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CUTLER BAY NEWS

MAY 17 - 30, 2022

Connecting Communities

Proven substance abuse prevention techniques for you and your children

BY PEGGY SAPP

CEO, *Informed Families*



The Parent Peer Group (PPG) is an educational support system for parents.

Parent Peer Groups create fun, frequent opportunities for parents to share thoughts, activities and philosophies

on "what works."

Parent Peer Guides are guided by the Informed Families' Parent Pilot Kit, a science-based, proactive notebook designed to educate and involve parents of pre-teens and teens in creating a safe, healthy, drug-free lifestyle. Parent Peer Groups can be organized at a school, your congregation or house of worship, home or restaurant where your family frequents, places where parents can be comfortable and speak freely.

THE INITIAL FOUR SESSIONS WILL FOCUS ON FOUR KEY TOPICS CALLED AGENDAS:

Brain Development - How the teen brain develops and the harmful effects of drugs and alcohol.

Harmful Media - Understanding media (TV, Internet, Radio, Print) messages and changing their impact in your home.

Social Norms - Identifying and changing social norms affecting your family.

Building Parent Peer Groups - How to

create and expand the positive impact of Parent Peer Groups in your community.

The goal of a Parent Peer Group is to provide parents the skills to set boundaries and monitor their pre-teens and teens behavior by creating an informal support system with their children's friends, parents and in their children's schools. By fostering communication between parents, Parent Peer Groups help parents maintain a healthy environment for their children, pre-teens and teens by keeping them safe, healthy, and drug-free.

THE ALCOHOL LITERACY CHALLENGE

The Alcohol Literacy Challenge (ALC) is a brief classroom-based program designed to alter alcohol expectancies and reduce the quantity and frequency of alcohol use among high school and college students. Alcohol expectancies are an individual's beliefs about the anticipated effects of alcohol use, including those that are positive (e.g., increased sociability, reduced tension) and negative (e.g., impairments to mental and behavioral functioning, increased aggressiveness or risk taking).

The goal of this course is to enable prevention providers to reach larger numbers of children with effective prevention education. Imagine how many more schools will be receptive to an alcohol education program proven to reduce underage and binge drinking, when they are asked only ask for 50-90 minutes of class time. In addition to schools, classroom based applications of alcohol expectancy challenges can be used with college orientations, after-school programs, life-skill trainings for athletes, community events, and faith-based youth outreach programs.

This course is offered for free at <https://alcoholliteracychallenge.com/alco/fre-e-course/guruprgrams/1-alc-training/3-alcohol-expectany-theory>.

Would You Like a Parent Peer Group in Your Community?

If you would like to start a Parent Peer Group in your neighborhood or just find out more information about attending one, call Informed Families at 305-856-4886 or email the Statewide Program Director, Christine Stilwell at cstilwell@informedfamilies.org.

Mayor reacts to sale of mall



SOUTHLAND MALL (AERIAL VIEW)

BY GARY ALAN RUSE

Cutler Bay Mayor Tim Meerbott on Thursday, May 5, released a video statement about the sale of Southland Mall located in the heart of the town's business area.

It was announced on Mar. 2 that long-troubled Southland Mall had been sold to a team of two companies — private equity investor Electra America and developer BH Group — for \$100.35 million. They plan to revitalize the mall shopping area and build residential developments on part of the property.

"What does this mean for Cutler Bay," said Mayor Meerbott in the video. "I've been looking at the chatter and a lot of people seem to be concerned about the overbuilding and increase of traffic coming along with apartments. First of all, you have to understand that we did not vote on this. These are the rights that they have as the property owners."

"Before the town was chartered there were many charrettes which were heavily attended by the community. The community decided that they wanted to keep the interior neighborhood core of Cutler Bay calm like it is today, but allow for the additional building to happen on the outside of the town."

Meerbott added, "We as the town do not have the right to tell them not to build there. We can't take their rights away from them or we'd find ourselves facing a lawsuit. But we've talked with them.

They have to make sure that whatever they build is in line with our vision of Cutler Bay."

To view the mayor's video message on Southland Mall go to <https://youtu.be/zmvQezNtDBY>.

In March 2021 the town released a highly professional video touting the desirability of the property, which apparently helped convince the investors.

That video may be viewed at www.dropbox.com/sh/hfjb3syv30f23j6/AACZhJB8vv0SA4Meb78d5za?dl=0&preview=Cutler+Bay+Town+Center+2019.mp4.

Located at 20505 South Dixie Hwy., Southland Mall, previously known as Cutler Ridge Mall, had undergone extensive renovations following Hurricane Andrew in 1992, and in recent years had suffered from reduced business and store closings even before the pandemic, and had defaulted on loans.

The owners declared bankruptcy, resulting in a \$68.7 million foreclosure judgment. The mall was acquired by a commercial mortgage-backed securities trust led by Wells Fargo in February 2021 with a successful auction bid of just \$2,600.

