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I'm here to help you navigate Medicare in **Miami-Dade County** 



#### Get the answers you need and the support you want

If you're new to Medicare or have some questions, I'm here to help you make sense of it all. Reach out to me for personalized support throughout the process, from learning about your Medicare Advantage (MA) plan options to enrolling in the right plan for you. I even offer house calls, bringing info and answers into the comfort of your home. Together, we can:

- Look through MA plans specific to your area
- Meet at your home, my office or over the phone
- Find out which providers are in-network for the plans you may be interested in It's more than healthcare—it's human care.

Call a licensed Humana sales agent



SANDRA MORENO 954-737-0234 (TTY: 711) Monday - Friday, 8 a.m. - 5 p.m. En español? Llame al 954-737-0234 (TTY: 711) SMORENO18@HUMANA.COM

### Humana.

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Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.. At **Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 877-320-1235 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877-320-1235 (TTY: 711). 繁體中文 (Chinese):注意:如果您使用 繁體中文,您可以免費獲得語言援助服務。請致電 877-320-1235 (聽障專線: 711)



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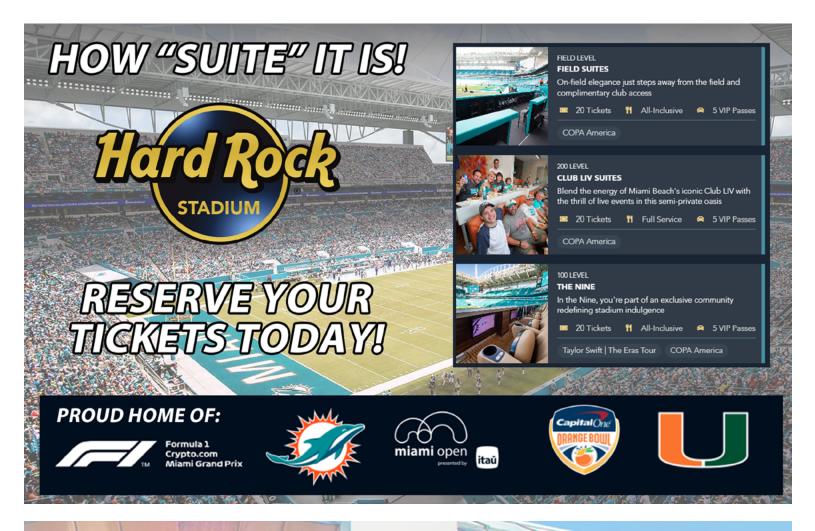
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#### Residential Services

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	Airport (Miami International)	305-876-7000
	2100 NW 42nd Ave, Miami	
	> Animals & Pets	305-468-5900
<b>W</b>	► Audit & Management	786-469-5900
	➤ Building & Development	305-375-5893
	➤ Business & Industry	305-375-5893
	➤ Community Action & Human Services	786-469-4600
°	Corrections & Rehabilitation	
	Courts & Records / Clerk of Courts & Comptroller	305-275-1155
•	Cultural Affairs	305-375-4634
- I	Elections & Voting	305-499-8683
	nergency	
	gency Management	
	ent & Resilience	
	305-375-5080	
	786-331-5000	
	305-375-5893	
	s786-469-4100	
	305-596-8200	
	305-375-4011	- de
	305-755-6200	C C
	305-375-2665	00
	305-375-5143	
Medical Examiner	305-345-2400	



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- VACATION SERVICES
- COMMERCIAL/RESIDENTIAL PROTECTION
- EXECUTIVE PROTECTION



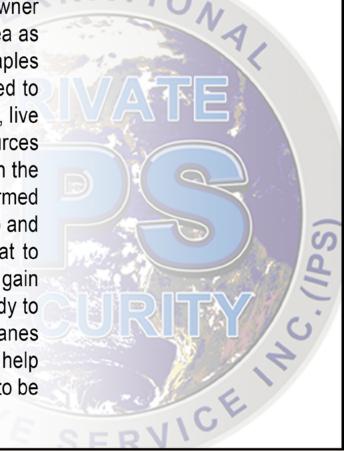








International Protective Service, Inc. (IPS) owner Aaron T. Jones fell in love with the Naples area as a young man. Years later, he became a Naples homeowner. Aaron and his team are committed to making the area a safer place to own property, live and work. IPS has committed valuable resources to protect homes in Naples, by monitoring both the land (with highly trained, experienced, armed officers as standing guards or 24-hour patrols) and its beautiful waterways with a high-speed boat to deter criminals from using those waterways to gain unwanted access to your property. IPS is ready to protect homes and businesses when hurricanes roar in and overwhelm law enforcement to help maintain security and order. You can trust IPS to be there in your time of need.



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▶ Public Saftey......305-372-6955

► Recreation & Culture......305-375-1072

▶ Regulatory & Economic Resources....305-375-2877

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► Transportation & Public Works......786-469-5675

▶ Water & Sewer......305-665-7477

▶ Veterans Services Program......305-756-2830

......786-469-4100



**E**vidence suggests that Native Americans settled in the Miami area around 12,000 years ago. The initial inhabitants established their communities along the shores of the Miami River, primarily on the northern side. At the time of the first encounters with Europeans, the Tequesta people occupied the region, wielding control over much of southeastern Florida, which encompasses what is now Miami-Dade County. The Tequesta engaged in fishing, hunting, and foraging for edible fruits and roots, but they did not practice agriculture. Notably, they are recognized for constructing the Miami Circle.

In the early 19th century, the first stable European settlers made their way to the area. Many of these individuals were drawn from the Bahamas to South Florida and

the Keys, in search of treasures from ships that had sunk along the perilous Great Florida Reef. Some settled by taking advantage of Spanish land grants along the Miami River. Concurrently, the Seminole Indians began to arrive, accompanied by a number of escaped slaves. The region experienced turmoil during the Second Seminole War, led by Major William S. Harney, who conducted various raids against the Native Americans. The majority of non-Indigenous inhabitants at this time were soldiers stationed at Fort Dallas. This war is noted as one of the most devastating conflicts involving Native Americans in U.S. history, resulting in a dramatic decline in Miami's population.

Following the conclusion of the Second Seminole War in 1842, William English revitalized a plantation originally founded by his uncle along the Miami River. He laid out what he named the "Village of Miami" on the southern bank and sold off several plots. By 1844, Miami had become the county seat, and a census conducted six years later recorded a population of ninety-six individuals in the area. The establishment of Dade County took place on January 18, 1836, under the United States' Territorial Act. This county was named in honor of Major Francis L. Dade, who was killed in 1835 during the Second Seminole War at what is now known as the Dade Battlefield. At its inception, Dade County covered land that now

includes Palm Beach and Broward counties, extending through the Florida Keys from Bahia Honda Key to the north, along with the territory of what is modern-day Miami-Dade County. Initially, the county seat was located at Indian Key in the Florida Keys, but it was relocated to Miami in 1844. Today, Miami-Dade County is situated in the southeastern region of Florida and had a population of 2,701,737 according to the most recent census.

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#### **Cutler Bay**

Situated in Miami-Dade County, Florida, Cutler Bay is an incorporated town that was founded in 2005 and reported a population of 45,425 according to the 2020 U.S. census. The town derives its name from Dr. William Cutler, a Massachusetts native who, around 1880, visited the area north of the present community and motivated others to inhabit what later became known as the pioneer settlement of Cutler. In the early 1900s, the Florida East Coast Railway expanded southward to Cutler, which is close to the current location of the Charles Deering Estate. At that time, Cutler functioned as a destination for newcomers to the undeveloped Homestead region to purchase their necessities.

#### Doral

Located in Miami-Dade County, Florida, Doral is classified as one of the 34 municipalities within the county. Since its incorporation, the city has functioned under a mayorcouncil-manager government system, with legislative and policymaking powers granted to a council made up of the mayor and four additional council members. In the late 1950s, real estate developers Alfred and Doris Kaskel acquired 2,400 acres of swampland situated between Northwest 36 Street and Northwest 74 Street, extending from Northwest 79 Avenue to Northwest 117 Avenue, with plans to construct a hotel and golf course. The name "Doral" is derived from a blend of Alfred and Doris's names. The Doral Hotel and Country Club, the first building in the area, guickly became a popular destination, where guests were ferried from the beach to enjoy a day of golfing. By the early 1980s, the city saw its first surge in residential development spearheaded by Bill, the grandson of Alfred and Doris, who designed Doral Estates. Between 1983 and 1985, Miami-Dade County enforced a building freeze to safeguard the local water wells. Following the lifting of this moratorium, Doral witnessed significant growth. According to the 2020 census, Doral's population stood at 75,874.

CITIES: **Aventura** - 40,242 Coral Gables - 49,248 **Doral** - 75.814 **Florida City** - 13,085 **Hialeah** - 223,109 Hialeah Gardens - 23,068 **Homestead** - **80,737** Miami - 442,241 (County Seat) **Miami Beach** - 82,890 Miami Gardens - 111,640 Miami Springs - 13,859 North Bay Village - 8,159 **North Miami** - 60,191 North Miami Beach - 43,676 **Opa-Locka** - 16,463 **South Miami** - 12,026 **Sunny Isles Beach** - 22,342 Sweetwater - 19,363 West Miami - 7,233

#### **TOWNS:**

**Bay Harbor Islands** - 5,922 **Cutler Bay - 45,425 Golden Beach** - 961 **Medley** - 1,056 Miami Lakes - 30,467 **Surfside** - 5.689

#### **VILLAGES:**

Bal Harbour - 3,093 **Biscavne Park** - 3,117 **El Portal** - 1,986 **Indian Creek** - 84 Key Biscayne - 14,809 Miami Shores - 11,567 Palmetto Bay - 24,439 **Pinecrest** - 18,388 **Virginia Gardens** - 2,364

\*Populations are approximate.









