coconut oil is also a viable solution for dandruff. It soothes dry and irritated scalps while killing any bacteria or fungi that might be causing the dandruff.

## Makeup Remover

If you have sensitive or dry skin, coconut oil is the perfect alternative to your drugstore makeup remover. It gently (yet effectively) removes all types of makeup—even waterproof mascara!

## Lip Hydration

Unless you want to walk around during the day with slick, glossy lips, this is more of an overnight option. Applying a layer of coconut oil to your lips before bed is a great way to keep them from cracking. This is incredibly helpful during the cold winter months, when your lips are more susceptible to becoming chapped.



## Soothe Your Puppy's Paws

Through walking on hot pavement, hiking and other daily activities, the skin on your puppy's paws can become cracked. Rubbing a little coconut oil on them before bed helps soothe and heal your furry friend's feet! Coconut oil has been proven safe for dogs, but (just to be sure) check with your vet first.

# 100 QUICK COUNTDOWN WORKOUT

By Ericka Jones

You don't have to go to the gym to get a great workout. This no-equipment, no-weights workout will have you sweating in no time!

- 100 jumping jacks
- 1 minute forearm plank
- 90 high knees
- 1 minute side plank (left)
- 80 lunges
- 1 minute side plank (right)
- 70 squats
- 1 minute bridge
- 60 mountain climbers
- 1 minute high plank
- 50 toe touches
- 1 minute superman
- 40 jackknife sit-ups
- 1 minute triceps plank
- 30 calf raises
- 1 minute side plank (left)
- 20 push-ups
- 1 minute side plank (right)
- 10 burpees
- 2 minute bridge



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## What Makes a Good New Year's Resolution?

By Megan Mahlik

**W**e've all done it. Said we would lose 10 lbs, gained 5 lbs. Bought a gym membership, went for one week. Quit something, found a way around it. Many just give up on New Year's Resolutions altogether because they seem to never work. However, if we look at our resolutions from another angle, we can understand more about why we choose our resolutions, and in turn, why we don't follow through with them. Learn how to make a good New Year's resolution that you will actually want to commit to this year.

### Don't lose sight of why you made the resolution

The definition of resolution according to the Merriam-Webster dictionary is "Something that is resolved." In and of itself, the word resolution means to find a solution. If we need a solution, that means we have a problem that needs to be fixed.

There are many different corners of our day-to-day life—finances, health, kids, even behavior. Once you are able to recognize where you have a prominent issue, you will better be able to create a resolution. Perhaps the problem is deep and recurrent, or maybe it's something new.

Maybe your eating habits are out of control and you are worried about serious health complications or those Friday night cocktails mean you are missing out on time with your kids. It's more complicated than wanting to eat healthier or drink less.

A solution can appear many different ways in our lives. If you procrastinate too long on folding the laundry try adding a slot in your busy calendar for the next three months out to do household chores. Maybe even use a pen. Don't let it be an option, just like buying groceries, going to work, or filling up the car with gas.

### Have someone else keep you accountable

Of course, we are driven by one another. Sometimes we need to think outside the box though. What if instead of a gym buddy we only see once a week, why don't we reach out to those closest to us during the day?

What if we asked our kids to help us stay accountable? One of children's natural gifts is to point out when we're doing something wrong, so it's only practical we utilize their abilities. Even have your spouse motivate you. Others will help you remember to do things or remind you if you don't.

If you don't want someone else around to nag you, there's probably an app for that. With so much technology at our finger tips, you are bound to find an app that helps keep you on track from calorie and step counters to color coded calendars.

Having reminders and others around will keep you focused and confident. When you run into hardships, share those experiences too. You will keep growing in your resolution journey as you find

out more about yourself and how you handle tough situations.

### Have the right intentions

Don't make a resolution because you do it every year, you feel weird not having one, you read an article telling you to, or you like the challenge. Make a resolution because you are sincerely ready to put a habit, a lifestyle, or an issue in the ground for good.

Be committed to wholly moving on and sincere with yourself and others. A sparkling brand-new year is a perfect time to begin striving for something better, but it's not the only time. Remember why you needed a solution in the first place and let that be your motivation.

Unfortunately, your resolution won't be successful unless you are ready for the work it will take to overcome the difficulties that will undoubtedly be in your way. Just be confident in yourself and your reason to create your resolution—stay strong and don't give up when the road gets rough.

Instead of worrying about all the different challenges in your life, focus on the solution, the process, and lastly, the reward. Don't let this be a once a year process. Always strive for the best in everything you do and you won't feel the pressure to "resolve" so many things on your checklist.

Does this mean you can't make a resolution? Of course not! Simply understand what is a problem in your life, why you want to change it, and how you can fully commit yourself to solving it.

Good luck this new year!



