INDULGE
JUNE | JULY 2013

WHAT TO GIVE DAD...
AMAZING LUXURY GIFTS FOR THE MAN WHO HAS IT ALL

THE SEASON'S BEST NEW WATCHES

CHILL
Our guide to taking a time-out, Florida style

Meet Nic Roldan
We visit the smoldering polo player at his South Florida horse farm

THE TIME ISSUE
MAKING EVERY SECOND COUNT IN MIAMI

PLUS:
Louis Aguirre, DJ Irie & Yolanda Berkowitz

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ON THE COVER
Polo player Nic Roldan at his Wellington horse farm, wearing Ports 1961 and a Chopard Millie Miglia watch. Photographed by Moris Moreno.
there is a time for work and a time for love. That leaves no other
time.” Coco Chanel, one of my heroes, said that. And all these years
later, such a deceptively simple thought remains profoundly true.
Yet for me, and I know for many others, it can be easy to forget it,
especially as our increasingly mobile existence blurs every neat little
line that once helped us compartmentalize life. Now more than ever,
this is true in our beloved Miami, not long ago a far sleepier city. Ever growing
and competing on a global stage in almost every industry, it seems more and
more of us here are focused on squeezing the most out of every moment, every
opportunity.

It’s an exciting time, for sure. And the perfect backdrop for our first Time Issue,
in which we explore not only the people and things that are oh-so right now
(“Launching NOW!” pg. 24) but also take a stroll down memory lane to recall
that which has endured. For example, in “Time-tested treasures” (pg. 45) we
bring you five excellent Miami restaurants that have been around for decades, consistently delivering quality food
and experiences. In the spirit of slowing things down, we also toured some of Florida’s best spas, where wellness
treatments are the current trend (“Go ahead, take a time out” pg. 57) and then asked local chefs Conor Hanlon and
Josh Gripper, from The Dutch, to teach us how to make the opposite of fast food. (Slow food feast, pg. 50)

Of course, no issue dedicated to time would be complete without a good measure of
coverage on the luxury watch scene currently exploding in Miami. Did you know that in recent
years we’ve become one of the world’s top markets for selling exclusive, fine timepieces? Check
out some of the most outrageous and fabulous timepieces in “The very Miami watch list,”
where we suggest exactly what to wear on your wrist as you head out to some only-in-Miami
spots. And while global watch makers cast their gazes on us, the fact remains that some
of the city’s top jewelry sellers are local families who’ve been around for generations. Meet
them in “Family jewels” (pg. 37)

The most rewarding aspect of creating Indulge is that we get to spend time — there’s that
word again — with this city’s most remarkable people. That we get to tell their stories and
bring you a side of them you may have never seen. They are people whom you might
think you know, but trust me when I say you’ll learn something new about them once
you read our stories. Case in point: Jorge Plasencia, (left top) the tireless marketing
executive behind the Amigos for Kids charity who is this month’s “The Advocate” (pg.
34), shares the gut-wrenching experience he had as a 9-year-old that both haunted
him and drove him to work with children in need. And Oti Roberts, (left bottom) the J.P.
Morgan executive who is this month’s “The Rainmaker” (pg. 32), reveals the amazing
story of his Nigerian-born late father and why he remains his real life hero.

Coco was right. There’s a time for work and a time for love. But I also believe this
magazine can help us bring those two things closer together.

Betty
With June’s typical onset of heat and humidity, Miami residents know it is summertime once again. And while some may dread the relentless sun and the daily afternoon deluges, for me summer brings opportunities. Extra sunlight at the end of the day means time to kick back outdoors in the balmy evenings. Summer vacations mean time to get away to some exotic locale, or just relax at Miami’s most popular restaurants, boutiques and entertainment venues with family and friends.

These time-sensitive opportunities are often fleeting, which makes them all the more precious. That’s why we’ve dedicated this issue of Indulge magazine to the notion of time, and how we make the most of it here in South Florida.

I’m always interested in how others manage their time, both at work and at play. There never seems to be enough hours in the day. Then again, maybe because of our vacation-destination sensibility, we in South Florida tend to make leisure time an essential part of our lifestyles.

But what’s interesting is not only how we spend time, but also how we keep it. Perhaps you are, like me, someone who appreciates luxury watches in this era of that quasi-disposable digital timekeeper, the mobile phone. Well, it’s good to know our ranks are growing. South Florida spending in the watch and jewelry category last year was $703 million, and is projected to increase over $50.7 million in the next five years, according to Claritas, a data and research firm owned by the Nielsen Company.

My own cherished timepiece is a classic Rolex, purchased on a vacation in St. Thomas some 32 years ago. It was the first fine watch I ever owned, and therefore holds a special place in my heart. I’ve acquired other watches since then, ones I have purchased or received as gifts, but this is the one I still wear nearly every day. It has become a part of me, and I don’t feel the same without it. Why? Because it has stood the test of time.

For many of us, time is the most precious luxury, and our timepieces are the ultimate reflection of that. I hope you enjoy this “timely” issue of Indulge as much as we enjoyed publishing it. I also hope you find the slower pace of summer a good opportunity to share some treasured quality time.
KEITH W. STRANDBERG
WATCH EDITOR

There’s hardly a watch Keith W. Strandberg doesn’t like. From a Mickey Mouse one to an intricate tourbillon, he’s long been a fan of the ages old, complex mechanical movements that make a simple wrist watch run 24 hours a day, seven days a week, 365 days a year—a feat even his beloved Harley motorcycle would likely not be able to achieve, he jokes. Such adoration of timepieces, combined with the fact that Strandberg, who lives in Switzerland, is a world-renowned watch writer, made him the perfect candidate to be this issue’s official Watch Editor. You can read and see his work throughout: he hand-picked the amazing luxury gift ideas featured in “For dad, with love” (pg. 21); interviewed local stars about how they make the most of their time in Miami for “Miami time” (pg. 60); and, having just attended the planet’s biggest watch show, BaselWorld, where every major timepiece maker debuts its hot, new products, Strandberg personally identified the perfect watch for only-in-Miami occasions in “The Very Miami watch list” (pg. 66). His work has appeared in Men’s Vogue, Watch Journal and The New York Observer.

CONOR HANLON
CHEF

It’s only fitting that the chef we partnered with to create this issue’s “Slow food feast” (pg. 50) —Conor Hanlon, Executive Chef from the acclaimed The Dutch at the W. South Beach— has received the highest honor among slow foodies: the venerable Snail of Approval. Issued every year by the non-profit Slow Food Miami to a crop of gifted cooks, the award honors chefs committed to the quality, authenticity and sustainability of Miami’s local food supply—and who put their menus where the mouths are by supporting area farmers. The best thing? The recipes Hanlon prepared are as simple and delectable as they are responsible.

MICHAEL PISARRI
PHOTOGRAPHER

For more than a decade, photographer Michael Pisarri has been creating portraits of some of the world’s most influential people for editorial and advertising clients. His subjects vary from rap stars and celebrity chefs to top CEOs to successful everyday people with great stories. “Having fun with my subject is a key component to having a successful shoot,” he says. “Getting them to loosen up and share their story helps me tell their story to the viewer.” For this issue, Pisarri shot J.P. Morgan heavyweight Oti Roberts in our “The Rainmaker” department (pg. 32) as well “Family jewels” where we profile some of the most successful families in the local jewelry industry (pg. 37).

MORIS MORENO
PHOTOGRAPHER

Best known for his architectural, interiors and food photography, Miami-based Moris Moreno left his comfort zone for this edition of Indulge—to focus on people instead of spaces and objects. The Caracas native shot the cover, with the smoldering Nic Roldan, at the polo player’s West Palm Beach horse farm, then criss-crossed Miami to shoot each and every one of the local stars featured in “Miami time” (pg. 60) at their fabulous homes. It’s not the first time Moreno works with Indulge; he’s been shooting our covers since issue one. A photographer for the last decade, his work has also appeared in The Miami Herald, The Wall Street Journal and Metropolitan Home.