#### Hialeah

Hialeah, located in Miami-Dade County, Florida, had a population of 223,109 as recorded in the 2020 census. The name of the city is typically linked to Muskogee origins, where "Haiyakpo" means "prairie" and "hili" signifies "pretty," thus creating "Hialeah," meaning "pretty prairie." Alternatively, it is believed to derive from the Seminole language, where it translates to "Upland Prairie." Situated on a vast prairie between Biscayne Bay and the Everglades, Hialeah captured the interest of early aviator Glenn Curtiss and Missouri cattleman James H. Bright in 1921. Together, they established the town and the Hialeah Park Race Track. The town was officially named after the first plat was created in 1921. During the early years of the "Roaring '20s," Hialeah made notable contributions to entertainment through sports, including the Spanish game of jai alai and greyhound racing, as well as film, with silent movies like D.W. Griffith's The White Rose, produced at the Miami Movie Studios in Hialeah. However, many activities faced a downturn due to the hurricane that struck Miami in 1926. Since its incorporation in 1925, Hialeah has been linked to numerous historical events and figures. The launch of the horse racing track at Hialeah Park Race Track in 1925, affectionately known as the "Grand Dame," garnered more attention from Miami media than any prior sporting event in Dade County's history.

#### Homestead

In 1898, plans were set in motion by the Florida East Coast Railway (FEC) to extend its line from Miami to Key West, with a proposed station to be located 30 miles south of Miami. Henry Flagler, the founder of FEC, approved this plan and proposed naming the station "Ingraham," in honor of James E. Ingraham, who was serving as the vice president and land commissioner for the FEC at that time. However, Ingraham himself declined this name, suggesting instead "Homestead," despite the fact that there had been no homesteaders in the vicinity yet. At that time, homesteading was actively occurring to the north and northwest of the proposed location, an area now referred to as Redland. Prior to the construction of the Homestead station, a railway surveyor named John S. Fredricks designated a town site around the planned station on property owned by the FEC. Creating towns around railway stations in undeveloped regions was a common practice at the time. The original station in what would eventually be known as Homestead was inaugurated by the Florida East Coast Railway in July 1904. In October of the same year, a settler and entrepreneur, William D. Horne, came to the area to homestead and became the first individual to purchase a lot at the railway's new town site. Shortly after arriving, Horne erected the first privately owned structure in Homestead, which served as a store, a boarding house, and a post office. This building is still standing today, recognized as the historic Redland Hotel. Homestead was officially incorporated in 1913, making it the second oldest city in Miami-Dade County, following Miami. The name derives from the time when the extension of the Florida East Coast Railway to Key West was under construction. The rail line traversed an area that was being opened for homesteading, and since the construction camp at the line's terminus lacked a specific name, supplies and materials for the workers were labeled "Homestead Country," a term later shortened to "Homestead" by the engineers who surveyed the land. Located within Miami-Dade County in the U.S. state of Florida, Homestead lies between Biscayne National Park to the east and Everglades National Park to the west, with a population of 80,737, according to the 2020 census.



#### Miami ~ County Seat

The Miami area was inhabited by the Tequesta tribe for approximately 2,000 years prior to European contact. A settlement, consisting of hundreds of individuals and dating back to 500–600 BCE, was situated at the Miami River's mouth. It is thought that by the mid-1700s, the entire tribe had migrated to Cuba. In 1566, Admiral Pedro Menéndez de Avilés, the first governor of Florida, claimed the territory for Spain, which established a mission the following year. Florida remained under Spanish (and briefly British) control until it was ceded to the United States in 1821. In 1836, the U.S. constructed Fort Dallas along the Miami River as part of its territorial development and efforts to control and relocate the Seminoles, leading to the Miami region becoming a battleground during the Second Seminole War. Miami is recognized as the sole major city in the United States that was founded by a woman. Julia Tuttle, a wealthy citrus grower from Cleveland, was the land's original proprietor where the city now stands. In the late 19th century, the region was referred to as "Biscayne Bay Country," characterized in reports as a promising wilderness and described as "one of the finest building sites in Florida." The Great Freeze of 1894–1895 accelerated the expansion of Miami, as its crops were among the few in Florida to endure the cold. Julia Tuttle later persuaded railroad magnate Henry Flagler to extend his Florida East Coast Railway to the area, earning her the nickname "the mother of Miami." On July 28, 1896, Miami was officially incorporated as a city, with a modest population of just over 300. Known officially as the City of Miami, it is a coastal city located in Florida and serves as the seat of Miami-Dade County in South Florida, boasting a population of 442,241 according to the 2020 census.

#### **Miami Gardens**

Located in the north-central area of Miami-Dade County, Florida, Miami Gardens is a city that emerged after the construction of I-95 in the late 1960s. During this time, numerous middle- and upper-class African American and West Indian American families relocated from areas like Liberty City to what became known as Miami Gardens, also referred to as Carol City, Norland, or Norwood. This migration occurred as the Fair Housing Act abolished racebased covenants, allowing lower-income residents to settle in neighborhoods surrounding Liberty Square and Edison Courts, such as Liberty City and Little Haiti. Miami Gardens was officially incorporated on May 13, 2003, and its population reached 111,640 by 2020.

#### **Palmetto Bay**

Located in Miami-Dade County, Florida, Palmetto Bay is a suburban village that was incorporated in 2002. In August 1992, Hurricane Andrew wreaked havoc on Palmetto Bay and the adjacent South Miami-Dade area, leading to significant destruction of homes and businesses. The rebuilding process for the area began in the years that followed. While many parts of Miami suffered due to the hurricane, Palmetto Bay was particularly hard hit and continues to serve as a stark reminder of the extensive devastation caused. The village officially came into existence on September 10, 2002, encompassing the regions that were previously recognized as the census-designated places of Cutler, Rockdale, and East Perrine. According to the US census conducted in 2020, the population stood at 24,439.





#### **MARCO ISLAND CENTER FOR THE ARTS** 1010 Winterberry Drive, Marco Island

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#### Area Attractions

**Bass Museum of Art** 

2100 Collins Ave • Miami Beach

305-673-7530

**Briar Bay Golf Course** 

9399 SW 134th St • Miami • 305-235-6754

Calder Race Course / Casino

21001 NW 27th Ave • Miami Gardens

305-625-1311

**Country Club of Miami** 

6801 NW 186th St • Miami



**Loan Depot Park** 501 Marlins Way • Miami • 305-480-1300 **North Point Community Center** 7351 NW 186th St • Hialeah

305-755-5454

More Attractions Coming Soon!

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#### **Continental Cuisine**



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**Jewish Museum of Florida** 

## **COMMON HEALTH:** Putting Seniors First with Proactive Care & Dedicated Support

In a field where primary care providers often offer a wide range of services, *Common Health* stands out by concentrating on senior care and providing a more personalized approach. With seven locations across Broward County, *Common Health* is committed to ensuring the holistic well-being of their senior patients. Raul, the Sales and Marketing Director and Patient Advocate, shares the company's unique philosophy and dedication to providing high-quality healthcare services with a personal touch.

#### A Personal Connection:

Raul's strong connection to seniors fostered through his close relationship with his grandparents, led him to choose a career path dedicated to their well-being. Having experienced firsthand the challenges faced by the elderly, Raul made it his mission to provide seniors with the resources, healthcare options, and support that he wished he had available during his formative years.

#### **Proactive Care and Listening:**

What sets Common Health apart, is their emphasis in taking a hands-on, proactive approach to senior care. Instead of offering additional, non-essential services like nail and hair salons, Common Health focuses on what truly matters to seniors: their health and well-being. By scheduling more frequent visits and actively listening to their health concers, Common Health ensures that seniors receive comprehenesive care that extends beyond conventional medical treatments.

#### Guidance for a Better Quality of Life:

Recognizing the importance of a healthy lifestyle, *Common Health* goes beyond just treating medical conditions. They provide guidance to seniors, promoting a better quality of life through personalized care plans and resources. Medicare 101 classes empower seniors to make informed decisions about their healthcare, while also offering assistance with Medicare Advantage insurance plans. Seniors can rely on *Common Health* to help navigate and maximize their healthcare benefits.

#### Compassionate Assistance & Resources:

Common Health understands that healthcare needs often extend beyond medical appointments. Raul and his team actively seek out and provide resources to address a range of senior needs, such as food insecurities, access to medical equipment, housing, transportation, and more. Seniors can trust that they are not alone on their healthcare journey, with Raul making himself available to them even outside typical office hours.

#### Adapting to the Modern World:

In the midst of advancing technology, *Common Health* goes the extra mile to ensure accessibility for their senior patiens. Beyond in-person visits, they offer telehealth services, allowing patients to consult with their providers remotely. Additionally, for emergenies or when transportation is a barrier, *Common Health* provides transportation services to ensure their seniors can attend appointments or receive immediate care.

With their unwavering commitment to seniors, proactive care approach, and comprehensive support, *Common Health* exemplifies a value-based primary care provider. Raul and his team at *Common Health* prioritize the well-being and quality of life of their senior patients, bringing a personal touch to every step of their healthcare journey. Whether it's providing resources, guidance, or compassionate assistance, *Common Health* is redefining what it means to truly care for seniors in Broward County.





commonhealthcare.com • 954-529-8647 • raul@commonhealthcare.com

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#### **COUNTY PARKS**

**A.D (Doug) Barnes Park** - 3401 SW 72nd Ave, Miami - 305-666-5883

**Acadia Park** - 5351 NW 195th Dr, Mlami - 305-621-2461

**Alanzo Kelly Park** - 1459 NW 67th St. Miami - 305-836-5095

Amelia Earhart Park - 401 E 65th St, Hialeah - 305-685-8389

**Arch Creek Park** - 1855 NE 135th St, Miami Beach - 305-944-6111

**Arcola Lakes Park** - 1301 NW 83rd St, Mlami - 305-836-5095

**Arthur Woodland Park** - 1220 NW 99th St, Miami - 305-635-2081

**Arvida Park** - 12830 SW 108th St, Miami - 305-270-4951

**Banyan Drive Park** - SW 56th St & Banyan Dr, Coral Gables - 305-274-9666

**Banyan Park** - 30th St & 87th Ave, Miami - 305-223-8769

**Ben Shavis Legacy Park** - 10370 SW 178th St, Miami - 305-235-2053

**Bent Tree Park** - 13850 SW 47th St, Miami - 305-207-1644 **Bill Sadowski Park** - 17555 SW 79th Ave, Palmetto Bay -305-255-4767