## New Year, New You: How to Live Well

By Chelsea Scott



**N**ew Year's resolutions are positive tools to lead us toward living a better and healthier life. Popular goals made this time of year include being healthier and losing weight, which is evident by the swell in January gym memberships. Others say making more money is high on their list for the new year. Interestingly, Americans' resolutions in recent years have trended more toward committing to a higher quality of life, with "living life to the fullest" being at the top of most lists (Money.com). If you're excited by this new resolution trend too, here are a few ways to "live well" this year.

### Imagine the Perfect Day

What does the perfect day look like to you? For many of us, it includes a mixture of productivity and free time. If you have an idea in mind of what makes you happy and what your ideal day looks like, it becomes more likely you will seek those things out more regularly.

### Make Connections

Living well has much to do with the people we surround ourselves with. Beyond spending time with friends and family, take a moment to seek out a neighbor or someone in your community. You can never have too many friends.

### Set Aside Quiet Time

Whether it's 20 minutes of yoga in the morning, a moment of meditation before you fall asleep at night or listening to relaxing music as you wind down, quiet time is important. Use this daily time to think about the day and what you are grateful for.

Love People (And Yourself!) as They Are

This is tough. It's human nature to want to change people. Our spouses and children, especially. The more we love and accept people for who they are now and stop waiting for them to change, the happier we will be. This is known as unconditional love, and it's incredibly empowering to give and receive it.

### Become A Minimalist

Or at least live more minimally. Getting rid of clutter can be extremely difficult, but it's a good place to start. Do one room a month so you don't get overwhelmed. Sort out things you haven't used or worn for six months and donate them. For those of us who are visual people, removing clutter can help make us feel more relaxed. Donate everything that is in good condition.

Sources consulted:

[www.time.com/money/4163867/top-new-years-resolution-2016/](http://www.time.com/money/4163867/top-new-years-resolution-2016/)  
[www.nosidebar.com/live-intentionally/](http://www.nosidebar.com/live-intentionally/)

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# At-home Pizza Night

By Chelsea Scott

Who doesn't love pizza? That pie with Italian heritage is beloved in America and all over the world. However, the next time you're in the mood for a slice, opt to stay home and make your own pizza(s). It's easy, affordable, fun and delicious.

## DOUGH

The foundation of any good pizza is the dough. You can make your own fairly easily with just yeast, sugar, water, oil, salt and flour. You'll need to allow time for it to rise, so take that into consideration. Not groovin' on making your own dough? Call up your favorite local pizza shop and see if they will sell you a ball or two of their dough. Many spots are happy to do this, and any pizza place worth its salt makes theirs fresh daily.

Of course, you can also opt for the refrigerated stuff in a tube or a pre-baked crust from the supermarket. Sometimes you can even find frozen pizza dough in stores. No judgment here! Pizzas can also be built on everything from French bread and pitas to bagels and naan bread.

## SAUCE

Many people forget how creative you can get with pizza sauce. Red sauce is great and easy to make from scratch, but what about alfredo, pesto, garlic oil, artichoke tapenade or BBQ sauce? These options are a fun way to switch it up and can be paired with less traditional toppings. The best part? All of these can be picked up in the store, too.

## CHEESE

One of the best parts about pizza has to be the cheese. Shredded mozzarella is classic, but make sure you buy a block and grate it yourself. Pre-shredded cheeses have anti-clumping agents and preservatives which tend to affect the melt. Because it has more water, fresh mozzarella is creamier and softer than the low-moisture kind that's meant for grating. Fun cheeses to add to pizza include cheddar, goat, ricotta and feta. And don't forget to grate some fresh parm over your pizza right when it comes out of the oven!

## TOPPINGS

Total creative control over the toppings is exactly why at-home pizza nights are so much fun. Cheese and pepperoni are standard, of course,

but don't be scared to try things you might not think go on pizza like salami, kale, artichoke hearts, sun-dried tomatoes, pine nuts, roasted butternut squash, clams, BBQ chicken, caramelized onions or pineapple (not all at once though, please). Scour your pantry and fridge for ideas.

## BAKING

You'll want to bake your pizza as directed on the packaging or in the recipe. To take your pizza to the next level, though, we suggest using a pizza stone for a crisper crust and placing the baked pizza under the broiler for a few minutes to get that cheese bubbly and brown.

## HERE ARE A FEW PIZZA TOPPING COMBINATIONS TO TRY:

- Tomatoes (whole, canned ones that you've crushed in your hands), fresh mozzarella, fresh basil and olive oil. This is called Pizza Margherita.
- Prosciutto and mozzarella are great on a garlic oil base. Top with fresh arugula and shaved parmesan right out of the oven.
- Kale, roasted butternut squash, bacon and gruyere cheese. Add a drizzle of balsamic glaze (homemade or store-bought) when it's done baking. Smokey and sweet.
- On a BBQ sauce base, pile cooked and cubed chicken, shredded cheddar cheese and red onion slices. Add pickled jalapeno coins if you dare.
- Slather your crust with ricotta cheese and top with shredded mozzarella, goat cheese and feta cheese. Top with red pepper flakes, and you have a simple white pizza.
- For a taco-inspired pizza, pile ground beef cooked with taco seasoning on top of enchilada sauce, then add shredded cheddar. Bake and top with shredded lettuce, diced tomatoes and sour cream.

