

NON-PROFIT HUB



The Villagers Announce \$45,000 Awarded to Grant Recipients

The Villagers have announced their 2020 grant recipients. Eight organizations will share more than \$45,000. Grants are allocated for historic restoration and preservation projects, including those to educate, document, and perpetuate the heritage of Miami-Dade County.

Grantees for 2020 are Actor's Playhouse, Coco Plum Woman's Club, Curtiss Mansion, Dade Heritage Trust, Montgomery Botanical Center, Tropical Audubon Society, Woman's Club of Coconut Grove, and Vizcaya Museum & Gardens.

Grant recipients must be not-for-profit organizations with projects that in-

volve either historic or architecturally significant structures or sites within Dade County.

"This group continues to amaze me, explained Susan Medina. "They are committed to organizing spectacular House and Garden Tours every year and then meticulous about which historic preservation projects will receive Villager funds for their preservation efforts. The need is always greater than our funds, but we do our best to support everyone."

For more details about projects funded, fundraising events, membership opportunities and the full scope of The Villagers legacy, visit www.thevillagersinc.org.

BOOKWORMS, SOUNDBITES & THE BIG PICTURE

Dr. Arthur Agatston's New Book Enhances His South Beach Diet with a Ketogenic Approach

Dr. Arthur Agatston, chief executive officer of The Agatston Center for Preventive Medicine, has written a new book, *The New Keto-Friendly South Beach Diet*, a low-carb, high-fat dietary approach consistent with a ketogenic diet that allows for more flexibility.

"The new book, written with the help of my colleague, Dr. Judi Woolger, reinforces the basic principles of the keto diet while adding enhancements that make the approach more convenient and more sustainable over time," Dr. Agatston said.

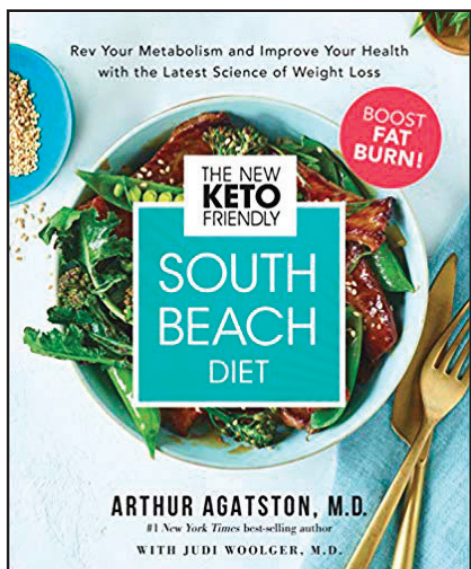
The all-new keto-friendly program is based on Dr. Agatston's original best-selling *South Beach Diet*, published in 2003. *The New Keto-Friendly South*



Dr. Arthur Agatston

Beach Diet extends the first phase from two weeks to six months or longer, allowing time to lose belly fat and meet weight loss goals while entering fat-burning mode, or becoming "fat-adapted." Based on new research in these areas, fat adaptation ensures a boost in energy and endurance that encourages full-fat dairy and nutrient-rich meat sources of saturated fat.

Dr. Agatston developed the "Agatston Score," arguably the most significant preventive cardiology tool utilized by experts around the world. His concierge medical practice, The Agatston Center for Preventive Medicine, is focused on keeping patients healthy with a personalized wellness and prevention plan, flexible appointments, annual check-ups and lab services and chronic disease management.



Dade Heritage Trust Accepting Nominations for Preservation Awards

It's that time of year! Dade Heritage Trust is accepting nominations for its 2020 Preservation Awards. These annual awards are open to any individual, organization, business or agency involved in historic preservation in Miami-Dade County.

There is no limit on the number of nominations that one applicant can submit, and nominations may be made without the knowledge of the nominee(s). However, owners of properties, if not the applicant, must provide written consent. Self-nominations will be accepted.

"We know protecting and preserving Miami-Dade County's historic sites is not always easy," said Christine Rupp, executive director of DHT. "But it's the incredible dedication by local organizations and individuals, year-in and year-out, to preserve these historic places for generations to come that are making a difference."

The deadline for the 2020 Preservation Awards nominations is March 10, 2020. The application is available at www.dadeheritagetrust.org.

The Preservation Award winners will be honored during DHT's An-



Dade Heritage Trust's 2020 Preservation Award winners will be honored during the nonprofit's Annual Meeting at the Woman's Club of Coconut Grove on April 2. To learn more visit www.dadeheritagetrust.com. [Photo courtesy of Dade Heritage Trust]

nual Meeting at the Woman's Club of Coconut Grove on April 2. Tickets for the event are \$75 for members and \$100 for non-members, and can be purchased at <https://www.eventbrite.com/e/dade-heritage-trust-annual-meeting-and-preservation-awards-tickets-90201538229>

At the event, DHT will also unveil the organization's annual list of Miami-Dade County's Most Endangered Sites. To learn more visit www.dadeheritagetrust.com.

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