**Bill Lakes Park** - 14365 SW 48th Ln, Miami - 305-207-1644

**Biscado Park** - 29150 SW 193rd Ave, Miami - 305-247-9453

**Biscayne Garden Park** - 15951 NW 2nd Ave, Mlami - 305-932-2164

Biscayne Shores & Gardens Park
- 1400 NE 116th St, Miami 305-895-0220

**Bonanza Ranch Estates Park** - 23900 SW 212th Ave, Miami - 305-258-4092

**Briar Bay Park** - 9000 SW 128th St, Miami - 305-271-3853

**Brothers to the Rescue Memorial Park** - 2420 SW 72nd Ave, Miami - 305-666-5883

**Calusa Club Estates Park** - 13464 SW 96th St, Miami - 305-386-0227

**Caribbean Park** - 11900 SW 200th St, Miami - 305-234-1660

**Chapman Field Park** - 13601 Deering Bay, Coral Gables - 305-665-3837

**Charles Burr Park** - 20150 SW 127th Ave, Miami - 305-254-5856

**Cherry Grove Park** - 9101 SW 97th Ave, Miami - 305-271-3853

**Chi Hotachee Park at Honey Hill** 

- 1886 NW 199th Ave, Miami Gardens - 305-622-2594

**Chuck Pezoldt Park** - 16555 SW 157th Ave, Miami - 305-380-6917

**Cinco de Mayo Park** - 19350 SW 384th St, Florida City - 305-247-9453

**Claire Rosichan Park** - 2450 NW 57th St, Miami - 305-633-2044

**Colonial Drive Park** - 10750 SW 156th Ter, Miami - 305-233-3045

**Concord Park** - 3301 SW 114th Ave, Miami - 305-222-2194

**Continental Park** - 10000 SW 82nd St, Miami - 305-274-9666

**Coral estates Park** - 1405 SW 97th St, Miami - 305-222-2194

Coral Gables Wayside Park - 5710 SW 35th St, Miami - 305-382-6407

**Coral Villas Park** - 6398 SW 35th St, Miami - 305-382-6407

**Country Lake Park** - 19505 NW 87th Ave, Miami - 305-823-2414

**Country Village Park** - 6550 NW 188th St, Miami - 305-622-2594

**Crandon Park** - 6747 Crandon Blvd, Key Biscayne - 305-365-2320

**Debbie Curtin Park** - 22821 SW 112th Ave, Miami - 305-248-1527

**Deerwood Bonita Lakes Park** - 14445 SW 122nd Ave, Miami - 305-234-1660

**Devon Aire Park** - 10411 SW 122nd Ave, Miami - 305-270-4951

**Domino Park** - 10202 SW 172nd St, Miami - 305-235-2053

**Drew Park** - NW 60th St & NW 17th Ave, Miami - 305-633-4066

**Eden Lakes Park** - 4751 SW 162nd Ave, Miami - 305-207-1644

**Eureka Park** - 18320 SW 119th Ave, Miami - 305-254-5856

**Eureka Villas Park** - 14301 SW 180th St, Miami - 305-254-5856

**Ferguson Park** - 10251 SW 146th St, Miami - 305-235-4503

Forest Lakes Park - 16351 SW 99th St, Miami - 305-386-0227

Fransisco Human Rights Park -9445 SW 24th St, Miami -305-226-5782

Fruit & Spice Park - 24801 SW 187th St, Homestead - 305-247-5727

**General Serifin Sanchez Park** - 4225 SW 92nd Ave, Miami - 305-274-9666

**Gladview Park** - 6815 NW 31st Ave, Miami - 305-635-2081

**Glenwood Park** - 3155 NW 43rd St, Miami - 305-635-2081

**Gratigny Plateau Park** - 885 NW 117th St, Miami - 305-694-5121

Greynolds Park - 17530 NW Dixie Hwy, North Miami - 305-945-3425

**Gwen Cherry Park** - 7090 NW 22nd Ave, Miami - 305-694-4889

Hammocks Community Park -9885 Hammocks Blvd, Miami -305-380-6917

**Hauber Park** - 10800 Collins Ave, Miami Beach - 305-947-3525

**Highland Oaks Park** - 20300 NE 24th Ave, Miami - 305-932-2164

Homestead Air Reserve Park - 27401 SW 127th Ave, Homestead - 305-257-0310

Homestead Bayfront Park - 9698 SW 328th St, Homestead -305-230-3033

International Gardens Park -12321 SW 18th Ter, Miami - 305-207-2420

**Jefferson Reaves Sr Park** - 3090 NW 50th St, Miami

**JL (Joe) & Enid W. Demps Park** - 11350 SW 216th Ave, Miami - 305-255-2399

**Kendall Lakes Park** - 78505 SW 142nd Ave, Miami - 305-385-4750

**Kendale Park** - 9251 Kendall Blvd, Miami - 305-388-4771

## PARK PRESERVES & WILDLIFE MANAGE-MENT

Castello Hammock Preserve & Nature Center

22301 SW 162nd Ave, Miami -305-242-7688

Nixon Smiley Pineland Preserve 13200 SW 124th St, Miami -305-257-0933

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#### **AVENTURA**

**Dicks Sporting Goods #1404** 

18499 Biscayne Blvd. • Aventura • (305) 790-2731

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17641 Biscayne Blvd. • Aventura • (305) 356-2500

**CUTLER BAY** 

West Marine #114

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**FLORIDA CITY** 

WalMart #2727

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**GOULDS** 

WalMart #5912

21151 S Dixie Hwy. • Goulds • (305) 964-4206

**HIALEAH** 

A & I Marine Corp

18646 NW 67th Ave. • Hialeah • (305) 953-1888

**WalMart #1590** 

5851 NW 177th St. • Hialeah • (305) 558-6069

**HIALEAH GARDENS** 

**WalMart #2814** 

9300 NW 77 Ave. • Hialeah Gardens (305) 819-0672

**HOMESTEAD** 

WalMart #5671

13600 SW 288th St. • Homestead (305) 910-8928

**KENDALL** 

WalMart #1680

15885 SW 88th St. • Kendall

(305) 383-3611

**MIAMI** 

**Bass Pro Shops Outdoor World** 

11551 NW 12th St. • Miami • (305) 341-4285

**Dicks Sporting Goods #1074** 

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Miami • (305) 595-9410

**Dicks Sporting Goods #1364** 

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21100 S Dixie Hwy. • Miami •

(786) 201-0453

WalMart #2091

8651 NW 13th Terr. • Miami • (305) 470-4510

WalMart #4161

9191 W Flagler St. • Miami • (786) 801-5704

WalMart #4303

3200 NW 79th St. • Miami • (305) 913-8439

**WalMart** #6397

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(305) 964-3765

West Marine #31

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West Marine #131

8687 Coral Wy. • Miami • (305) 263-7465

MIAMI GARDENS

WalMart #3311

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**WalMart** #3397

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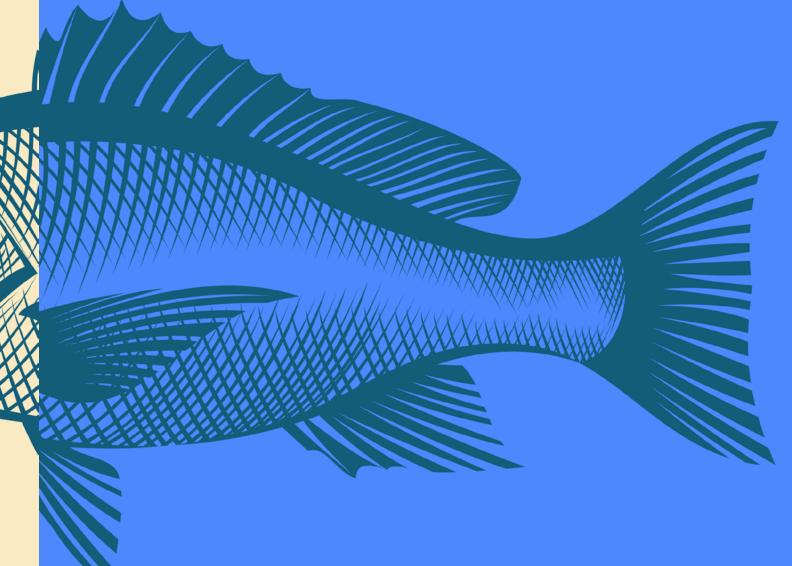
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#### MOROS Y CRISTIANOS/ARROZ CONGRI



#### **INGREDIENTS**

**6 ounces** dry black beans scups water divided slices thick-cut bacon (save the bacon fat!)

/2 cup diced green pepper

small onion diced

cloves garlic minced

cup uncooked long-grain rice

1/2 cups cooking liquid from softening the beans

/2 teaspoon ground cumin on dried oregano

1 bay leaf



#### INSTRUCTIONS

n a large pot, add 6 ounces of dry black beans with 3 cups of water (save the remaining 5 cups for tomorrow). Cover and soak overnight. The next day, drain the beans and then add 5 new cups of water to the pot. Bring to a boil and cook them for 60 minutes, stirring

**3e** careful not to let the beans dry out completely. You can add 1 cup of water if they are absorbing the water too quickly. Keep an eye on them. You can remove a few beans from the pot and squish them with the back of a spoon to make sure they have softened.

After softening the beans for 60 minutes, transfer them to a bowl with 1 1/2 cups of its cooking liquid. Set aside.

a Dutch oven, add bacon slices and fry until fully cooked and crispy. Do not discard the bacon fat. Transfer the bacon slices to a paper towel-lined plate to drain. Roughly chop them. Set aside.

n the same Dutch oven with the bacon fat, add green peppers and onions. Sauté for about 2-3 minutes. Add garlic and cook for 30 seconds.

Add rice, softened black beans with 1 1/2 cups of the cooking liquid from softening the beans, ground cumin, dried oregano, bay leaf, salt, and pepper. Cover, reduce heat to simmer, and cook for 30 minutes. DO NOT OPEN THE LID. The steam is what cooks the rice.

