

H1



Raw Republic via Facebook

Juices are perfect for grab-and-go at Raw Republic.

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## GEMS

flax seeds drizzled in honey. Or go with the Hawaiian Punch. This is a puree of acai, berries, banana, almond milk and pineapple with dried coconut, pineapple and goji berries.

### GRAB THESE TO GO

There's a fridge case with prepackaged fare for those on the fly.

Pick up a Guru Patty made with tri-color quinoa, red bell pepper, carrot and onion with curry. The same mixture is also rolled up in toasted nori as "sushi."

The Fiesta Burger is formed from sprouted brown rice, walnuts and oat flour with sun-dried tomatoes, mushrooms, onion and corn. As a wrap, the mixture comes with avocado, spinach, tomato, red cabbage and vegan



Raw Republic via Facebook

An acai bowl from Raw Republic.

"nacho cheese" in a whole wheat tortilla.

Spiralized zucchini noodles are used to make moringa marinara with nut and seed "meatballs."

Cashew-hemp "Parmesan" Pad Thai is made with kelp noodles, tossed in peanut dressing with marinated vegetables, sprouts and cashews. Tuna salad is made from mashed chickpeas with cashew mayonnaise, cel-

ery, lemon and golden berries. Avocado toast is on Zak the Baker bread with the house everything seed mix.

### SAVE ROOM FOR A SWEET TREAT

If you like raw cookie dough you will love the cinnamon rolls filled with a sweet date cinnamon paste. There's also almond butter cups topped with a fudgy layer of cacao and coconut oil. Key lime parfait comes with chia seeds, coconut cream, avocado, spinach, palm sugar and granola.

*Hidden Gems highlights out-of-the-way restaurants in Miami-Dade County. It is not intended to be an anonymous, critical review.*

## Raw Republic

**Address:** 20804 Biscayne Blvd., Aventura

**Contact:** 305-705-4226, [drinkrawrepublic.com](http://drinkrawrepublic.com)

**Hours:** Monday-Friday 8 a.m.-9 p.m., Saturday 9 a.m.-9 p.m., Sunday 9 a.m.-7 p.m.

**Prices:** Juice shots \$4, juices/smoothies \$5-\$10, smoothie bowls \$12, grab and go food \$6-\$12

**F.Y.I.** Another location is at 14871 Biscayne Blvd. in Biscayne Commons, 305-957-5226

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## POETRY

Cunningham recently spoke to Artburst about poetry as a tool, as a fun thing to enjoy and even as a way to look at borders and who is crossing where.

**Few probably predicted when it started that a poetry festival would not only succeed in Miami, but grow. Hats off. What is the secret sauce?**

Yeah, it surprised me, as well. Now, I think [the "secret sauce"] is that we always want the projects and the events to be joyful. And I say "joy," not "humor," because we hope it doesn't lose any bit of seriousness. Obviously, the silly events are silly [chuckles]. But some [events] are tackling pretty serious subjects or at least [themes] adjacent to those subjects. But even with those, if the point of encounter isn't joyful, then it's not really meeting the mission of encouraging positive encounters for people.

**We've been living with rap, hip-hop culture and a revalued place of language for three decades. What impact has this had in bridging poetry and popular culture?**

In a lot of ways, it's maybe the biggest factor [in bringing young audiences to poetry]. For years, the news from the NEA was that poetry was in decline. And all of those statistics finally were reversed when they released their new data last year. And also there was a huge uptick in poetry readership — and it was mostly young people and people of color that caused the statistics to reverse. There are so many young poets — and in my opinion many of the best young poets writing right now — who came to poetry through hip-hop. It was all in the atmosphere that they were breathing. If you're under 40, you grew up with hip-hop. You can't really underestimate its influence.

I'll give you a perfect example: One poet who's coming to the festival this year — who's reading on April 19 — is José Olivarez, from Chicago, who basically came to poetry



Robby Campbell

P. Scott Cunningham at O, Miami opening.

through spoken word. That was the community that introduced him to poetry and that honed his skills and began his education. And in Chicago, there are a lot of rappers and DJs who are doing spoken word, as well, so that whole community is one community. He's someone who might win a Pulitzer or a Nobel Prize one day. He's that talented.