REBECCA KLEINMAN
WRITER

Rebecca Kleinman says she is thrilled to be working again with The Miami Herald, where she previously spent years contributing to Home & Design magazine. In this issue, the second to which she’s contributed, Kleinman took a delicious stroll down memory lane to write about the city’s classic restaurants in “Time-tested treasures” (pg. 45). She also toured a new and fabulous fine jewelry store reminiscent of a mini Bergdorf Goodman in “Haute & hospitality” (pg. 57). But her sweetest assignment may well have been researching the burgeoning wellness trend taking place at spas across the state. “I know it’s a tough job, but someone had to do it!” she says of her efforts to learn about this newfound mission to pamper with a purpose. “Every luxury hotel is getting on board.” Kleinman also contributes to Women’s Wear Daily and Travel + Leisure.

MARIA TETTAMANTI
FASHION EDITOR

Local fashionista Maria Tettamanti compiled the stylish perennials you see in “Timeless classics” (pg. 22) A freelancer for The Miami Herald and Miami.com, she’s also a columnist for The Huffington Post and Miami Editor for MSN Postbox and has been published in USA Today, Allure and Life & Style. In her blog, The Wordy Girl, she shares personal insights on fashion, style and pop culture in an inimitably humorous and snarky voice. She was raised in the seaside town of Cape May, New Jersey by Greek parents who eventually fled the cold and moved to sunny Coconut Grove. She lives in Miami with her husband and two toddlers.
Got a finicky father who already has everything? These lux gifts are sure to please.

**CRYSTAL CLEAR**
Inside this stunning crystal globe is the famous Jaeger-LeCoultre Atmos movement, the closest thing to a perpetual movement the world has ever seen. Painstakingly manufactured by glassmakers from Les Cristalleries de Saint-Louis, a French company founded in 1586 and now owned by Hermès, only 176 pieces are being made worldwide. $37,000. Hermès, 175 NE 40th Street, Miami, hermes.com.

**SAFE TRAVELS**
Storing jewelry in one safe place while traveling is a cinch with the Döttling Guardian, featuring a quilted Alcantaro roll and a steel and polycarbonate protective case. To make things extra safe, it’s equipped with a GPS to locate the case if it’s lost. Starts at $16,870. doettling.com.

**LETTHERE BE LIGHT**
Brighten up Dad’s day with the Orbita Lighthouse LED Pocket Flashlight, which can be used as a high-power searchlight, reading light, lantern or SOS beacon. $295. Jewels In Time, 4400 North Federal Highway, Suite 116, Boca Raton, 561-368-1454, jewelsintime.com.

**ALL WOUND UP**
The essential accoutrement for serious watch collectors? A Buben & Zorweg watch winding case, of course! It not only safeguards timepieces, it allows you to admire them while they’re being wound. $59,000. buben-zorweg.com.

**THE POWER OF FOUR**
The Roger Dubuis Excalibur Quatuor combines innovation and high watchmaking with cutting-edge design. Featuring four balances and five differentials, the case of this limited edition of three pieces is crafted in silicon, which is half the weight of steel, but four times harder. Price available upon request. King Jewelers, 18265 Biscayne Boulevard, Aventura, 888-436-9449; kings1912.com.

**WRITING HISTORY**
In today’s world of smartphones and tablets, sending a handwritten note is a fantastic way to stand out. Writing with the Montblanc Heritage 333 pen allows you to revel in the experience. $19,200. Montblanc at Aventura Mall, 19575 Biscayne Boulevard, Aventura, 305-931-1898; montblanc.com.

**SPIN CLASS**
These tourbillon cuff links from T.F. Est. 1968 echo your fine watch, with a rotating watch balance inside a cage that sits underneath the cuff link’s crystal. $435. Hamilton Jewelers, 215 Worth Avenue, Palm Beach, 561-659-6788; hamiltonjewelers.com.

**SMALL PACKAGES**
Giuliano Mazzuoli has transformed his famous “Manometro” wristwatch into these amazingly small, handy pocket watches. Inspired by Alfa Romeo gauges, they can be attached to jean pockets or suit lapels. $2,200. VAULT, 1024 Lincoln Road, Miami Beach, 305-673-5251; vaultworldwide.com.
Timeless classics

These key fashion and design pieces have some serious staying power.

LADYLIKE
Introduced in 1969, the Hermès Constance Bag, boasting a square-shape with signature H clasp, is the ultimate in classic handbags. Price available upon request. Hermès, 175 NE 40th Street, Miami Design District, hermes.com.

EXQUISITE WALLS
For wallpaper that begs comparison to fine art, an enduring damask print is just the thing. Price available upon request. Innovations in Wallcoverings at DCOTA, 1855 Griffin Road, Suite 470, Dania Beach; innovationsusa.com.

ENDURING ELEGANCE
Maybe it's inspired by the trademark chain on her classic quilted bag. Or maybe by the woman, Coco, herself. Either way, the new Chanel Premiere line of bracelet watches is the ultimate investment piece. Starting at $4,300. King Jewelers, 18265 Biscayne Boulevard, Aventura; kings1912.com.

CHAMPAGNE DREAMS
The Adriana Hoyos Signature Floor Lamp features a double lampshade to gently diffuse light. $2,100. Adriana Hoyos, 3930 NE 2nd Avenue, Suite 105, Design District, adrianahoyos.com.

FINE FURNISHINGS
Leave it to Fendi Casa to take a traditional Bombay chest and make it contemporary and chic. Price available upon request. Fendi Casa, 90 NE 39th Street, Design District; fendi.com.

WHITE OUT
Spring's runways saw the ever-stylish ankle strap return. With these B Brian Atwood Linscot style booties you can combine the always with the now. $450. Neiman Marcus Coral Gables. 390 San Lorenzo Avenue, Coral Gables; neimanmarcus.com.

LUCY SCENT
Oscar de la Renta’s newest fragrance, Something Blue, is designed to make a woman feel her most beautiful. And it's as classic as the designer behind it. $115. Available at Saks Fifth Avenue Dadeland, 7687 N Kendall Drive, Miami; saksfifthavenue.com.
**watches**

**HOT, NEW WATCHES AT KING JEWELERS**

On the heels of BaselWorld, the planet’s largest watch expo, which took place in April in Switzerland, Aventura’s King Jewelers is rolling out a few limited-edition and exclusive timepieces, straight from the show. Sales director Jono King, who attended, is most excited about these, all of which will be available at his store this summer.

**ZENITH PILOT COLLECTION** “This is one of the most exciting collections I’ve seen in a long time. A lot of our clients have a strong relationship to pilot’s watches and Zenith has a really important trademark: they’re the only watch company that can put the word ‘pilot’ on their dials.”

**HYT** “My father, Scott King, says ‘they’re the Einsteins of watchmaking.’ HYT really is on the cutting edge. They’re using liquid to indicate the time! We’ve never seen such hype or demand for a product.”

**DEVON** Switzerland may be it for watches, but if you’re looking to buy American, Devon is your brand, King says. The only American watch company using its own proprietary movement, Devon’s Tread 1 and Tread 2 are “just really cool watches.”

King Jewelers, 18265 Biscayne Boulevard, Aventura; 888-436-9449; Kings1912.com.

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**jewelry**

**BIRKS DEBUTS AT MAYORS**

Known as one of the leading jewelry retailers in the South, with 23 stores in Florida and Georgia, Mayors is launching its own in-house line named Birks, after the company’s Canada-based partner. The new baubles fall under three collections: Muse, Rosée du Matin and Snowflake. A few of our faves: from Muse, the bangles and rings in 18K rose or white gold. Starting at $1,495. Mayors.com.