After 30 minutes, remove the lid and give it a big stir so it doesn't stick to the bottom of the pot. Cook for another 5-10 minutes until the rice is fluffy and cooked.

Remove from heat but keep the lid on for another 5-10 minutes. Fluff with a fork then stir in the chopped bacon



Simple meal with a Gournet Feel

#### **INGREDIENTS**

1.5 lbs yuca frozen

cup olive oil

4 garlic cloves

1 lime juiced

cilantro

2 teaspoons sazon

salt to taste

Remove the coarse, fibrous sections from the yuca, which are recognizable by their resemblance to thick twine. This can be done either prior to boiling or once the yuca is thoroughly cooked. Personally, I prefer to tackle this task after cooking, as it seems

Take care when drizzling hot olive oil over the yuca, as it has a tendency to splatter.

#### **INSTRUCTIONS**

In a small bowl, combine the raw garlic and sazon until well combined. Place the frozen yuca (without thawing) into a pot and submerge it in cold water. Boil for 25 minutes, then drain the water. Refill the pot with water, add salt, and continue cooking for an additional 15 minutes or until fork tender.

**Drain** the yuca and place it on a serving dish and top it off with the raw garlic mixture and lime juice. Add the olive oil to a small skillet and cook it over high heat for 1-2 minutes or until it gets hot. Pour the hot oil over the yuca and allow it to rest for 1-2 minutes before serving. Garnish it with fresh cilantro and onions, if desired, and enjoy!

PREP: 5 MIN . TOTAL: 45 MIN

## Tours of the same of the same

#### BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

#### BARBECUE DON'TS:

- use lighter fluid to start your grill.
   Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.\(\)
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



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#### **Unveiling the Past: A Journey Through Miami-Dade County's Rich History**

Miami-Dade County, a vibrant tapestry of cultures, landscapes, and stories, is more than just a sun-soaked haven for tourists; it is a region steeped in history waiting to be explored. From the indigenous tribes who first inhabited the lush wetlands to the colorful neighborhoods that reflect a blend of Latin, Caribbean, and American influences, every corner of this dynamic area tells a tale of resilience, innovation, and transformation. We'll embark on a captivating journey through Miami-Dade's rich history, uncovering the significant events and people who shaped its development. Prepare to dive into the past as we explore historic landmarks, cultural milestones, and the diverse narratives that make Miami-Dade County a unique and fascinating destination. Whether you're a local history buff or an intrigued visitor, this guide promises to illuminate the remarkable heritage that lies beneath the surface of this bustling metropolis.

#### **Introduction: The Importance of Miami-Dade County's History**

Miami-Dade County is more than just a vibrant hub of sunshine, sandy beaches, and cultural diversity; it is a tapestry woven from centuries of history, resilience, and transformation. Understanding the history of this dynamic region is essential not only for appreciating its current landscape but also for recognizing the influences that shaped its development. From the early indigenous peoples who inhabited the land to the waves of immigrants who arrived seeking new opportunities, Miami-Dade's narrative is rich and multifaceted. The county's history is a reflection of broader social and economic trends that have swept through Florida and the United States as a whole. The establishment of the railroad in the late 19th century turned Miami from a sleepy outpost into a bustling city, catalyzing growth that would lay the groundwork for the diverse metropolis we see today. Events such as the land boom of the 1920s, the impact of World War II, and the civil rights movements have all played significant roles in shaping the identity of the region. Moreover, Miami-Dade County is a microcosm of cultural convergence, where an array of traditions, languages, and customs coexist. The historical influences from the Caribbean, Latin America, and beyond have created a unique cultural landscape that is celebrated through art, music, and cuisine. By exploring the rich history of Miami-Dade County, we not only honor the past but also gain valuable insights into the social fabric that continues to evolve today. As we embark on this journey through time, we will uncover the pivotal moments, influential figures, and enduring legacies that have defined Miami-Dade County. Join us as we delve into the stories that have shaped this remarkable region, revealing how the echoes of the past continue to resonate in the vibrant community that thrives here today.

#### The Indigenous Peoples: A Foundation of Culture

Before Miami-Dade County became the bustling urban landscape we know today, it was a vibrant tapestry of indigenous cultures that laid the foundation for the region's rich history. For thousands of years, various tribes, including the Tequesta, Calusa, and Seminole, inhabited these lands, each contributing unique traditions, languages, and ways of life. The Tequesta tribe, one of the earliest inhabitants, thrived along the southeastern coast of Florida. They were skilled fishers and hunters, relying heavily on the bountiful waters of Biscayne Bay for sustenance. Their settlements were characterized by intricate shell mounds and ceremonial sites, which still speak to their connection to the land and its resources. The Tequesta were known for their impressive canoes, made from the abundant local trees, which allowed them to navigate the waterways and foster trade with neighboring tribes. Further inland, the Calusa tribe established a powerful kingdom, utilizing their knowledge of the environment to manipulate the landscape. They constructed elaborate canal systems and utilized shellfish as a primary food source, demonstrating a deep understanding of sustainable living. The Calusa's influence extended beyond their immediate territory, as they engaged in trade with tribes across Florida and beyond, creating a network that enriched their cultural practices. As European explorers began to arrive in the 16th century, the lives of these indigenous peoples changed irrevocably. The introduction of new diseases, coupled with the encroachment of settlers, led to significant declines in their populations and cultural practices. Yet, the legacy of the indigenous peoples endures in Miami-Dade County's cultural landscape. From place names that echo their languages to modern-day efforts to preserve and celebrate their history, the contributions of the Tequesta, Calusa, and Seminole tribes remain an integral part of the region's identity. Today, as we explore Miami-Dade County's historical sites and museums, we have the opportun

#### The Arrival of Spanish Explorers: Early Encounters

The arrival of Spanish explorers in the early 16th century marked a significant turning point in the history of Miami-Dade County, setting the stage for centuries of cultural transformation and conflict. In 1513, famed explorer Juan Ponce de León set foot on the shores of what is now Florida, driven by the allure of wealth and the promise of new lands. His journey, motivated by tales of the Fountain of Youth, began the first European contact with the region's indigenous communities, including the Tequesta tribe, who had inhabited the area for thousands of years. As Spanish explorers ventured further into the territory, they encountered a landscape teeming with natural beauty-lush mangroves, vibrant coastal ecosystems, and the expansive waters of Biscayne Bay. These early encounters were often marked by curiosity and misunderstanding. The Spanish, equipped with advanced weaponry and unfamiliar customs, viewed the indigenous people through a lens of both admiration and dominance. The Tequesta, on the other hand, were faced with the daunting challenge of navigating a world that was rapidly changing due to the encroachment of European settlers. In the wake of these initial interactions, the impact of Spanish exploration rippled through the region. Missionaries sought to convert the local tribes to Christianity, while explorers mapped the territory, claiming it for the Spanish crown. This period set in motion complex dynamics of trade, conflict, and cultural exchange that would shape the region for generations to come. The legacies of these early encounters are still felt today, as Miami-Dade County embraces its vibrant multicultural heritage, woven together from the threads of its indigenous past and the influences of European exploration. As we delve deeper into the historical tapestry of Miami-Dade, the arrival of Spanish explorers serves as a poignant reminder of the intersection of cultures and the profound transformations that would follow, laying the groundwork for a rich, diverse community that thrives to th

#### The Birth of Miami: From Swamp to City

The Birth of Miami: From Swamp to City Miami's transformation from a swampy wilderness to a vibrant city is a tale steeped in ambition, determination, and a touch of serendipity. In the early 19th century, this region was largely uncharted, a mosaic of lush wetlands that teemed with wildlife, dotted by indigenous settlements. However, the visionaries who would shape Miami's destiny saw potential where others saw marshland. The pivotal moment came in 1896 when the Florida East Coast Railway reached the area, thanks to the tireless efforts of Henry Flagler, a railroad magnate whose dreams were as expansive as the ocean that bordered the nascent city. With the arrival of the railway, the once-isolated region became accessible, inviting settlers, investors, and dreamers eager to stake their claim in this burgeoning landscape. The land began to transform, as developers cleared the swamps and constructed streets, homes, and businesses, laying the foundation for what would become a thriving urban center. By 1896, the city of Miami was officially incorporated, boasting a population of just over 300 residents. The early years were marked by both challenges and triumphs. The harsh subtropical climate and the ever-looming threat of hurricanes tested the resolve of its inhabitants. Yet, through grit and innovation, the community established itself, growing steadily as it attracted newcomers drawn by the promise of opportunity and the allure of a tropical paradise. As the 20th century approached, Miami began to flourish, evolving from its humble beginnings into a bustling metropolis. The expansion of industry, coupled with the rise of tourism, propelled the city into an economic boom. The construction of iconic landmarks, such as the Miami Beach Boardwalk and the Art Deco District, further solidified its reputation as a destination for sun-seekers and culture enthusiasts alike. Today, as we stroll through the vibrant streets of Miami, it's impossible to overlook the layers of history that have shaped its unique identity. Fr

#### The Florida Land Boom: Economic Growth in the 1920s

The Florida Land Boom of the 1920s stands as a pivotal chapter in Miami-Dade County's history, marked by an exhilarating surge in economic activity that transformed the landscape and the lives of its residents. Fueled by an influx of optimistic investors and eager settlers drawn to the promise of sun-soaked paradise, this era witnessed a frenzied demand for real estate that reshaped the region. As the railroads expanded, connecting Miami to the rest of the nation, the once-sleepy coastal town began to bloom. Advertisements painted vibrant pictures of a tropical utopia, enticing individuals from bustling cities like New York and Chicago to purchase parcels of land sight unseen. The allure of palm-lined streets, oceanfront properties, and a booming lifestyle sparked an unprecedented real estate frenzy, with prices skyrocketing almost overnight. Developers rushed to construct hotels, homes, and commercial buildings, giving rise to iconic structures that still stand today as testaments to that golden age. The skyline of Miami transformed dramatically, with new neighborhoods springing up almost overnight, reflecting the diverse influences of the people flocking to the area. However, the boom was not without its pitfalls. Speculation ran rampant, and many who invested blindly found themselves in precarious financial situations when the inevitable bubble burst. By the late 1920s, the economic landscape shifted as the market collapsed, leaving behind a mix of unfinished projects and a cautionary tale of unchecked ambition. Despite this downturn, the legacy of the Florida Land Boom remained a vital part of Miami-Dade County's identity. It laid the groundwork for future growth, attracting industries and cultures that would shape the region into the vibrant, multicultural hub it is today. As we delve deeper into this fascinating period, we uncover not only the triumphs and tribulations of the time but also the enduring spirit of innovation and resilience that continues to define Miami-Dade County.