Two of the mall's anchors, JC Penney and Regal Cinemas, have remained open, as have a number of the small shops and restaurants. The mall area is about 808,776 square feet and is located on approximately 80 acres of land.

Joseph Lubeck of Electra America could not be reached for comment as of deadline, but is expected to provide more information later in May or June.



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Kids who have conversations with their parents about the dangers of alcohol and drugs are 50% less likely to use alcohol and drugs than those who don't.



LEARN MORE



NAMI Miami-Dade to host second annual Mental Health Awareness Walk, May 21



PARTICIPANTS GET READY FOR THE NAMI MIAMI-DADE MENTAL HEALTH AWARENESS WALK.

BY ANNETTE GALLAGHER

In honor of Mental Health Awareness month in May, the National Alliance on Mental Illness (NAMI) Miami is hosting Miami-Dade County's first in-person Walk for Mental Health Awareness, "NAMI Walks Your Way 2022," on May 21, from 9 a.m. to 4 p.m., at Maurice A. Ferre Park (Museum Park).

The event raises awareness and crucial funding for local mental health services and has sponsorship and walk team opportunities available for those interested in participating.

The walk is designed to combat the stigma of mental health, address the high incidence of suicide due to untreated mental health disorders and raise funds for NAMI Miami's free programs such as support groups, peer mentoring programs, outreach and educational classes. Despite the many challenges of the past two years, NAMI Miami aided more than 8,000 students, young adults, adults, families and local leaders with its prevention, education, mental wellness and support programs. These programs are offered at no cost to participants, led by NAMI trained peer-leaders and remain confidential.

"Psychological distress from the past two years has really increased the demand for mental health services in our community," said Susan Racher, NAMI

Miami board president. "Our goal is to provide mental health for all and we can begin to achieve that with such supportive partners in our inaugural Walk including the Seminole Hard Rock Hotel & Casino, Hollywood, FL, Segal Trials, Baptist Health South Florida, Citrus Health, Miami-Dade County Public Schools, and many more including community partners, volunteers and friends."

According to the CDC, in 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide. The psychological and financial effects of the past two years add urgency to NAMI's outreach efforts. NAMI Miami-Dade's free programs augment clinical and therapeutic care according to evidence informed standards.

Sponsorship benefits are available for this historic inaugural event and range from \$250 to \$15,000. Sponsors will have the opportunity to join other organizations, corporations, foundations and individuals on a national level while supporting the effort to increase awareness of mental health challenges during one of the most arduous years in history.

For more information, registration and/or donations, visit NAMIWalks.org/Miami; send email to Kate@NAMIMiami.org or call 305-665-2540 or (cell) 786-775-0667.

Leadership Miami program to help prepare next generation of leaders

BY MARITZA ARCEO

The Greater Miami Chamber of Commerce (GMCC) has announced that it has augmented its Leadership Miami program offering participants the opportunity to share an intensive learning experience that focuses on community issues and leadership skills through lectures, seminars, small group discussions, and renowned leadership curriculum imparted by six local universities.

Application is now open for anyone interested in the GMCC Leadership Miami program. Deadline to apply is May 20.

The Leadership Miami program will provide a curriculum delivered by top scholars from South Florida's leading educational institutions: Barry University, Florida International University, Florida Memorial University, Miami Dade College, St. Thomas University, and the University of Miami.

The program will run twice a year with a smaller class size to facilitate a more intimate learning experience and encourage a stronger network among the class. Leadership Miami graduates will gain leadership credentials through this unique higher education partnership.

"We are excited to be offering this leadership training program that will help leaders gain a better understanding of key issues relevant to the South Florida region," said Alfred Sanchez, president and CEO of the Greater Miami Chamber of Commerce. "With our new and expanded program, participants will build and improve on their current leadership skills and help their companies and the community thrive."

With more than 4,000 accomplished

alumni and over 200 local nonprofits impacted, Leadership Miami is the premier community leadership training program in South Florida. The fall program is being chaired by Jen Bouza, vice president, Bank of America, and Brandon Mitchell, vice president, Venture for America.

The program's new dynamic format stimulates animated and critical discussions among participants and guest speakers. Its goal is to prepare the next generation of Miamians to address vital issues affecting Miami-Dade County and meet future challenges. Throughout the Leadership Miami program, curriculum designed and imparted by faculty from the six universities and the program's focus sessions, participants will build leadership skills needed in today's fast changing business climate and encourage further exploration and action related to specific community issues.

The Community Service Project is a fundamental part of the Leadership Miami curriculum and a requirement for completion of the program. Through the selected nonprofit project, team members will develop team building, leadership skills, and a shared unique experience.

In addition, all participants will be required to complete fieldwork assignments to graduate. The program's primary leadership curriculum will be taught by faculty from the six universities, in-person or on-line format. The GMCC Leadership Miami program is open to everyone, and program fee is \$2,650. For more information and to enroll in the GMCC Leadership Miami program visit online at www.miamichamber.com/committees/leadership-programs/leadership-miami.





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