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**real estate**

**A lux peek at Echo Brickell**

Because Miami’s condo market just won’t quit, here comes a new South Florida feat: Echo Brickell (the sister project to last year’s Echo Aventura, from star developer Kevin Maloney and his Property Markets Group) is promising to be the tallest all-residential building in the 305, with more than 60 stories and standing 750 feet in the air. The interiors are shaping up to be just as impressive, all designed by award-winning architect Carlos Ott. With a whopping 28 penthouses, the building will feature a state-of-the-art fitness center and spa suspended over an infinity-edge pool. Echo Brickell, 305-931-6511; echobrickell.com.
THE SHOES

“These rubber loafers come in an array of colors and styles, can go from water to sand and are still hip enough for a night on South Beach.” $49. Neiman Marcus, Village of Merrick Park, 390 Lorenzo Avenue, Coral Gables; 786-999-1000; neimanmarcus.com.

THE TRUNKS

“Swimwear for guys has gotten a lot more fun. These trunks by Sundeck are masculine without having to resort to banana hammocks or traditional surfer board shorts.” $120. Atrium, 1931 Collins Avenue, Miami Beach; 305-695-0757; atriumyc.com.

THE MAN

“When I want to go glam and elegant, Tom Ford is my go-to guy,” says Aguirre, pictured wearing the designer here. Jacket, $3,520; shirt, $605; pants, $780; pocket square, $60. All Tom Ford, Neiman Marcus, Village of Merrick Park, 390 Lorenzo Avenue, Coral Gables; 786-999-1000; neimanmarcus.com.

THE HOOD

“I love that Wynwood has become the cultural nucleus of Miami, for everyone from artists to hipsters, restaurateurs to small-business owners. The ever-evolving street art makes it one of the most exciting open-air museums in the world. I connect to the real Miami here because, as a native, I know how far it’s come.” wynwoodmiami.com.

THE SCONCE

“I’ve been wearing Annick Goutal Eau d’Hadrien since I discovered it in New York over 20 years ago. It makes me feel fresh and clean, even during South Florida sauna months.” $128. Neiman Marcus, Village of Merrick Park, 390 Lorenzo Avenue, Coral Gables; 786-999-1000; neimanmarcus.com.

THE SHIRT

“This crisp shirt comes from, helps me channel my inner Don Draper. They have great suits and shirts with a very Mad Men flair.” $145. Reiss, Aventura Mall, 9501 Biscayne Boulevard, Miami; 305-932-6048; reiss.com.

THE CHILL

“My favorite day in Miami is whenever I’m near the water. Boating through Biscayne Bay to the Keys. Or stopping for a poolside lunch at The Standard. We’re so lucky to have the best backyard in the world.” The Standard, 40 Island Avenue, Miami Beach, 305-673-1117; standardhotels.com.
What would you do if you had more time?

It was an evening of satin, sequins and swing. And we expect nothing less from the Adrienne Arsht Center for the Performing Arts Annual Gala, where theatricals come naturally. One of the city’s most well attended formal affairs, held in support of the center’s community outreach programs, the night began with a cocktail party under the gleaming atrium of the Knight Concert Hall. More than 400 people cozily milled about sipping drinks by Bombay Sapphire before being invited to dine on a fabulous meal of New York strip steaks and marbled potatoes prepared by the equally fabulous Barton G. A chocolate soufflé sweetly marked the end of the meal, but the real dessert came after—wearing a tux. Harry Connick Jr. took the stage, belting out the Beatles’ “And I Love Her.” The crowd, of course, loved him just as much, especially when he joked about his daughters, who he confessed tricked him into letting them attend Ultra.

The evening’s most dramatic moment? When a surprise announcement was made that gala chairs Swanee and Paul DiMare had committed to making a $1 million gift to the center, whose stage will be renamed in their honor.

TEXT BY CHRISTIANA LILLY
PHOTOS BY MANNY HERNANDEZ

Indulge attended the Adrienne Arsht Center for the Performing Arts Annual Gala and asked our fellow guests…

“I’d probably return more of my emails.”
Adrienne Arsht

“I would play more golf, which is my passion.”
Swanee DiMare

“Try to do more volunteering, spending more time with my family.”
Dr. Margaret Eidson

“I’d spend more time with my family.”
John Richard (with Lynne Richard)

“I’d do exactly what I’m doing now: getting dressed up and going out with my husband.”
Jessica Goldman Srebnick

“I would dance; I would dance every single day.”
Carol Coletta

“I would take my grandchildren to the park or to the beach.”
Mayor Tomás Regalado (with Raquelita Regalado)

“Read—there’s so many good books coming out.”
Donna Shalala

“Spend time playing sports with my kids and do more to help the community and fly more.”
Robert Furniss-Roe

“Wake up early, go to the gym, spend more time with my wife, walk my dogs for longer, and work less.”
Reed Horth (with Kat Barrow-Horth)
Sometimes opportunity lurks in the most surprising places. That’s what Brooke Soffer, Vice President of Corporate Retail for the Fontainebleau Resort, noticed recently when she analyzed the two points in the average day when hotel guests had some time to kill: around check-in, as their rooms are readied; and after dinner, before LIV nightclub gets going. Such downtime became the inspiration for the hotel’s newest boutique, Timeless, a fine jewelry shop that entices buyers like moths to its shiny golden flame. Soffer, who launched the shop in partnership with local watch dealer Marvin Neuman, said, “With my contacts from years as a jewelry collector and store buyer, and Marvin’s expertise developed over three decades, we saw the perfect match.”

To emphasize the venture’s grandeur, they commissioned a designer with a Bergdorf Goodman pedigree, who envisioned rows of vertical cubbyholes as cases. Then came Netherlands-based Studio Drift’s massive chandelier resembling a bronze circuit board and embedded with dried dandelions.

Soffer, who oversees the procurement of contemporary designs, as well as estate pieces by the likes of Bulgari and Cartier, promises even picky New York tourists will find something different here, such as the Barneys-approved Renee Lewis brand’s Shake style pendants and pins, containing confetti-like diamonds encased in crystal. From John Brevard, the sole regional designer in the mix, Soffer focuses on starburst-shaped cocktail rings and earrings in 18K yellow gold and white diamonds. “Our main materials are 18K gold and platinum,” Soffer says, though she also snagged the South Florida exclusive for designer Jemma Wynne’s watermelon tourmalines, whose pink centers graduate to green edges. “We strive to find looks that don’t compete,” Soffer said, “and that range from affordable to statement.”

Displaying the best in class from $400 to $400,000, Neuman’s exquisitely curated watches had Basel, the world’s most famous annual watch extravaganza that just took place in April, aflutter. Rattling off all the big names—Patek Philippe, Breguet, Audemard Piguet, Hublot and Rolex, among others—he’s just as likely to have a surprise up his sleeve, along the lines of Harry Winston and Franck Muller. “Every man loves watches,” he says. “You know, boys and their toys.”

**STORY BY REBECCA KLEINMAN**
**PHOTOGRAPHY BY ANDRES ARAVENA**

Timeless, Fontainebleau Hotel, 4441 Collins Avenue, Miami Beach, 305-674-4606.

Forget what you think you know about hotel boutiques. Timeless, the newest shop at Miami Beach’s Fontainebleau Resort, is taking things up a notch.
From understated accessories to blingy statement pieces, like the Cartier's limited-edition XL Roadster chronograph in 18K white gold and diamonds (above), the Fontainebleau's new Timeless boutique carries an impressive assortment of baubles, including men's watches (above, right) ranging from $400 to $400,000. The duo behind the boutique, Soffer and Neuman (right) worked with an interior designer who envisioned watches in unconventional vertical displays (below.)

“We strive to find looks that don’t compete and that range from affordable to statement.”
Got $50 million? Then this is the man with whom you want to speak. Here, he talks about his first big deal, basketball dreams and his hero in real life.

Vitals: 32; born in Ann Arbor, MI, the younger of two sons; father, an oral surgeon who moved to the United States to attend the University of Michigan on a scholarship; mother, a radiologist; growing up, he lived in Nigeria, Wales, London, Kuwait, Bahrain, Riyadh and finally returned to the U.S. by way of attending a prestigious boarding school in Austin, TX; graduated from the University of Miami with a degree in international finance and marketing; married for seven years to Remi, a CPA; father of 6-year-old Julian and 3-year-old Kemi, who “adores her big brother!”