#### The Impact of the Great Depression: Challenges and Resilience

The Great Depression, which began with the stock market crash of 1929, cast a long shadow over the United States, and Miami-Dade County was no exception. As the economic crisis unfolded, the region faced significant challenges that reshaped its social and economic landscape. Unemployment soared, businesses shuttered, and families struggled to make ends meet. The once-thriving tourism industry, a lifeblood for Miami, dried up as potential visitors grappled with financial uncertainty. Yet, amidst the despair, the spirit of resilience emerged. Local leaders and community organizations rallied to support those in need, establishing relief programs and soup kitchens that provided essential aid to the most vulnerable. The federal government also stepped in, introducing initiatives like the Civilian Conservation Corps (CCC) and the Works Progress Administration (WPA), which not only employed thousands of residents but also contributed to the development of vital infrastructure throughout the county. Parks, roads, and public buildings were constructed during this era, laying the groundwork for Miami-Dade's future growth and development. The construction of the iconic Miami Beach boardwalk and the restoration of historical sites became symbols of hope and renewal. As the decade progressed and the nation began to recover, Miami-Dade County's resilience shone through, transforming the hardships of the Great Depression into a foundation for future prosperity. The experiences of this period fostered a sense of community and solidarity among residents, reinforcing the idea that together, they could weather any storm. Today, as we explore Miami-Dade's rich history, we recognize that the trials faced during the Great Depression were not just obstacles, but catalysts for growth that shaped the vibrant and diverse community we know today.

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#### The Role of Miami-Dade During World War II

During World War II, Miami-Dade County emerged as a pivotal location in the United States' wartime efforts, transforming its coastal landscape into a hub of military activity and innovation. As the nation mobilized for war, the region's strategic position in South Florida made it an ideal staging ground for military operations and training. With its proximity to the Caribbean, Miami-Dade became a vital point for both protective measures and offensive strategies aimed at safeguarding the Gulf of Mexico and the eastern seaboard. The Miami area hosted several military installations, including the Miami Army Air Field and the Naval Air Station, which played crucial roles in training pilots and naval personnel. These installations were buzzing with activity as thousands of servicemen and women poured into the region, fostering a sense of camaraderie and purpose in the community. Local businesses adapted quickly, providing goods and services to support the influx of military personnel, which led to a boost in the economy and a vibrant wartime culture that permeated the area. Moreover, Miami-Dade also served as a significant center for intelligence operations. With its diverse population and cultural connections to Latin America, the region became a focal point for espionage and counter-espionage activities. The unique demographics allowed for a network of spies and informants who played a critical role in gathering intelligence on Axis powers, further solidifying Miami-Dade's importance during the conflict. As the war progressed, the community rallied behind the war effort, with residents participating in victory gardens, scrap drives, and bond rallies, fostering a strong sense of unity and patriotism. The end of World War II marked a transformation for Miami-Dade, as returning veterans brought new ideas and aspirations that would shape the region's development in the subsequent decades. Today, the legacy of Miami-Dade's contributions during World War II is celebrated, serving as a reminder of the resilience and dete

#### **Cultural Melting Pot: Immigration and Diversity**

Miami-Dade County stands as a vibrant testament to the power of immigration and diversity, embodying a cultural melting pot that has shaped its identity over the centuries. This dynamic region has been a crossroads for countless communities from across the globe, each contributing unique customs, traditions, and flavors to the local tapestry. As you walk through neighborhoods like Little Havana, you can almost hear the rhythms of salsa music and the rich scent of Cuban coffee wafting through the air. This area tells the story of Cuban exiles who arrived in the 1960s, seeking refuge and a new beginning, and how they transformed the landscape into a cultural hub filled with restaurants, art galleries, and lively festivals. The vibrant murals that adorn the streets serve as a colorful reminder of their history and heritage, inviting visitors to celebrate in their joy and resilience. Just a short drive away, you'll find Little Haiti, a neighborhood that pulsates with the spirit of the Caribbean. Here, the influence of Haitian culture is palpable, with its art, music, and cuisine offering a taste of the island's rich traditions. The annual Haitian Flag Day celebration attracts thousands, showcasing the pride of a community that has woven its narrative into the broader fabric of Miami-Dade. The county's diversity extends beyond these well-known neighborhoods. From the bustling streets of Overtown, a historic African American community, to the vibrant influences of Venezuelan and Colombian populations in Doral, Miami-Dade County is a living mosaic. Each ethnic enclave adds layers to the county's history, creating a unique cultural dialogue that is reflected in its festivals, cuisine, and everyday life. In this context, the role of immigration becomes even more significant. Waves of newcomers have not only shaped the cultural landscape but have also driven economic growth and innovation. Miami-Dade County's economy thrives on the contributions of diverse communities, with businesses flourishing as they introduce new id

#### The Civil Rights Movement: Struggles and Triumphs

The Civil Rights Movement in Miami-Dade County is a compelling chapter in the region's history, marked by both struggles and triumphs that resonate deeply within the community today. As the 1960s unfolded, the fight for equality was not just a distant echo from the South; it was a passionate and determined campaign that took root in the vibrant streets of Miami, fueled by a diverse population seeking justice and recognition. In the heart of the city, local activists rallied to challenge systemic racism and segregation, organizing protests that would become synonymous with the era's broader fight for civil rights. Community leaders like the renowned Reverend Theodore Gibson and many others worked tirelessly to dismantle the barriers that confined African Americans to second-class status. Their efforts culminated in significant milestones, such as the successful desegregation of public facilities and schools, which highlighted the resilience and determination of those who dared to dream of a more equitable society. The struggles of this period were not without their challenges. Demonstrations often faced fierce opposition, and the road to progress was fraught with tension and conflict. Yet, amidst the adversity, moments of triumph shone through, such as the establishment of the Miami-Dade chapter of the NAACP and the formation of the Miami Freedom National Committee. These organizations played pivotal roles in advocating for civil rights legislation and mobilizing grassroots support, laying the groundwork for future generations to continue the fight. Today, the legacy of the Civil Rights Movement in Miami-Dade serves as a powerful reminder of the community's commitment to justice and equality. Historical sites and monuments throughout the area stand as testaments to the courage of those who fought for change. Museums and educational programs dedicated to this era ensure that the stories of struggle and triumph are preserved for future generations, inspiring ongoing activism and engagement. As we unveil the past,

#### The Evolution of Miami's Architecture and Urban Planning

Miami-Dade County's architectural landscape is a vivid tapestry woven from diverse cultural influences, historical events, and innovative urban planning practices. From its early days as a small settlement in the late 19th century to the bustling metropolis it is today, Miami's architecture tells a compelling story of evolution and transformation. The journey begins with the Mediterranean Revival style that dominated the early 20th century, characterized by its ornate details, stucco facades, and terracotta roofs. Buildings like the iconic Venetian Pool, originally built in 1923, showcase this period's romantic flair, reflecting the luxurious aspirations of a growing city. As you stroll through neighborhoods like Coral Gables, it's easy to be enchanted by the pastel-colored homes and lush landscapes that evoke a sense of old-world charm. However, the architectural narrative doesn't stop there. The mid-20th century ushered in the sleek lines and bold colors of the Miami Modern (MiMo) movement, a celebration of postwar optimism and the city's beachfront lifestyle. Structures like the Fontainebleau Hotel stand as testaments to this era, with their distinctive curves and vibrant aesthetics capturing the spirit of Miami's mid-century glamour. As the city continued to expand, urban planning took center stage, shifting towards a more modernist approach in the latter half of the 20th century. The introduction of high-rise condominiums along the waterfront-such as the iconic Miami Tower-included a focus on maximizing views and creating vibrant urban spaces. This development reflected not only a response to population growth but also the burgeoning trend of urban living, where work, leisure, and culture could coexist harmoniously. Today, Miami-Dade County faces the challenge of balancing its rich historical legacy with the demands of contemporary urban life. New architectural projects, like the Pérez Art Museum Miami, embrace sustainable design while paying homage to the region's cultural heritage. This constant interplay between past and present is what makes Miami's architectural evolution so dynamic and compelling. As you traverse the streets of Miami, take a moment to appreciate how its buildings serve as silent witnesses to the city's history. Each structure, from the humble bungalow to the soaring skyscraper, contributes to the narrative of a city that continues to reinvent itself while holding onto the memories of those who shaped it. The evolution of Miami's architecture and urban planning is not just about aesthetics; it's a reflection of the dreams, struggles, and aspirations of its inhabitants, making it a journey worth exploring.