**For all the goofy, funny events on the program, on the home page of OMiami.org, there's a quite serious and moving statement: "We believe this process of uncovering poetry is also the process of attacking inequality, as one of the roots of inequality is an inability of the people in power to see the worth in the communities around them, and we hope our projects enact that belief." Can you elaborate?**

First of all, poetry is not some sort of magic pill to cure inequality, and O, Miami on its own it is not going to do that. You can't just write a poem and expect the world to get better. But I think that it's important for us, since the name the organization is O, Miami, to try to address all of Miami and not just some of it or the parts of it that we prefer to look at. We are serious about that and give visibility and attention to every part of Miami. I think Miami does a disservice [to itself] in how it broadcasts itself to the world, because it's typically only

showing you two or three neighborhoods and saying, "This is Miami," and it's not. It's a very small percentage of Miami. We try to counteract that by, essentially, not doing that. It's one small thing, but change happens through a lot of things happening simultaneously.

**Could you pick an event in the program that you're looking forward to this year?**

Actually two events that are right next to each other. One is the reading on April 19 with José Olivarez, Natalie Scenters-Zapico and Raymond Antrobus. All three of them are fantastic. And then, the next morning we are inviting anyone who wants to come to meet us around sunrise on Miami Beach. We're going to do this thing called The Beach Is a Border Walk, a project created by Sandra Marsh, a Spanish artist. The idea is to draw attention to the fact of a beach as a border and not just a place where you sit and relax. So anyone who comes will be given flip-flops, and each pair of flip-flops has a poem on the bottom. As we walk in the sand, we'll be writing these poems in the sand and at the same time calling attention to immigration and migration, which are obviously important issues to talk about right now.

*For the full schedule of O, Miami events, go to OMiami.org.*

*ArtburstMiami.com is a nonprofit source of theater, dance, music and performing-arts news.*



Ines Hegedus-Garcia  
2019 Residential President  
MIAMI Association of Realtors

### Miami's Entertainment Options Enhances Real Estate Market

American Airlines Arena in Miami ranks as the 18th-most-popular venue in the world by annual ticket volume, according to a new study from Pollstar. The ranking highlights South Florida's growing entertainment options and how they are boosting Miami's incredible live, work and play lifestyle.

South Beach, the international capital of late-night fun, is known through the world, but now Miami's other entertainment options are becoming acclaimed as well.

In addition to South Beach and American Airlines Arena, Miami is home to the breathtaking Adrienne Arsht Center for the Performing Arts and the internationally-acclaimed Perez Art Museum. South Florida's new science wonderland — the \$300 million Patricia and Phillip Frost Museum of Science — is located across from Perez Art.

### Pro Sports Teams in World-Class Venues

Basketball's Miami Heat, baseball's Miami Marlins and football's Miami Dolphins have each won championships. The Heat have a long-term lease at their downtown arena; the Marlins recently opened a state-of-the-art, indoor park and the Dolphins' home stadium has hosted five Super Bowls.

The Miami Dolphins will host its sixth Super Bowl in 2020 (Super Bowl LIV) at Hard Rock Stadium. Also, Miami is expected to field a Major League Soccer team by 2020.

### Miami's Urban Core

Once a quiet 9-to-5 job district, downtown Miami has transformed into one of America's most exciting, thriving areas.

A growing population of young professionals are living, working, and playing in downtown, which today boasts the highest concentration of cultural institutions in the Southeast and almost 400 restaurants and bars.

South Florida is no longer a resort town known only for its beaches. Today, South Florida is a leading global center with world-class amenities and entertainment options.

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P. Scott Cunningham: 'If you're under 40, you grew up with hip-hop.'

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## ANDRES

ish-inspired dishes, with a curious twist — and applied it to seafood. Bazaar Mar earned a favorable review from the Miami Herald.

"Food — most of it plucked from oceans around the world — is emulsified, squeezed, squirted, cured, chilled and mixed with chemical compounds until it resembles something swiped from another planet. Flavor is turned into powder, gels and foam, called 'air' here. Even the margaritas come topped with ethereal puffs of salt and tequila," a Miami Herald reviewer wrote in February of 2017, just weeks after it opened.

The closing will not affect Andrés' other South Florida restaurant, Bazaar, in the SLS South Beach hotel, his representatives said.