Current job: Executive Director and Senior Private Banker for J.P. Morgan’s Ultra High Net Worth Miami division. “That means families and entrepreneurs who have a net worth of $50 million and up,” he says. “They’re out there, and right here in Miami because this is an incredible place to be, and people from around the world are recognizing that.”

First major deal: “My first $100 million deal. It was with a client who I became close to over time, an entrepreneur who had a lot of equity in his business but who went through some rough times. We stuck with him through good and bad and then…it happened. We were there at the right time. I remember feeling elated but then thinking, okay, now let’s go get the next one!”

When you were a kid you dreamed of… “playing for the NBA. In fact, I was a walk-on to the UM basketball team in the 1999-2000 season. We played in the Sweet Sixteen! But I quickly realized I wasn’t really going to make it to the NBA. And I’d see other guys who had the same dream dedicate all their time to the game and none to schoolwork. When they didn’t make it, they didn’t have many choices. I decided that was not going to be me. I walked away from the game and started focusing on my studies.”

Real life hero: “My dad. He had a tough upbringing in Nigeria, lost his dad when he was 9. His mother couldn’t afford to raise him, so he was sent to live with an uncle. And yet, he was studious and took every opportunity very seriously. After he graduated from Michigan, he went back to Nigeria to try to make it a better place. He accomplished so much but was the most humble man I ever knew. He would look for people to help. He delivered oral care to people who could never afford to pay for it. He lived and breathed helping people, and in the end he died for it. He passed in 2006 after contracting hepatitis during a surgery.”

Best advice ever received: “From my dad, who wrote to me in a letter that this life is like an ocean and you have to keep rowing. You might get tired, but don’t ever rest and always stay humble.”

One thing people who know you… don’t know about you? “That I’m a nut for 80s music. Anything with synthesizers!”

BETTY CORTINA-WEISS
It’s a haunting memory that remains forever etched in his mind. Barely nine years old at the time, Jorge Plasencia was participating in a service project through his grade school. He and fellow students were visiting the Miami Children’s Home Society, a shelter for abused and neglected kids. “I remember there was a baby, and her entire face was burned. I asked what had happened to her and was told her father had burned her—with a hot iron,” Plasencia says, his voice giving way to a gentle tremble, even all these years later. “I grew up in a house with so much love that I couldn’t imagine a home in which something like that would happen. That day I thought, when I grow up I want to help these kids.”

Talk about keeping a promise. Just a few years later, while in high school, Plasencia and a few friends founded a non-profit organization dedicated to helping improve the lives of the children at the very same shelter he had visited. That group eventually evolved into one of Miami’s most highly respected charities — Amigos for Kids, which not only works to keep kids safe but to try to make their lives brighter through after school programs, parent education classes and abuse prevention literature. Now 22 years old, the group is best known for its annual toy drive, which has made holiday wishes come true for thousands of South Florida children, as well as its star-studded annual “Domino Night,” which is coming up this month (see sidebar for details). Here, Plasencia, the chairman and CEO of República advertising agency, talks more about his connection to the group, its initiatives and what they hope to accomplish for kids everywhere.

You’ve held so many events with kids who benefit from these efforts. Is there a moment that truly stands?

I have so many moments that stand out. Any time one of the kids who is now an adult gives a testimony on Amigos, on what we did for them and how they are where they are in part because of what they received from us. Just last year, one of the girls who we helped when she was young was the speaker at a luncheon we host every year. She talked about how when her mother had passed away and they had nowhere to go, that Amigos was there for them. That was the most amazing validation.

Amigos does a lot of work with schools as well. Tell us about that.

In 2004, we started an after-school program at José Martí Park in East Little Havana. We provide the kids help with homework, have all sorts of activities and, most important, keep them off the streets. The program started with 60 kids and now there are 150. We also hold a back-to-school backpack drive every year and help kids whose parents have no means get everything they need, like notebooks, pencils and other school supplies. And in April, during National Child Abuse Prevention Month, we go into Miami-Dade County Public Schools to help create awareness around abuse prevention and promote positive parenting skills.

What is your ultimate goal for Amigos?

I think we have an opportunity to become the true leader in child abuse prevention nationally, especially in the Hispanic community. I would like it to continue to grow, continue to advocate and go beyond Miami.

Did you know?

• National statistics indicate that abuse and/or neglect is the second leading cause of death among children, and that of those victims a whopping 85% are under the age of four.

• No group of children is exempt. Abuse victims are 48.8% white, 22.8% African-American and 18.4% Hispanic.

• One of Amigos for Kids’ signature fundraising events is the ING Miami Celebrity Domino Night, held annually at Parrot Jungle. This year’s takes place at 8 p.m. on June 15 and, if it’s anything like years prior, it will be a celebrity-studded evening. But anyone can go, and tickets are still available at amigosforkids.com.
For three of South Florida’s most successful jewelry stores, a deep sense of history and family is what sets them apart.

Jae’s Jewelers

As the owners of Jae’s Jewelers, Coral Gables’ oldest jewelry store, the Hornik family is deeply proud of its Florida roots—and they are quick to tell you all about them. “When my grandfather, George Hornik, came back from World War II he went to watchmaking school in Colorado on the GI Bill,” Jennifer Hornik-Johnson nostalgically beams. “After graduation, he and his wife opened his first store in Miami in 1945, and they moved to Coral Gables shortly after. We’ve been in this location since 1956.”

Part of the third generation of Horniks operating the store (pictured, from left to right: mother Shelley, daughter Jill, father Bruce, daughter Jennifer and her husband Cec.), Hornik-Johnson says what she loves most is how her job is much more than selling diamond and gold. “I like being a part of something momentous in people’s lives,” she says. “We help mark important occasions in many families and that is a special thing for us.” Something else that’s remained special? The store’s name itself. Bruce Hornik, son of the founder and Hornik-Johnson’s father, named all of his children with names that start with the letter J: Jennifer, Jason and Jillian. Hornik-Johnson is following in similar steps: her daughter is named Gia, after the Gemological Institute of America (acronym, GIA) the training school she attended after graduating from the University of Florida and where she met her husband, who now also works in the family business. Indeed, the entire family remains active at the store, from dad to daughters. “And now there’s even a fourth generation,” says Hornik-Johnson. “My own daughter.”
A tiny booth at the local jewelry exchange. Four display cases. A lifetime of savings. That’s all Robin and Mark Levinson started with when they first went into the jewelry business exactly 30 years ago. It was a business adventure that took off along side a personal one: the couple had just married. It was “great to work together,” Mark says. “We’d come home at the end of the day, we didn’t have to ask what each other did.” They’re still working together today, and Mark says that’s precisely part of the charm of walking into Levinson, which in 2008 moved into more far more glamorous digs on Ft. Lauderdale’s Las Olas Boulevard. “I think our customers feel comfortable that there is Mark or Robin to speak to,” says Mark, a third generation jeweler. (The photo Robin holds is of his father and grandfather, both diamond dealers.) “If you go into a brand boutique, the owner of the brand doesn’t come out. Here, our customers can deal with us.” Indeed, it was a customer that inspired the Levinsons to add a charitable component to their business, one that Mark says has fundamentally transformed them. “We started working with charities when one of our clients made a nice purchase, the most expensive piece we had, and they asked if we would consider donating to their charity,” Mark recalls. “We said yes because it was the right thing to do. Then, other clients started asking us to donate and we did. And we saw that what goes around comes around. Today, working with charities is a part of our business approach.”
Morays Jewelers

Morays Jewelers may be a fixture in Miami’s Design District, but its roots stretch all the way back to Austria, where the shop’s current owner, Sandy Hequin’s, great grandfather was born. In the early 1900s he emigrated to New York City and made a life for himself and his family by selling pocket watches from a pushcart off legendary Orchard Street. Determined to pass his success on to his children, he gave each of his two sons $10,000 so they could open their own respective businesses. One of those sons, Hequin’s grandfather, took his small fortune and moved to Florida; the rest is Miami history. Hequin’s grandfather opened Morays Jewelers in 1944; his son, Hequin’s father, took it over in 1958. Now, Hequin the great granddaughter of the original owner, is getting ready to pass it on to her son, Beau, who will be generation number seven. “We all grew up working in and listening to talk about the business all the time,” Hequin says. “It’s in our DNA. My son knew that he wanted to be in the business when he was 12 years old.”