When it comes to at-home pizza, you are only limited by the combinations you can dream up in your mind!



## SEEKING STARS FOR STORIES!

Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published? We're looking for neighborhood families or individuals with a story to share to grace the covers of the *Central Kendall Living* magazine.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours.

We'll talk with you, write the article and give you a free, professional photo session at your home so you can look your best in the magazine!

If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this magazine. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

To get started, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Or, simply e-mail your content coordinator at [phernandez@bestversionmedia.com](mailto:phernandez@bestversionmedia.com) with your contact information and ideas.

With your help, we can bring people together in Kendall and throughout Miami, stay connected and create an informative, family-friendly forum through your magazine.



## AFFILIATES FOR EVALUATION & THERAPY INC.

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# TAKE ADVANTAGE OF YOUR *Neighborhood Magazine!*

Central Kendall Living is all about bringing people together and fostering a closer-knit community! Check out the many ways that you can contribute to and take advantage of your monthly neighborhood magazine:

## RESIDENT FEATURES

Get to know your neighbors and community one resident at a time. We enjoy featuring residents from all walks of life. Make the magazine your own by submitting nominations of families or individuals who you would like to see highlighted – could be the newest or longest-living residents on the block, your friends next-door, the hobbyist, entrepreneur, etc. Help us honor those people who make this community a great place to live, work and raise a family. Or use this feature as a way to share your own story with neighbors. See page 4 for one example of a resident feature.

## SOCIAL SCENE

What's happening in the neighborhood? If you're part of a book club, social group or charity organization promoting fun or service in the community, share your experiences and photos, and invite others to join you!

## ASSOCIATION UPDATES

If your neighborhood has a homeowners association, we offer an open invitation to post information to your neighbors through this publication for free. Saving association money and putting it towards ways to improve your subdivision is important, so we create customized HOA sections, saving you time and money.

## YOUTH CLASSIFIEDS

Budding entrepreneurs can submit free classifieds advertising their services to the community. With parental permission, youth can grow their babysitting, lawn care, pet care and other small business services by submitting a free ad. See page 2 for how to begin.

## SCHOOL AND EXTRACURRICULAR ACTIVITIES

Showcase budding athletes, artists and actors among us by submitting photos and details on your kids' accomplishments, as well as information on school events and fundraisers your family is involved in.

## SHARE YOUR PHOTOS!

Do you have pictures from your latest vacation? Have you captured a nature scene or a touching moment that begs to be shared? Let us help preserve your memories!

## PET CORNER

Share your love for your precious pet by introducing him/her to the community! Whether your friend is of the feline, canine, amphibian, avian or other species, we recognize the uniqueness of your pet and are happy to share his/her quirks, habits, favorite activities and more.

## BULLETIN BOARD

Celebrate life's milestones and events! Post announcements such as engagements, weddings or anniversaries, hats off to graduates, military recognition, new baby announcements, retiree congrats, neighborhood garage sales and more.

If you have a submission or feature idea, simply email Paty Hernandez at [phernandez@bestversionmedia.com](mailto:phernandez@bestversionmedia.com) with your name and submission info. Please note the Content Submission Deadline found on page 3. We look forward to hearing your ideas.

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# Calendar OF EVENTS

## Ongoing Events

### EVERY SUNDAY Yoga Sessions with Lululemon

Time: 10am  
Cost: Free (eventbrite)  
Location: Dadeland Mall 7535 N Kendall Dr, in the Fashion Wing near Tesla, near the new lululemon store. Bring your own mat.

### EVERY SATURDAY Southwest Community Farmers' Market

Time: 9am-3pm  
Location: Tropical Park, Bird Road Entrance

### EVERY SUNDAY Palmetto Bay Farmers' Market

Time: 9am-3pm  
Location: Coral Reef Park

### MONDAY JANUARY 6 Mommy & Me Mondays at Dadeland Mall

Time: Visit eventbrite for updated schedule  
Cost: Free  
Enjoy active learning and creative play in the mall and at your favorite stores as well as exclusive offers, arts & crafts, musical entertainment, prizes and a whole lot more! Stay tuned for info on event locations and times each month. 1st 50 attendees will receive a special goodie bag. Visit Guest Services for more information. RSVP at <https://mommyandmemondays.eventbrite.com>