#### **Modern Developments: Technology and Tourism**

In the heart of Miami-Dade County, the interplay between modern developments, technology, and tourism paints a vibrant picture of progress while honoring the area's storied past. As the county evolves, its commitment to integrating cutting-edge technology into the fabric of its tourism industry has transformed how visitors experience this dynamic region. With the rise of smart tourism, Miami-Dade is embracing innovations that enhance visitor engagement and streamline experiences. From interactive mobile apps that guide tourists through the bustling streets of Little Havana to augmented reality installations in museums that bring historical narratives to life, technology is redefining exploration. The Miami Design District, for instance, showcases how art and technology converge, with installations that change in response to viewer interactions, bridging the gap between the past and the present. Moreover, the county's dedication to sustainable tourism is evident in its modern developments. Eco-friendly hotels and resorts are sprouting up, equipped with smart technologies that reduce energy consumption while providing guests with a luxurious experience. Initiatives like the Miami-Dade County Smart Plan aim to enhance public transportation and accessibility, ensuring that both residents and tourists can navigate the area effortlessly. In addition to the technological advancements, Miami-Dade County's tourism landscape is constantly evolving, with a surge in cultural festivals and events that celebrate its diverse heritage. From the vibrant Carnival on the Mile to the internationally acclaimed Art Basel, these events not only attract visitors but also foster a sense of community and pride among locals. As Miami-Dade County continues to advance, the fusion of modern developments with its rich history offers a unique narrative-one that invites travelers to delve deeper into its past while enjoying the conveniences of today. The result is a thriving, multifaceted destination that honors its roots while embracing that

#### **Preserving History: Museums and Historical Sites**

Miami-Dade County is a vibrant tapestry of cultures, stories, and legacies, and nowhere is this more evident than in its meticulously curated museums and historical sites. Each venue offers a unique glimpse into the past, allowing visitors to connect with the moments and movements that have shaped the region into what it is today. One of the crown jewels of Miami-Dade's historical preservation is the \*\*HistoryMiami Museum\*\*, where interactive exhibits and engaging storytelling bring the county's diverse heritage to life. Here, you can explore everything from the indigenous tribes that first inhabited the area to the waves of immigrants who have infused Miami with their own customs, cuisines, and traditions. With rotating exhibitions that often spotlight pressing contemporary issues alongside historical narratives, this museum is a mustvisit for anyone seeking a deeper understanding of Miami's evolution. Just a short drive away, the \*\*Deering Estate\*\* offers a picturesque setting where history and nature intertwine. This historic estate was once the winter residence of industrialist Charles Deering and is now a protected site that showcases the stunning architecture of the 1920s while also preserving the natural beauty of its surrounding landscape. Guided tours reveal tales of early settlers, archaeological finds, and the ecological significance of the area, making it an educational outing for families and history buffs alike. Further enriching the cultural landscape is the \*\*Frost Museum of Science\*\*, which juxtaposes history with innovation. While primarily a science museum, it also houses an extensive collection of artifacts and exhibits that trace the development of science and technology in South Florida. Here, visitors can reflect on the region's growth alongside the advancements that have defined modern life. Moreover, no exploration of Miami-Dade's historical sites would be complete without a visit to the \*\*Vizcaya Museum and Gardens\*\*. This opulent estate, inspired by Italian Renaissance architecture, offers insight into the early 20th-century lifestyle of wealthy industrialists. Strolling through its lush gardens and ornate rooms provides a tangible connection to a bygone era, where the lavish gatherings and artistic pursuits of its original owner, James Deering, echo through time. Whether you're a local or a visitor, engaging with these museums and historical sites not only enriches your knowledge but also fosters a sense of connection to the vibrant tapestry of communities that call Miami-Dade County home. By preserving these spaces, we honor the past while inspiring future generations to appreciate and learn from the rich history that surrounds them.

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#### **Celebrating Heritage: Festivals and Community Events**

Miami-Dade County is a vibrant tapestry of cultures, and nowhere is this more evident than in its myriad of festivals and community events that celebrate the region's rich heritage. Each year, locals and visitors alike come together to honor the diverse backgrounds that have shaped this dynamic area. From the rhythmic beats of Afro-Cuban music echoing through the streets during the Calle Ocho Festival to the colorful parades that light up the Miami Carnival, the county pulses with life and celebration. These events are not just mere gatherings; they are cultural showcases that offer a glimpse into the traditions, customs, and flavors of the communities that call Miami-Dade home. The Miami International Boat Show attracts marine enthusiasts from around the globe, while the South Florida Fair is a beloved local tradition, featuring everything from agricultural exhibits to carnival rides, drawing families together for fun and learning. Food is another centerpiece of these festivals, as culinary stalls burst with tantalizing aromas and flavors that reflect the area's melting pot of cultures. At the Little Havana Festival, for instance, you can savor authentic Cuban dishes while listening to live salsa music, immersing yourself in the area's Latin heritage. Moreover, these community events foster a spirit of unity and pride, allowing neighbors to bond over shared experiences, laughter, and joy. They serve as a reminder of the rich history that Miami-Dade County embodies - a history woven through generations, where every festival tells a story and every gathering strengthens the community's ties. So, whether you're a history buff, a food lover, or simply someone looking to experience the local culture, participating in these celebrations is a must. They are not just events; they are living histories that invite everyone to join the dance of Miami-Dade's vibrant heritage.

#### The Future of Miami-Dade County: Balancing Growth and Preservation

As Miami-Dade County continues to evolve, the challenge of balancing growth with preservation looms large on the horizon. The vibrant energy of this region, marked by its dynamic population and bustling economy, often drives rapid development. Skyscrapers stretch towards the sun, and new businesses pop up in formerly quaint neighborhoods, attracting both residents and tourists alike. However, alongside this expansion lies a deep-seated responsibility to honor and preserve the rich historical tapestry that defines Miami-Dade. The future of this diverse county hinges on thoughtful planning that respects its cultural heritage. Innovative initiatives are underway to ensure that as new developments rise, they do so in harmony with the historical landmarks and neighborhoods that tell the story of Miami-Dade's past. Local organizations and community leaders are advocating for the preservation of historic sites, recognizing their importance not only as tourist attractions but also as vital components of the community's identity. Moreover, the integration of green spaces and community parks into urban planning offers a refreshing counterbalance to the concrete landscape. These areas serve as reminders of the natural beauty that originally drew settlers to the region, while also providing residents with places to gather, relax, and connect with nature. As Miami-Dade County looks to the future, it is at a crossroads - one that allows for modernization while simultaneously cherishing the ghosts of its past. The ongoing dialogue among city planners, developers, and the community is essential for creating a blueprint that fosters sustainable growth without sacrificing the historical essence that makes this region unique. The road ahead is filled with potential, but it will require a collective effort to ensure that the rich history of Miami-Dade County is not merely an afterthought but a quiding principle in shaping its future.

#### **Conclusion: Reflecting on the Journey Through Time**

As we conclude our exploration of Miami-Dade County's rich tapestry of history, it's essential to reflect on the myriad influences that have shaped this vibrant region. From its humble beginnings as a sparsely populated territory inhabited by the Tequesta tribe to the bustling metropolis it is today, Miami-Dade's evolution is nothing short of remarkable. Each era has left an indelible mark, whether it be the influx of settlers in the late 19th century, the vibrant cultural revolutions of the 20th century, or the modern-day advancements that continue to propel the county forward. Through our journey, we've uncovered the stories of resilience and innovation, from the establishment of the city's first neighborhoods to the development of its iconic landmarks. The Art Deco District stands as a testament to the architectural elegance of the past, while Little Havana pulsates with the rhythms of Cuban culture, reminding us of the diverse communities that have come together to create Miami's unique identity. Reflecting on this journey through time, we are reminded that history is not merely a collection of dates and events; it is the lived experiences of individuals and communities that define a place. Each step through Miami-Dade County's historical sites invites us to appreciate the struggles and triumphs of those who came before us, urging us to honor their legacies while continuing to build a future that embraces diversity and innovation. As we look ahead, let us carry forward the stories and lessons of Miami-Dade's past. By understanding where we came from, we can better navigate the complexities of the present and shape a more inclusive and vibrant community for generations to come. Whether you are a lifelong resident or a curious traveler, the rich history of Miami-Dade County beckons you to continue exploring, learning, and engaging with its dynamic narrative. The journey may have concluded for now, but the stories live on, waiting to be discovered anew. As we conclude our journey through the rich tapestry of Miami-Dade County's history, we hope you've gained a deeper appreciation for the vibrant cultures, pivotal events, and remarkable figures that have shaped this dynamic region. From the early Indigenous tribes to the bustling metropolis it is today, each chapter of Miami-Dade's past contributes to its unique identity. We encourage you to explore further - visit historical landmarks, engage with local museums, and immerse yourself in the diverse narratives that continue to define this area. Whether you're a longtime resident or a curious visitor, understanding the history of Miami-Dade opens up a world of stories waiting to be discovered. Thank you for joining us on this enlightening journey, and may it inspire you to seek out the rich historical experiences that await in your own community!

#### Marinas / Boat Ramps

#### **Bill Bird Marina**

10800 Collins Ave, Miami 3005-947-3525

Black Point Park & Marina 24775 SW 87th Ave, Miami 305-258-4092

#### **Crandon Marina**

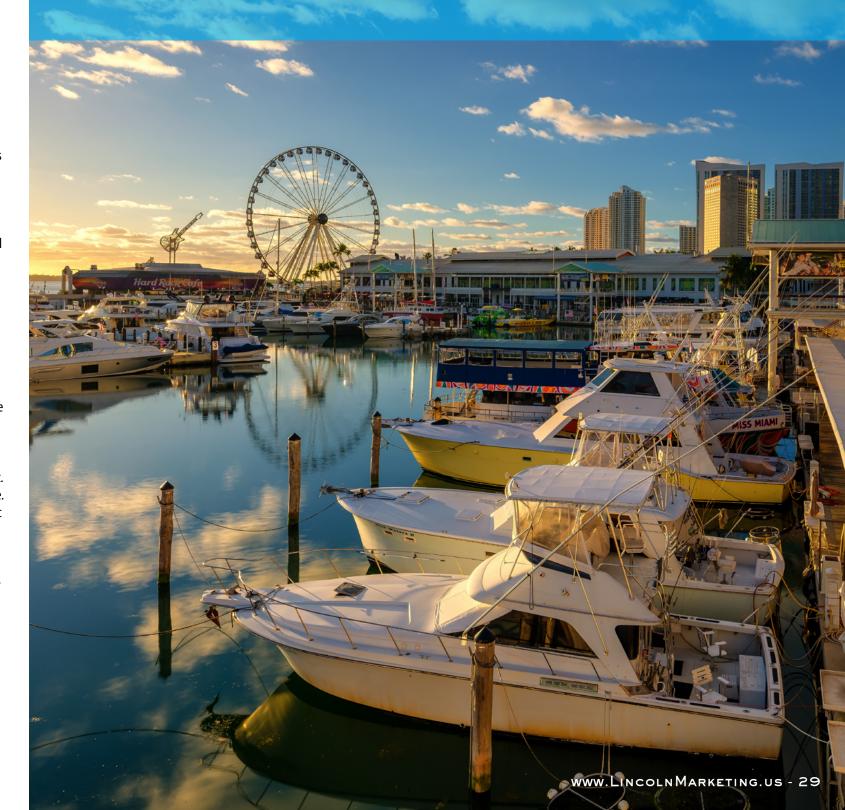
4000 Crandon Blvd, Key Biscayne 305-361-1281