Hequin says that even now the sense of legacy is with her every day. “I have my great grandfather’s clients’ great, great grandchildren buying from me,” she says, in awe at the connections. “It’s very exciting because we become part of each other’s families.”

KEITH W. STRANDBERG
Before Tracey Dykes, president of Weston Jewelers, started working in the watch and jewelry business, she was a homicide prosecutor in the State Attorney’s office. She and her husband, who is the CEO, started Weston Jewelers 12 years ago this year, and she hasn’t looked back since. *Indulge* caught up with her to find out what every buyer needs to know, or ask, before making an important timepiece or jewelry purchase.

**Choose your jeweler carefully.**
“Choosing a jeweler is similar to choosing a physician,” Dykes says. “The most important thing is to develop trust and to know what they are representing is what it is, that the quality is guaranteed. You have to have a relationship where you can feel safe and confident knowing your jeweler has your best interest in mind.”

**Don’t hesitate to ask questions.**
Sure, you can research on the Internet, but it can still be confusing and filled with jargon and specialized terms. “Your jeweler should take the time to explain everything you need to know—about the timepiece and its functions, or the four C’s of diamonds,” Dykes says. “Some people have in their minds exactly what they are looking for and exactly what they are comfortable spending; other people come in and they have no idea at all.” She adds, “If you give a price range you can afford, a good jeweler will show you a selection of products, including something a little bit higher as a comparison. You shouldn’t feel pressured to go higher than you want, and if the jeweler tries to push you higher, it could be a sign that they’re not right for you.”

**Ask about service.**
Being able to take your purchase back to your local jeweler is important, as mechanical watches, for example, require service every three to five years. “A good store will have jewelers and watchmakers on staff that can do repairs on-site,” Dykes says. “It’s a benefit to have the store satisfy all your needs, to be able to do any service, repairs or additional work.”

**Expect a fantastic experience and trust your instincts.**
In today’s world, with so many opportunities to research and purchase on the Internet, it’s more important than ever that the brick-and-mortar stores make your experience all the more special. “There are some things that people can purchase on the Internet, but a lot of people get fooled and what they think is a good deal is not always so good,” Dykes details. “It’s best to try on watches and jewelry, see how they feel on.” Dykes adds that you need to feel comfortable and trust your instincts. “The environment has to be right for you,” she says. “You should be made to feel special no matter if you are buying something for $100 or $100,000.”

KEITH W. STRANDBERG
Weston Jewelers, 1728 Main Street, Weston, 954-389-7990, westonjewelers.com.
Beyond tourist guide entries like Joe’s Stone Crab and Versailles, Miami claims several classic restaurants and bars that happily cater to regulars. Each of these five haunts provides a link to the past and a respite from the hot-spot-obsessed scene.

CAPTAIN’S TAVERN
More than four decades ago, when South Miami was still cow pastures, Bill Bowers, the octogenarian captain behind Captains Tavern, got his hands on an old U.S. post office for a mere $1 a square foot. A New England transplant who had worked on fishing docks as a boy, he dreamed of parlaying his love of the ocean into a restaurant that celebrated the bounties of the sea. He spent a year transforming his newfound space into a tavern with nautical décor he affectionately dubbed “early depression” — which has not since changed — and the rest is Miami history. Having started with just a couple of seafood specialties, today Captain’s Tavern is known to serve not only the city’s freshest seafood but also its widest variety. On any given day, there may be 10 different oyster specialties available and an extensive
selection of fish. "Now sea bass and such is more expensive than steak," says Bowers, who leafs through his phone book of fishing contacts for daily catches of hogfish, yellowtail and red and black grouper, depending on the season. He unloads them all in big numbers to multigenerational families, adding, "We must go through 1,200 pounds of salmon and 3,000 oysters per week." He concedes there is one selection of fish. "Now sea bass and such is more expensive than steak," says Bowers, who leafs through his phone book of fishing contacts for daily catches of hogfish, yellowtail and red and black grouper, depending on the season. He unloads them all in big numbers to multigenerational families, adding, "We must go through 1,200 pounds of salmon and 3,000 oysters per week." He concedes there is one 

**CHRISTY’S RESTAURANT**

Before Miami was inundated with steakhouses, French and Italian eateries ruled the roost. So when Christy’s, the city’s famously plush and elegant meat emporium, was born in the late 1970s, it quickly became the go-to spot for special occasions, business dinners and newly minted yuppies. It became so beloved that when the restaurant underwent a makeover in 2007, patrons protested when they heard a rumor that new, more modern seating was to be installed. Instead, “They insisted we refurbish the original, vintage office chairs made of hulking wood and leather, because they’re so comfortable,” says Chris Klaic, one of the partners behind the restaurant. What patrons did approve was the addition of a piano bar where today guests can sit and order appetizers while taking in live jazz tunes. Another update that didn’t quite work: after trying to expand the menu’s salad selection, the restaurant gave up; diners were only interested in its decadent Caesar, whose secret recipe has been made-to-order by the same server for 20 years. Also worth noting is the shrimp cocktail, which is so colossal, the joke goes, it must be on steroids, and the baked Alaska flambéed tableside—a true Miami show. (3101 Ponce De Leon Boulevard, Coral Gables. 305-446-1400)

**ROMEO’S CAFE**

Everyone’s a VIP at Romeo’s Café, which hung its sign on Coral Way in 1998. Chef owner Romeo Majano visits each table, and not just at meals end. From the moment guests enter he’s fishing for information—preferences, allergies, is a beaming beau about to pop the question? Then Majano heads back into the kitchen, where he envelopes homemade pumpkin tortellini in sage butter and SIMmers rabbit stock for a fettuccini recipe with more steps than Julia Child would dare attempt. “Our prix fixe menu offers four or six courses, but no one orders the smaller one,” says Majano, who made the cut for Best Chefs America’s 2015 edition. “Many diners come in by word of mouth and share how they found us.” If you’re a dessert lover pining for the past, forget settling for throwbacks like molten chocolate cake: a lighter predecessor—the soufflé!—survives here instead. (2257 SW 22nd Street, Miami. 305-859-2228)

**MAGNUM LOUNGE**

Old-school Miamians may remember Jeffrey Landsman as the proprietor of Jeffrey’s on Miami Beach. But it was a dozen years ago that he crossed the bay to open his real dream spot, the Magnum Lounge, a New York-style piano bar that manages to be upscale yet low key, serving continental cuisine—meets-comfort food like chicken pot pie as creamy French casseroles topped with fluffy pastry. Veal and duck pate made by Landsman himself, who has the ratios down pat and trusts no one else with the task, is listed on the menu alongside his mother’s famous fried chicken (it’s been hailed the best in Miami!) and his father’s even more famous cheesecake. “A sweet’s the crowning touch to a great meal,” he says, keeping the dessert cart tradition alive and well. “They’re difficult to maneuver around the dining room, but people’s eyes light up when they see all those cakes, pies and real whipped cream.” (709 NE 79th Street, Miami. 305-757-3368)

**FOX’S SHERRON INN**

Appropriately housed in a dark den—it’s sole tiny window is never open during service hours—Fox’s Sherron Inn is not even close to being a fancy locale. Still, it’s a legendary place to rub elbows with legal eagles and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and Manhattans shaken and stirred by Sherron Inn is not even close to being a fancy locale. Still, it’s a legendary place to rub elbows with legal eagles and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff martinis and UM hipsters while knocking back seriously stiff marti

**REBECCA KLEINMAN**

**Three more South Florida old-time spots**

Since opening in 1949, Tropical Acres Steakhouse in Fort Lauderdale has been owned by the same family. Locals keep coming for crab cakes, sautéed frog legs and steak au poivre. (2500 Griffin Road, Fort Lauderdale; 954-989-2500.) Located on the Barron River in Everglades City, the Rod and Gun Club is like stepping back into Old Florida, pecky cypress walls and all. Its charming porch fills up for lunches of shrimp salad and fish sandwiches. (200 Riverside Drive, Everglades, 239-695-210.)