### FRIDAY, JANUARY 17 Tamiami International Orchid Festival

Time: 10 AM- 6PM  
Cost: \$10  
Location: Miami-Dade County Fair & Exposition, Inc. 10901 SW 24th St, Miami, FL  
The Tamiami International Orchid Festival is "the largest winter orchid event in the United States" according to the Boston Globe. Now in its seventeenth year, the Tamiami International Orchid Festival features seventy orchid growers and orchid related vendors from around the world. See beautiful orchid displays and buy amazing orchids unavailable anywhere else. Tickets- [www.ticketmaster.com](http://www.ticketmaster.com)

### SATURDAY, JANUARY 18 Diabetes: Beyond the Basics

Time: 9-12pm  
Cost: Free  
Location: Baptist Medical Arts Building West Tower, 8950 North Kendall Drive, Suite 105  
You will learn: Types of diabetes, current treatment options, blood glucose monitoring, medication actions, benefits of exercise, tips for effective meal planning  
For more information call 786-596-3812 or email [Programs@BaptistHealth.net](mailto:Programs@BaptistHealth.net).

### SATURDAY, JANUARY 18 Yoga At the Zoo

Time: 8-10am  
Cost: Ticket: \$45, Members: \$35, includes zoo entrance and water  
Location: Miami Zoo, 12400 SW 152nd St.

### SATURDAY, JANUARY 18 Redland Riot Road Rallye

Time: 10-5pm  
Cost: \$10 per car  
Location: Cauley Square, 22400 Old Dixie Hwy  
Tickets: [www.redlandriot.com](http://www.redlandriot.com)

### SUNDAY, JANUARY 19 Festivals of Speed

Time: 10am-4pm  
Cost: \$20  
Location: Museum Park, Downtown Miami, 1075 Biscayne Blvd  
For more information: [www.festivalspeed.com](http://www.festivalspeed.com)

### SUNDAY, JANUARY 19 WINTER FESTIVAL

Time: 10-5pm  
Cost: Free  
Location: Ichimura Miami Japanese Gardens, 1101 MacArthur Causeway, Miami, FL 33132  
For more information: <http://friendsofjapanesegarden.com/>

### THURSDAY, JANUARY 23 WILDLIFE: HEALING NATURE TO HEAL OURSELVES

Time: 6:00 PM- 7:30 PM  
Location: Miami Cancer Institute, 8900 North Kendall Drive Miami, FL 33176  
Join Ron Magill as we explore how protecting wildlife can lead to maintaining a good quality of life. All are welcome but reservations are required. Complimentary valet service is available until 8pm. Self-parking is available in the visitor garage.  
For more information and to RSVP, email [MCIEvents@baptisthealth.net](mailto:MCIEvents@baptisthealth.net) or call 786-527-7680.

### FRIDAY, JANUARY 24 Clase de diabetes en Español (Diabetes: Beyond the Basics in Spanish)

Horario: 9:00 AM-12:00 PM  
Costo: Entrada gratis  
Lugar: Baptist Medical Arts Building West Tower, Suite 105, 8950 North Kendall Drive  
Esta clase es para todos tipos de diabetes. Aprenda qué se puede comer y mucha otra información importante. Puede traer a sus

familiares. Para quién es esta clase? Personas recién diagnosticadas, Pre-diabetes, Diabeticos tipo 1 y Tipo 2, gestacional, estudiantes, cuidadores familiares. Para inscribirse presione el botón verde o envíe un correo a [Programs@BaptistHealth.net](mailto:Programs@BaptistHealth.net) or llamar al 786-596-3812.

### FRIDAY, JANUARY 31 Diabetes: Beyond the Basics

Time: 9-12pm  
Cost: Free  
Location: Baptist Medical Arts Building West Tower, 8950 North Kendall Drive, Suite 105  
You will learn: Types of diabetes, current treatment options, blood glucose monitoring, medication actions, benefits of exercise, tips for effective meal planning  
For more information call 786-596-3812 or email [Programs@BaptistHealth.net](mailto:Programs@BaptistHealth.net).

### MONDAY, FEBRUARY 3 Mommy & Me Mondays at Dadeland Mall

Time: Visit eventbrite for updated schedule  
Cost: Free  
Enjoy active learning and creative play in the mall and at your favorite stores as well as exclusive offers, arts & crafts, musical entertainment, prizes and a whole lot more! Stay tuned for info on event locations and times each month. 1st 50 attendees will receive a special goodie bag. Visit Guest Services for more information.  
RSVP at <https://mommyandmemondays.eventbrite.com>

### THURSDAY, FEBRUARY 13- MONDAY, FEBRUARY 17 Miami International Boat Show

Cost: Prices vary  
Time: 10-6pm  
Location: Miami Marine Stadium, 3501 Rickenbacker Causeway  
For more information: <http://www.miamiboatshow.com/>





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