Herbert Hoover Marina at Homestead Park

9698 SW 328th St, Homestead 305-230-3033

**Matheson Hammock Marina** 9610 Old Cutler Rd, Miami 305-665-5475

Pelican Harbor Marina 1275 NE 79th St, Miami 305-754-9330



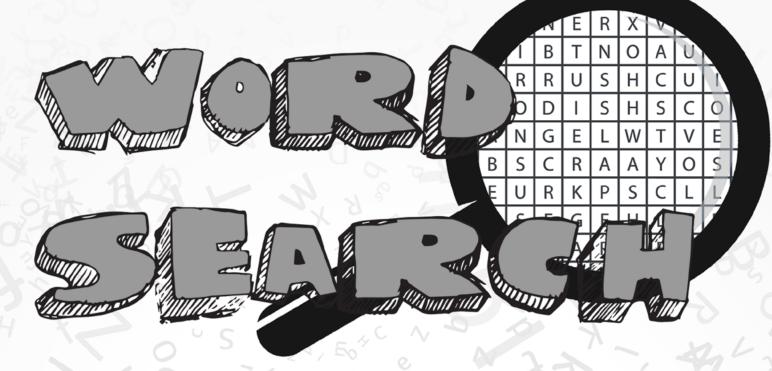
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Florida is renowned for its abundance of freshwater fishing opportunities, with numerous lakes, rivers, and streams teeming with a wide variety of fish species. Here are some of the top freshwater fishing locations in Florida:

1. Lake Okeechobee: The largest freshwater lake in the state.

Anglers can target largemouth bass, crappie, bluegill, & catfish.

- 2. **St. Johns River**: One of the few major rivers in the United States that flows north. It's a prime location for bass fishing, particularly in the upper stretches.
- **3**. *Lake Tohopekaliga* (Lake Toho): The lake is famous for its trophy-sized largemouth bass. It's a popular destination for bass anglers seeking the thrill of catching big fish.
- **4**. *The Kissimmee Chain of Lakes*: Comprising several interconnected lakes, the Kissimmee Chain offers diverse fishing experiences. Anglers can target bass, crappie, bluegill, and more in these interconnected waters.
- **5**. *The Harris Chain of Lakes*: Consists of several lakes interconnected by canals. It's known for its bass fishing, with Lake Harris being one of the most popular spots for anglers.
- **6**. *Rodman Reservoir*: Created by the damming of the Ocklawaha River, Rodman Reservoir is known for its trophy bass fishing. Anglers come here seeking the chance to catch monster-sized bass in a picturesque setting.

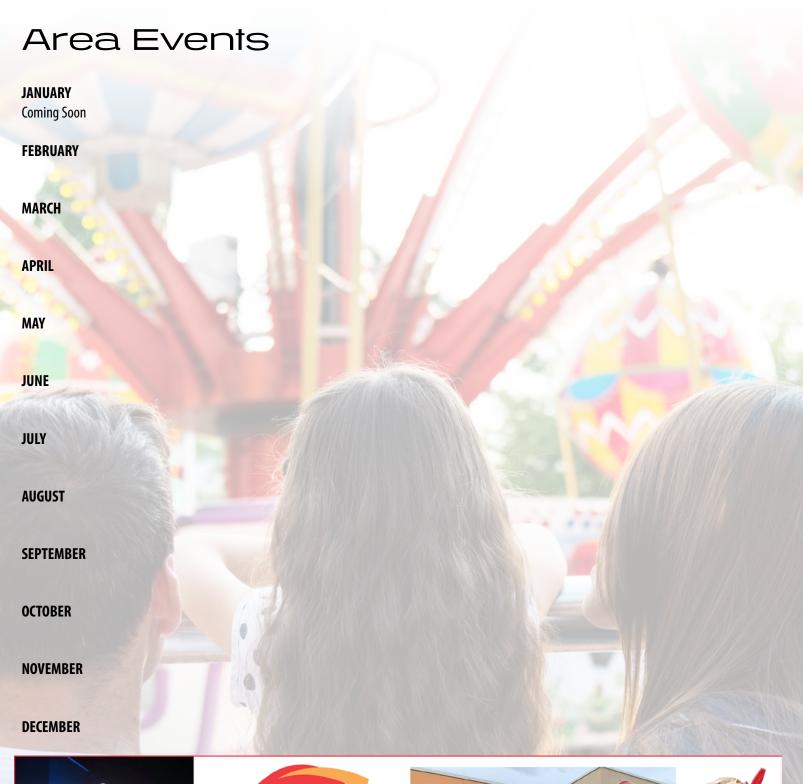


A G P N M Z H G P A K E A C O R A L G A B L E S N Y B I J V OMPWQCSTNORTHBAYVILLAGEBEWXJLM CFZUGCAXVEALRGLAVOAJAHDLXDKOTZ MWTSCNKLHITKNXTEWHUSYLDNATZYLC TOEWPUJPJXRHOMESTEADIEVJIBWKSH THNLUIQLRYRCIFYMRENEEYMQYUHSWT WEDAANBNKIBMDBJAODIRMBOWDCAJEP V A Z S U R F S I D E A Y V I L O A D B L T O L T X R T K F J W L N I P Y E H T Q T O F T X X R R E Z Q M H T A E A M U IDTMCEPNSQIAODLTTFHDNKAEXQLGLN F P A Z S W M E C C G I X P O T O D M Y E B P G N S E W T M V I NW T I ROAZUD F X H E J A R O D N E C A U Q B S W MWDLBCGDPXKCWCFQIVNUGOSAEAXJWI G B J N G R N T R M L E H A B S L N Y K I J R B J H Q Q E D K P Q L E V B K F S X L C E P U I U P Z L H C B K G A Z W A V R Y D I C S I T H I O R V Y L U W K G H Q X U G U S W E R DAVVWIAELXADEGISPFDNMCAFKXXERE ELPUYQVXOZJRCAVWBTTFMKJAYNDPSE QYSNTHLMDTVOBKIRILIMUFZWQNRZJK TXNUDBOUPVRQEOCIKPXWJXFZPIDTWM F U V F B P N K Q Z Q I T S U R Z U P D K K Y L I T Q T X F SIQOOJYLBHMINBFRAXTLZKWWBDOWCT

- SUNNYISLESBEACH
- VIRGINIAGARDENS
- NORTHBAYVILLAGE
- CUTLERBAY
- BALHARBOUR
- SURFSIDE
- INDIANCREEK
- HOMESTEAD
- OPALOCKA
- SWEETWATER
- GOLDENBEACH
- AVENTURA
- PINECREST
- MEDLEY
- HIALEAH
- FLORIDACITY
- CORALGABLES
- ELPORTAL
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## **HURRICANE SAFETY**

## Top Five Tips

If authorities issue evacuation orders, follow them promptly. Delaying evacuation can put your life and the lives of emergency responders at risk. They have the most up-to-date information on the storm and can provide guidance on the safest course of action. Remember that each hurricane is unique, so it's essential to stay informed and adapt your plans accordingly. Preparedness and early action are key to minimizing risks and ensuring the safety of yourself and your loved ones during a hurricane.

**CATI-2** 74-110MPH

CAT 3-4

2. SECURE YOUR HOME
3. FOLLOW EVACUATION
ORDERS & GUIDELINES
4. EMERGENCY SUPPLIES
EVACUATION PLANNING

STAY INFORMED

CAT 5

HURRICANE

The Highest Recorded Wind Speed of a Hurricane is 215 mph



Blue Flag: This flag is used to signify that lifeguards are on duty and that the area is being actively monitored for safety.

Green Flag: Indicates that it is safe to swim. The water conditions are generally calm, & there is a low risk of hazards such as strong currents or high waves.

Yellow Flag: Caution is advised. This flag suggests that there may be some hazards present, such as moderate surf or currents.

**Red Flag:** A red flag indicates high hazards & potentially dangerous water conditions. It is a warning that strong currents, high surf, or other dangers are present. It is advised to stay out of the water.

**Double Red Flags:** This is a more severe warning, & it typically means that the beach is closed to the public. Dangerous conditions, such as strong rip currents or severe weather, pose a significant threat.

Purple Flag: This flag is used to indicate the presence of dangerous marine life, such as sharks or jellyfish. It is advised to exercise caution. Rip currents are powerful, narrow channels of fast-moving water that can pose a danger to swimmers and surfers. Getting caught in a rip current can be frightening, but knowing how to recognize and handle them can help you stay safe. Here's how to avoid or get out of a rip current in the ocean:

#### 1. Stay Calm & Don't Fight the Current: If you find yourself caught in a rip current, stay calm and try not to panic. Remember that rip currents do not pull swimmers

underwater; instead, they pull them away from the shore. Avoid fighting against the current by swimming directly back to shore, as this can lead to exhaustion.

#### 3. Swim Parallel to the Shore: If you

feel confident in your swimming abilities, swim parallel to the shoreline instead of trying to swim directly back to shore. Rip currents are typically narrow, so swimming parallel to the shore can help you escape the pull of the current. Once you're out of the rip current, you can then swim back to the shore at an angle.

**5. Seek Assistance if Needed:** If you're unable to escape the rip current on your own or if you're feeling exhausted, continue to signal for help and wait for assistance from lifequards or other beachgoers. Don't hesitate to call for help if you need it, as prompt action can prevent a dangerous situation from escalating.

#### 2. Float & Conserve Energy: If you're unable to swim out of the rip current, conserve your energy by floating or treading water. Signal for help by waving your arms and calling for assistance if you see lifeguards or other beachgoers nearby. Most rip currents are narrow, and you will eventually be carried out of the current and into calmer waters.