It’s the kind of place you’d expect Bogie and Bacall to walk into. The Hideaway Café at the Rainbow Bend Resort in the Florida Keys is a throwback with white tablecloths, open ocean views and an elegant menu. Perhaps the glamorous pair would order the escargot followed by surf and turf. (Milemarker 58, Grassy Key; 305-289-1554.)
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With help from friends at Slow Food Miami, chefs Conor Hanlon and Josh Gripper, of the award-winning The Dutch, show us how to put together a meal that’s the antithesis of fast food: fresh, local—and absolutely delicious.

As the slow food movement—the push to eat fresh, regionally sourced, sustainably farmed ingredients—continues to expand across the globe, it’s taken a strong hold in Miami as well. With restaurants here increasingly touting their ties to Florida farms, diners in the 305 are savvier than ever about where their food comes from. Of course, eating out isn’t the only way to eat slow.

To show you how to put together a delectable meal that celebrates what’s naturally available in Miami right now, we asked Conor Hanlon, Executive Chef at The Dutch, and Josh Gripper, the Pastry Chef there, to whip up some of their favorite dishes for a special dinner in honor of Indulge’s Time Issue.

We held the affair at the Coconut Grove home of Daniel Graeff and his wife, Renee Frigo Graeff, who’s the president of Slow Food Miami, which this year bestowed upon Hanlon and Gripper its prestigious Snail of Approval award. The Graeffs also happen to own the Lucini Italia Company, a Miami-based firm dedicated to creating handcrafted foods inspired by the culinary traditions of Italy. With so much scrumptiousness swirling about, it couldn’t help but be a deliciously beautiful evening. Read on for details about how you can do something similar at home.

TEXT BY BETTY CORTINA-WEISS | PHOTOGRAPHY BY ANDRÉS ARAVENA
To help set the slow food mood, we tapped into the décor talents of interior designer Hillary Scurtis, also a member of the Slow Food Miami board of directors. She translated the evening’s theme into a stunning table setting “by combining vintage looks with modern ones, and by taking a found-objects-will-do approach” she said. The floral centerpieces add texture and color, with vases (which are actually ice buckets!) in the shape of flowerpots. The baroque-looking flatware sits in contrast to handmade ceramic plates. The colorful table runner is actually a rug. (Credits: table-runner by Calypso, 9700 Collins Avenue, Bal Harbour, plates by Country French, 7529 SW 57th Avenue, South Miami; silverware, candelabras and vases by Christofle, 9700 Collins Avenue, Bal Harbour, Flowers by Always Flowers, 305-572-1122.)

**In-season cocktail**

There’s nothing like a cocktail to get a dinner party going. With seasonal fruit, this one tapped into the evening’s fresh theme.

- $11/2$ parts Grey Goose Le Citron Vodka
- $1/4$ part fresh-pressed orange juice
- $1/2$ teaspoon sugar
- $2$ fresh-pressed strawberries
- $1$ part club soda
- basil, for garnish

With a citrus press or squeeze of the hand, press orange to release juice into a glass filled with ice. Add the Le Citron Flavored Vodka, sugar and strawberries. Stir vigorously, and top with club soda. Present with strawberries and a sprig of basil.
Citrus & vodka cured hamachi

Zest of 2 lemons, 2 limes and 1 orange
2 Tbsp coriander seed
2 Tbsp fennel seed
5 Tbsp salt
1 Tbsp cilantro stems
4 Tbsp sugar
3 1/2 Tbsp vodka
1 Tbsp citrus juice
1 lb hamachi side or fillets, skinned

Citrus segments, for garnish
Fresh hearts of palm (available at local select local farmer's markets), shaved, for garnish
4 of an avocado, thinly sliced, for garnish
Extra virgin olive oil (Chef Hanlon used Lucini Delicate Lemon), for garnish

1. Mix all ingredients together to make a paste.
2. Lay out three sheets of plastic wrap making sure they are larger than the fish by about six inches on either end, overlapping them horizontally. Place about half of the salt paste on the plastic, then place the hamachi on top. Cover with the remaining paste. Wrap, and cure for 6 hours in the refrigerator.
3. Remove hamachi from salt paste and wash thoroughly. Place on a roasting rack on a sheet tray and leave uncovered in the refrigerator until dry and slightly sticky, about 2 to 3 hours. Wrap with plastic and reserve until ready to serve.
4. To serve, slice on a bias as thin as possible. Garnish with citrus segments, shaved hearts of palm and avocado and drizzle with extra virgin olive oil.

Serves 6
Pair with: Brundlmayer Gruner Veltliner Kampatlter Terrassen, 2008, Austria.

To learn more about or get involved with slow food, visit slowfoodmiami.com.
OLIVE OIL POACHED HALIBUT

Extra virgin olive oil (Chef Hanlon used Lucini Premium Select)

1/2 of a head of garlic
Zest of 1 lemon
2 thyme sprigs
1 rosemary sprig
6 filets of fresh Halibut
Sea salt and fresh ground pepper

1. In a large straight-sided fry pan over low heat, pour about two inches of olive oil, enough to cover the filets.
2. Prepare a sachet. Place the garlic, lemon zest, and herb sprigs in the center of a large piece of cheesecloth. Wrap and tie well with kitchen twine. Add to the olive oil and allow to steep for about 20 minutes.
3. Remove the halibut from the refrigerator and allow to sit at room temperature for 15 minutes. Season with salt and pepper.
4. Submerge the halibut in the infused olive oil being careful not to overcrowd the pan. Poach the fish on very low heat for 10 to 12 minutes. Gently lift it out of the olive oil and season with sea salt and lemon juice.
5. To serve, garnish with roasted mushrooms, English peas and crispy bacon lardon. Serves 6.
Pair with: Bouchaine Carneros Pinot Noir, 2009, California.

ROASTED FLORIDA PEACHES WITH OLIVE OIL ICE CREAM

3 peaches, cut in half, seed removed
1 cup sugar
1/4 cup water
1 cup orange juice
Zest of 1/2 of a lemon

1. Preheat oven to 350. Place sugar and water in a medium saucepan and cook over medium heat. Stir to dissolve the sugar. Continue cooking until the syrup becomes a dark amber. Pour the orange juice into the pot slowly, and continue cooking until the sugar has melted fully. Add lemon zest.
2. Place the peaches in a roasting dish and pour the caramel syrup over them. Roast in the oven for 20 to 30 minutes, until they are soft but not mushy. Let cool at room temperature, then refrigerate until ready to use. Serves 6.

OLIVE OIL ICE CREAM

2 cups whole milk
2 cups heavy cream
1/2 cup of olive oil (Chef Gripper used Lucini Premium Select)
1 cup sugar
1/2 tsp salt
9 egg yolks

1. Place milk, cream and olive oil in a large pot with half of the sugar and the salt over medium heat. Meanwhile, whisk the remaining sugar with the egg yolks in a large bowl. When the milk comes to a boil, remove it from the heat.
2. Temper the eggs by adding just a few teaspoons of the hot milk at a time as you whisk continuously. Doing this prevents the eggs from cooking. Keep adding milk in a slow and steady stream until it's fully incorporated.
3. Return the egg and milk mixture to the pot and cook on low heat. Stir constantly until the mixture thickens slightly. Strain through a fine mesh strainer, and place in another large bowl. Place bowl over an ice bath. Let the custard cool completely, then refrigerate overnight. Churn in a home ice cream machine the next day. To serve, top peaches with a dollop of ice cream and garnish with assorted berries. Drizzle with olive oil. Makes 6 servings, with plenty of leftovers.
Pair dessert with: Vietti Moscato d’Asti Cascinetta, 2011, Italy.
South Floridians know what to do when summer storms erupt every afternoon like clockwork: hit the spa. They’ll find the industry has entered a whole new era where simply feel-good treatments are souped up through wellness programs, medical advancements on par with Robin Cook thrillers and a national holistic renaissance that has everyone and her mother juicing. “Wellness is to today what spas were 15 years ago,” says Marco Selva, general manager for the St. Regis Bal Harbour Resort, whose program launched in May. “Guests want healthy fun.”

**ASK THE EXPERTS**

Whether life coaches or personal trainers, wellness centers are partnering with top health gurus. Miami Beach’s The Standard Spa, which pioneered the principal (not many boutique hotels claim an on-site acupuncturist!), hosts retreats and events all summer. Lately, it’s been on a soul-searching kick. Having built a following for her eight-week courses, resident life coach Jennifer Grace penned “Directing Your Destiny.” Her book signing on June 22 is part of the spa’s Summer of Soul series.

**THE ESCAPE**

Go ahead, take a time-out

Pamper yourself with a purpose as South Florida spas add wellness and scientific research for services with real results.
With 16 years under her waist-watching belt, Ashley Pearson, The Breakers Palm Beach’s new wellness coach, can tick off just about any related certification, from Pilates to pantry makeovers. For her Spring to Balance Spa Package, guests receive one hour of yoga, meditation or guided imagery; one hour personalized consultation, and fresh pressed green or fruit juice. The Spa Detox Package offers mindful eating tips, private yoga, detoxifying mud wrap with scalp treatment or foot mask, and a spa lunch. “The quest for balance is on the rise, and Ashley bridges spa and fitness,” says GM Tricia Taylor.

Local versions of Tracy Anderson, A-list trainers Tracie and Chris Vlaun seem to be everywhere. Recently the couple popped up at the St. Regis, where they lead their signature TRX Bootcamp and Aeroga, a hybrid of aerobics and yoga. “They aren’t prone to conventional gym workouts,” says Selva of their preference for outdoor classes, often on the beach, and use of one’s body in lieu of weights.

BEYOND BLISS

Twenty-first century treatments have evolved from mere back rubs. Only a few of the 60 massage therapists at The Ritz-Carlton, Naples, are trained in a lymphatic drainage technique that boosts circulation and mitigates water retention. Unlike Swedish and deep tissue massage, it is light but more effective, according to spa director Michelle Kelthy. “Detoxifying the body is the most important goal,” she says, further recommending baths and wraps with seaweed harvested off Ireland’s west coast, which works wonders for flushing toxins. “We’re like a European apothecary, dispensing elixirs for issues, be they hormonal or sleep.”

The Boca Raton Resort and Club’s recently rebranded Waldorf Astoria Spa only uses Natura Bisse products, a first-time collaboration for the skin care line. From a trio of exclusive packages with a trendy twist, the aptly named Diamond Experience adds a Shiatsu Lifting Facial and Magnetic Body Ritual, in which diamond dusted mud balances chakras, over five hours folding in massage and a mani/pedi. Most spas embrace Eastern techniques such as Thai massage-inspired Royal Muscle Rejuvenation at St. Regis’ Remède Spa. The Standard adapts the Japanese bathing ritual with double dose treatments, a coconut milk face mask and soak, or blood orange mineral salt scrub and tub.

MEDICALLY SPEAKING

For the seasoned spa-goer who’s seen it all, the Delano’s Club Essentia Wellness Retreat is a must-try. Helmed by Dr. Ivan Rusilko, its treatment menu reads like the making of the Bionic Woman — stem cell extracts, IV nutrition supplements and hyperbaric oxygen therapy. He tests and tailors each patient’s needs based on wellbeing versus age. “For example, we customize antioxidant ‘cocktails’ based on skin type and health for collagen-stimulating facials with the Circ-Cell machine,” he says, also introducing Viora’s Trios and Reaction systems, which cover a wider spectrum of applications like body contouring and hair removal. An alternative to facelifts and fillers, CACI facial toning at Mandarin Oriental Miami’s spa does the job through the machine’s exclusive micro-current therapy. Its long-lasting effects inspired many of the spa’s clients to purchase their own. “Only three of our properties perform the treatment,” says spa director Osa Mallo, who expands with CACI body treatments during summer.

GREEN CUISINE

St. Regis’ Selva says it’s easy to drink your way to health, especially if you’re sitting at the hotel’s breakfast restaurant, which offers a fresh juice bar. Among the healthiest concoctions they offer are blends rich in organic berries and muddled herbs. Another bonus: the brand new, gluten-free menu they just introduced. Beet juices and wheatgrass shots also are the rage at the Naples Ritz, whose H2O Cafe reopens in October, with a new chef’s organic menu favoring raw and alkaline dishes. Kelthy says demand was loud and clear. “Books for these cuisines flew off our boutique’s shelves,” she says.

REBECCA KLEINMAN
NIC ROLDAN

The athlete

There are seven and a half minutes in each chukka, or period, in a professional polo game. And with or without his trusty watch, it’s critical Nic Roldan know exactly where he is in each of them while he’s playing. “It’s important to know where you are in the chukka so you can manage the energy of your horse,” says the Buenos Aires-born, West Palm Beach-reared Roldan, one of the world’s top polo players, and surely its most smoldering. “That’s why there’s always a clock on the field.” Though he doesn’t wear a watch while playing (“It’s too dangerous, you don’t want to get your wrist caught up in someone else’s bridal,” he says), off the field Roldan, who in 2010 won the United States Polo Association Silver Cup, is an avid lover of fine timepieces. A former spokesperson for high-end watchmaker Piaget, it was during his time with the brand that he learned “about all that goes into a fine watch,” he says. “I am also a big fan of the Chopard Mille Miglia, and my current favorite is the new special edition given to me by the daughter of Sheikh Mohammed, the Prime Minister of the United Arab Emirates.” Such passion for watches isn’t all that surprising, when you consider that “my life is governed by time. I’m in the gym four times a week, depending on how much we are playing. During high season, we’re usually playing two games a week. And in the off-season, I ride or play four times a week, and train four times a week as well.” And yet, it’s when he’s mounted on his horse, in the heat of a match, that Roldan feels time sweep by. “Time goes a lot faster when I am playing,” he says with a smile. “I’m having so much fun that any time on a horse feels like it’s going fast.”
MIAMI

Time!

It is an endless source of ribbing, this concept of time we have in Miami. And while we’re not the most punctual town on the map, now more than ever we are home to remarkable people making the most of right now. *Indulge* catches up with five local stars—photographed wearing their favorite watches—to talk about living in the moment, balancing working and play, and the art of good timing.