#### 4. Use Waves to Help You Escape: Wait for waves to push you towards shore and use them to assist your escape from the rip current. Time your movements with the breaking waves, and use the momentum to swim towards the shore. Be patient and persistent, and don't exhaust yourself by attempting to fight

against the current.

**Beach** 

Always swim at beaches with lifeguards present, heed warning signs, and follow any instructions or advice given by local authorities.

Feeder Current

Sandbar

**Feeder Current** WWW.

Sandbar

## County Beaches Coming Soon

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World

Adopt-A-Manatee Help Protect them. savethemanatee.org 1-800-432-JOIN (5646)



Photo © David Schrichte

43 st

So, You have decided to get a pet... NOW WHAT??

**Commitment and Time**: Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

Choose the Right Pet for Your Lifestyle: Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

**Proper Nutrition**: Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

**Regular Exercise**: Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

**Routine Veterinary Care**: Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

**Spaying/Neutering**: Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

**Training and Socialization**: Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

**Provide a Safe Environment**: Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

**Grooming**: Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

**Identification and Microchipping**: Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

**Love and Attention**: Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.



**Respect and Understanding**: Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.

**Patience and Forgiveness**: Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

**Emergency Preparedness**: Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

#### If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE: 3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

#### 3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

#### 3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

### DOG PAKRS Leash Required

Acadia Park - 5351 NW 195th Dr, Miami

Biscaune Shores & Gardens Park - 11525 NE 14th Ave, Miami

Coral Villas Park - 6398 SW 35th St, Miami

Chapman Field Park - 13600 SW Guadalajara St, Miami

Deerwood Bonita Lakes Park - 14445 SW 122nd Ave, Miami

**Highland Oaks Park** - 20300 NE 24th Ave, Miami **Kevin Broils Park** - 20150 SW 125th Ave, Miami **Kings Meadow Park** - 10036 SW 142nd Ave, Miami

Rock Dale Park - 9325 SW 146th St, Miami San Jacinto Park - 4430 Sw 15th Ter, Miami

Snapper Creek Park - 10280 SW 80th Ave, Miami

Spanish Lake Park - 19045 NW 82nd Ave, Miami Tamiami Trail Park - 12760 SW 6th St, Miami

West Kendale Lakes Park - 6400 Kendale Lakes Dr., Miami

Olympic Park - 8601 SW 152nd Ave, Miami

#### Free Roam

Handover Park - 10800 Collins Ave, Miami

West Kendall District Park - 11255 SW 157th Ave, Miami

Ameliea Earhart Park - 401 € 65th St, Hialeah

East Greynolds Park - 16700 Biscayne Blvd, North Miami

**Tropical Park** - 7900 SW 40th St, Miami

#### Free Run

Lago Mar Park - 8165 SW 162nd Ave, Miami





## Health Benefits of the Outdoors

Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.

Stress Reduction: Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings, fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

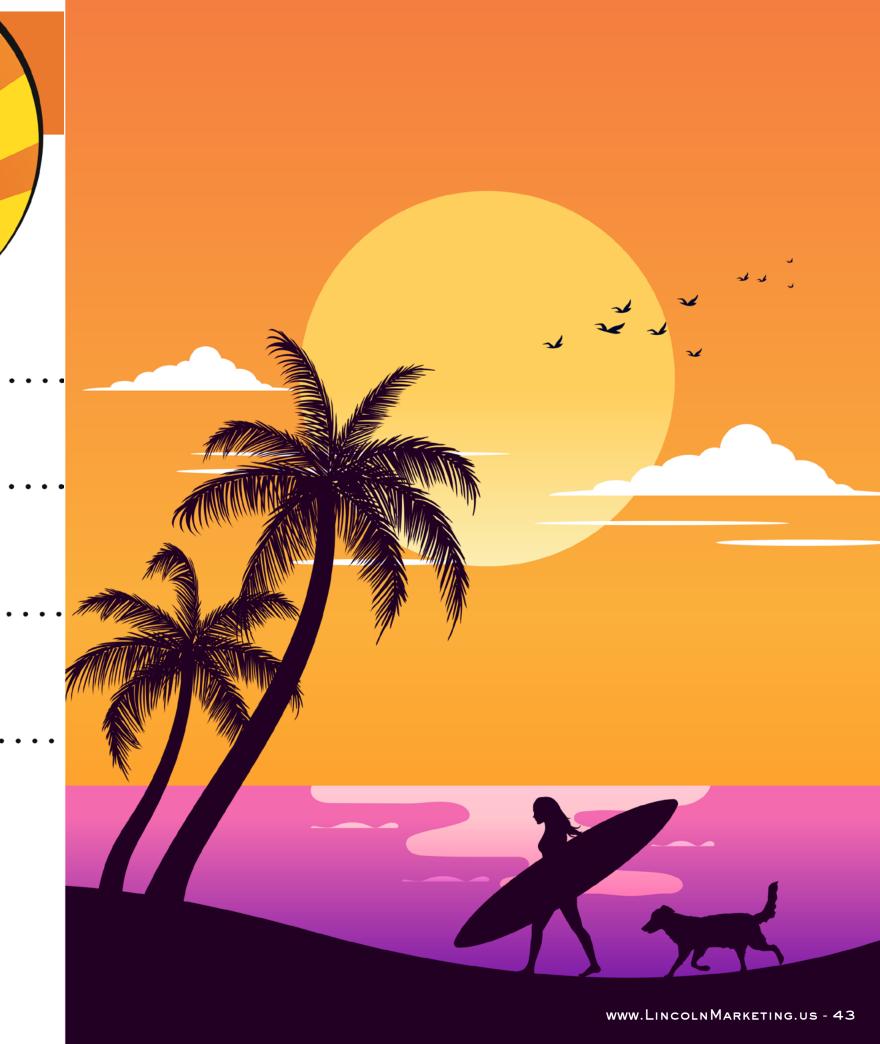
Improved Mental Health: Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

Increased Physical Activity: Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

Enhanced Creativity & Cognitive Function: Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

Connection with the Environment: Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.



#### **Diseases & Prevention**

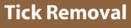
You can get a tickborne disease if you are bitten by a tick that is infected • Tickborne diseases are increasing throughout the United States. • Personal protection methods can help reduce the odds of a tick bite while enjoying the outdoors

#### Some symptoms of a tickborne disease

- Many tickborne diseases have similar symptoms
- Symptoms usually show up within 2-4 weeks of being bitten Watch for symptoms like:
- Rash
- Fever
- Headache
- Fatique

Blacklegged Tick

Muscle or joint aches



Prompt tick removal is important. Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward. Do not squeeze the ticks' body.

Wash the area and apply an antiseptic to the bite. Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.



Lone Star Tick

Coverage

Lyme disease **Fhrlichiosis** 

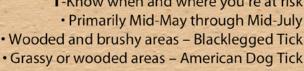
American Dog (Wood) Tick Rocky Mountain Spotted Fever Tularemia

Ehrlichiosis Tularemia Heartland virus disease Southern Tick-Associated Rash Illness

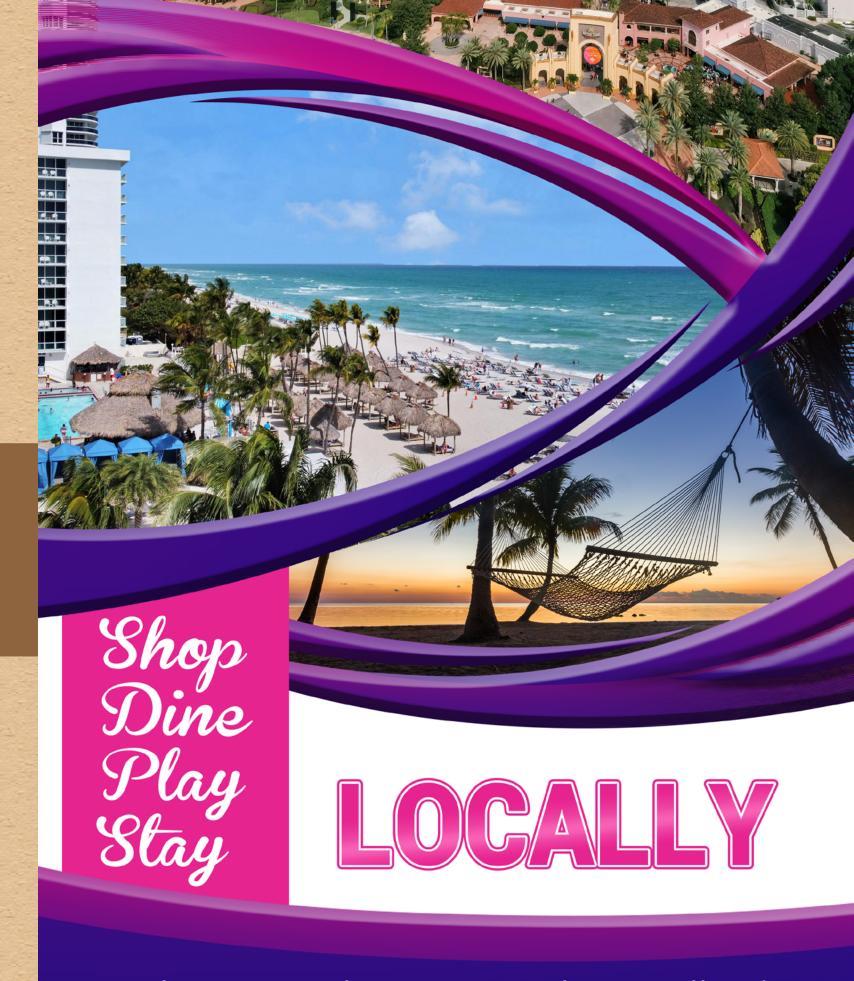
#### **Protect Yourself from Tickborne Diseases**

- · Primarily Mid-May through Mid-July
- · Grassy or wooded areas American Dog Tick
  - 2-Wear EPA-registered tick repellent • DEET 20-30% on skin or clothing

    - Shower after being outdoors







...and support the community you live in!