TEXT BY KEITH W. STRANDBERG | PHOTOGRAPHY BY MORIS MORENO
Living in the moment is something Yolanda Berkowitz has learned to do over the course of her life. “I remember talking with a Miami Heat player about an upcoming playoff series, saying how worried I was about the games,” she says. “He responded, ‘I don’t even know who we are playing after this series. I have to focus on today to the exclusion of everything else.’ That really hit home for me. I have learned that 24 hours are 24 hours and that’s all they are.” In fact, a few years back, Berkowitz, whose philanthropic work focuses on Miami’s Voice for Children program among other charities, stopped wearing a watch altogether because of the pressure she felt whenever she looked at it. These days, she’s returned to her prized time tellers, albeit with a more sage and substantial approach. Committed to keeping her focus on the here and now, she adds, “I own a number of beautiful watches and, in the back of my mind, I had always wanted to wear a fabulous, important one. I think a timepiece should be a piece of art, something that stands out. One of the reasons I didn’t wear a watch is, back then for me a watch was a functional thing. Now, I want to wear something special, with provenance, from an important brand with a fantastic design.”
Like everybody else trying to find time to do, well, everything, DJ Irie would love a 30-hour day. “Time is such a precious commodity,” he says. “Anyone who has any kind of dreams and goals is always hoping to have more time. If I had extra hours, I think I could achieve a greater balance in my life. My goal is to dedicate enough of my time to my work and my craft, but also to the important things in life—my friends and family.” Time, of course, is a topic the official DJ of the Miami Heat and Carnival Cruise Lines, and a regular on Miami’s WEDR 99 Jamz, is well qualified to discuss. A confirmed watch collector, Irie says Miami is a unique place for fellow aficionados. “Just as much as Miami is known for music and the arts, it’s also known for style,” Irie says. Here, he adds, “Your timepiece is an extension of who you are. You have people who are really active who go with a Casio G-shock and others who have a Hublot to match their Ferrari. If you ask me, Miami is a little Geneva.”
Jewelry designer Daniela Swaebe says she absolutely, positively has to wear a watch. Hyper-punctual by her own admission, sometimes militantly so, “I don’t like people waiting on me, it’s just in me that I am a punctual person,” she says, fully acknowledging the irony of having been born and raised in famously tardy Miami. “I’d much rather wait for someone than be late.” Most days, Swaebe dons her silver and gold Rolex Datejust; and on other days, when she wants to make a bigger statement, she slips on her boyfriend’s Cartier Tank. “The Cartier was his father’s,” she explains. “I like it because it’s big and gold.” Swaebe, whose jewelry is available at select Neiman Marcus stores (including the one at Merrick Park in Coral Gables) and online at linealuxe.com, recently introduced her own fashion watch line, Gala by Daniela Swaebe, which features bright colors and interchangeable straps. “I was looking to do fun watches,” she says. “I have been creating fine jewelry for 15 years, so the watch line was something fun, different and affordable.” It’s also fashionable, since its creator kept in mind that she herself is always looking for “ways to wear my bracelets with my watch and not be overdone.” Seems like she figured it out just fine.
Even he was once duped. Years ago, John Cormier, an experienced watch collector, purchased a watch that purported to be something it wasn’t. When he figured it out, he fumed. Today, he’s setting out to help others avoid his past mistakes. In 2010, from a small office in Miami’s DuPont Building, he launched WatchFacts.com, a company promising to do for watches what Carfax does for autos: be a reliable, independent clearinghouse for trustworthy information about pre-owned pieces. His timing, not surprisingly, was impeccable: though his business is international, in recent years South Florida has become one of the world’s top markets for luxury watches. Cormier, a Louisiana transplant, remains an avid collector, with his own impressive collection. “I have a watch for every activity,” he says. “During the week, I’ll wear a Rolex, either a Submariner or a Daytona, because it’s durable, recognizable and pretty benign. If I am going out, I will wear my Audemars Piguet Royal Oak or Offshore. When I travel, I will wear my Patek Philippe World Time 5910 or my A. Lange & Söhne.” He continues: “My favorite is my Lange. What I like about it is that you don’t see a lot of them, but when you do, people who know appreciate it.” His advice to others in the market for pre-owned timepieces? “Before you buy it, have a watchmaker who knows the brand check the watch. Make sure it is authentic,” he says. And of course, “make sure it’s tracking time properly.”
THE Very Miami watch list

Never has there been so much to see, do and experience in Miami. And as our fair city becomes ever more sophisticated in style and sensibility, looking the part when you hit the town is increasingly part of being, well, a Miamian. So for the first time, Indulge asked Watch Editor Keith W. Strandberg to create an exclusive guide to what to wear on your wrist while doing the things that can only be done here.

When dining in the most glamorous Miami restaurants, it's de rigueur to wear an elegant, understated timepiece. These two say it all, but they do so subtly. FOR HER (top): Patek Philippe Ladies Moonphase, $36,700. Mayor's Jewelers, 342 San Lorenzo Avenue #1000, Coral Gables; 305-667-7517; mayors.com. FOR HIM (right): Chopard L.U.C XPS, $16,780. Chopard Boutique, Bal Harbour Shops, 9700 Collins Avenue, Bal Harbour; 305-868-8626; us.chopard.com.


Eagles? Birdies? Holes in one? These watches may not improve your handicap, but sporting them on the golf course is sure to tee up a stylish day. FOR HER (left): Baume & Mercier Linea, $2,100. baume-et-mercier.com. FOR HIM (right): Rolex GMT Master II, $8,950. Mayors, Dadeland Mall, 7457 N. Kendall Drive, Miami; 305-667-7517; mayors.com.

HITTING THE LINKS AT CRANDON PARK
Eagles? Birdies? Holes in one? These watches may not improve your handicap, but sporting them on the golf course is sure to tee up a stylish day. FOR HER (left): Baume & Mercier Linea, $2,100. baume-et-mercier.com. FOR HIM (right): Rolex GMT Master II, $8,950. Mayors, Dadeland Mall, 7457 N. Kendall Drive, Miami; 305-667-7517; mayors.com.

CATCHING A MARLINS GAME
Sporty yet chic, these two watches touch all the bases for taking in a game at Marlins Park. FOR HER (left): Chopard Happy Sport Medium Automatic, $8,100. Chopard Boutique, Bal Harbour Shops, 9700 Collins Avenue, Bal Harbour; 305-868-8626; us.chopard.com. FOR HIM (far left): Audemars Piguet Royal Oak Offshore Chronograph, $40,000. Audemars Piguet Boutique, Bal Harbour Shops, 9700 Collins Avenue, Bal Harbour; 305-864-6776; audemarspiguet.com.

GALLERY-HOPPING IN WYNWOOD
Wearing a piece of art on your wrist is a great way to get in the mood while going from gallery to gallery in Wynwood. And these watches are nothing if not artful. FOR HER (far left): Dior VIII Grand Bal Plume Model Pink Gold and Black Ceramic 38mm, $70,500. Dior Boutique, Aventura Mall, 19555 Biscayne Boulevard, Aventura; 305-792-1035; dior.com. FOR HIM (left): Ulysse Nardin Classico Serpent, $42,300. Ulysse Nardin Boutique, Aventura Mall, 19501 Biscayne Boulevard, Aventura; 305-830-1786; ulysse-nardin.com.
When the going gets wet, you need a watch that will stand up to the depths. These two watches are water-resistant to deeper than a human can go, but look great out of the water too. FOR HER (top left): TAG Heuer Aquaracer Lady Automatic in Steel and Rose Gold, $4,600. TAG Heuer Boutique, Aventura Mall, 19501 Biscayne Boulevard, Aventura; 305-682-1256; shop.tagheuer.com. FOR HIM (top right): Oris Aquis Depth Gauge, $3,500. Maurices Jewelers, 11865 S. Dixie Highway, Miami; 305-253-5740; mauricesjewelers.com.

SCUBA DIVING IN THE KEYS

Whether you’re an experienced watch collector or a novice thinking about starting, it’s important to know what to call what. We asked Ball Watch president Jeffrey Hess to break down a timepiece, part by part.

A simple watch has some 150 components; a complex one, hundreds. Knowing the proper name for the principal parts, plus understanding what those parts do, can not only help you make decisions on what to buy, it can help you determine the value of a piece. Jeffrey Hess, the Florida-based president of Ball Watch USA, is an expert in watch history and design and knows his way around just about anything that keeps time. Using the new Ball for BMW Chronograph, a piece that’s been “designed to ensure a pure, smooth linear reflection from the angles of a BMW automobile,” he says, Hess walked us through the complications (that’s watch lingo for functions) and the design elements you’ll find on any watch.

By Keith W. Strandberg
Turning. Spinning. Rotating. Revolving. These are the words that describe the actions of a tourbillon, the complication that has long been considered watchmaking’s highest accomplishment. Invented in 1795 by Abraham-Louis Breguet, and patented in Paris in 1801, the function was created not for aesthetic reasons but rather to solve problems associated with the effects of gravity on the precision of a timepiece. Just one look at a tourbillon promises to draw in and fascinate, its small, complex parts in constant motion. This year, Harry Winston rolls out the ultimate in tourbillons—a watch featuring not one but three tourbillon cages, each turning at a different rate around the oscillator and making it, quite possibly, the world’s most accurate mechanical watch. Histoire de Tourbillon 4. Price available upon request.

King Jewelers, 18265 Biscayne Boulevard, Aventura. 305-935-4900; kings1912.com.