

Go! Sunday

Your guide to getting out, brought to you by the staff of SouthFlorida.com



SONJA FLEMMING/CBS

Liz Nolan will compete on Big Brother this season.

One from S. Florida on Big Brother this year

By JOHNNY DIAZ | Staff writer

One South Florida resident is moving into CBS' "Big Brother" house this summer.

That's Miami resident Liz Nolan, 23, who's joining 13 other contestants as they try to outwit one another for the reality TV series' \$500,000 grand prize.

The show, heading into its 17th season, will debut with a two-night premiere at 8 p.m. Wednesday and Thursday on WFOR-Ch. 4 in the Fort Lauderdale-Miami market and WPEC-Ch. 12 in West Palm Beach. Hosted by Julie Chen, "Big Brother" will air Sundays, Wednesdays and Thursdays through September.

Cameras and microphones will chronicle the contestants 24 hours a day, seven days a week, as they share a house in Hollywood, Calif., where they'll perform physical and mental challenges. During their breaks, they chat and backstab to move ahead in the game. Each week, one roommate is evicted.

Nolan is a marketing coordinator who "has become a mainstay on the Miami nightlife circuit," according to her bio on the show's website. The bio describes her as "a bit of a brainiac, having graduated cum laude, but still spends plenty of time keeping up on pop culture."

She described herself as "outgoing, likable and determined" and said she enjoys "adventuring around town, eating, exercising, boating in Miami, and paddle boarding."

This season's cast also features professional poker player Vanessa Rousso, 32, of Las Vegas, who grew up in South Florida and was the 2001 valedictorian at Wellington High.

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FOOD EVENT



SUGARCANE RAW BAR GRILL/COURTESY

Chef Timon Balloo at Sugarcane Raw Bar Grill in Miami has created the JBF Better Burger with Bibb lettuce, caramelized onions and sun-dried tomato aioli.

South Florida chefs building a better burger

Five restaurants participating in James Beard contest

By JOHN TANASYCHUK | Staff writer

More than 160 restaurants, including five in South Florida, are now serving burgers made with at least 25 percent fresh mushrooms in the meat blend. They're participating in the Better Burger Project, a contest to see which five restaurants get the most Instagram uploads. The winners will receive a free trip to New York in October.

Sponsored by the nonprofit James Beard Foundation, the contest was designed to introduce restaurant patrons to the idea that they don't always have to eat meat. Adding mushrooms reduces calories, fat and sodium while encouraging the consumption of sustainable plant-based ingredients.

At Le Bistro in Lighthouse Point, owners Andy and Elin Trousdale created the Blended 100 percent organic beef and Parisienne mushroom burger (\$12). Instead of a bun, chef Andy Trousdale has made it gluten-free, by serving it on an onion potato galette. It's also dressed with petite heirloom tomatoes, Dijon mustard, ketchup and chili sauce. Spicy bistro pickles are served on the side.

"We have been thinking of putting a burger on our menu, and this opportunity basically gave us the push to do it," says Elin, adding that they liked the philosophy behind the contest. "We believe our future as restaurateurs involves the further incorporation of vegetables into our

menu items."

Le Bistro may keep the burger on its permanent menu.

Chef Timon Balloo of Sugarcane Raw Bar Grill in Miami serves his JBF Better Burger (\$12) with Bibb lettuce, caramelized onions and sun-dried tomato aioli.

At the Federal Food, Drink and Provisions, chef Cesar Zapata serves a shroom and sirloin slider (\$15) on a grilled potato bun with roasted rajas and huitlacoche relish, pepper Jack cheese, Kansas City-style barbecue sauce, crispy tobacco onions. The Miami Peruvian restaurant La Mar by Gaston Acurio has a quinoa burger (\$14) with bean sprouts, caramelized onions and rocoto aioli. And at Bulla Gastrobar in Coral Gables, the Bulla Burger (\$11) features a patty made with oyster mushrooms, veal, beef and pork dressed with piquillo peppers, cipollini onions, tetilla cheese and thyme-honey glaze.

Diners have until July 31 to vote on Instagram by sharing their Better Burger postings with #BetterBurgerProject. The five chefs from across the country with the most Instagram uploads will win a trip to New York in October to cook their burgers at the welcome reception for the annual James Beard Foundation Food Conference at the historic James Beard House.

For more information, go to BetterBurgerProject.org.

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Today

Music

Romeo Santos: The Latin music chart-topper is a singer, composer and former frontman of the group Aventura. The "King of Bachata" embraces the traditional Dominican sounds of his heritage while fusing modern elements of R&B, hip-hop and pop. 8 p.m., American-Airlines Arena, 601 Biscayne Blvd., Miami, \$39-\$159, 786-777-1000, aaarena.com.

Rachel Naomi Kudo: The second-prize winner of the Ninth National Chopin Piano Competition presents a solo recital. The program is heavy on Chopin, of course, but also includes Bartok's "Out of Doors Suite." 3 p.m., Granada Presbyterian Church, 950 University Drive, Coral Gables, free, 305-444-8435, chopin.org.

Sinatra Sinternial Show: Jeff Grainger & the Hoboken 11 debut their latest Frank Sinatra tribute show. The swinging band will perform such classic tunes as "Fly Me to the Moon" and "The Lady is a Tramp." 8 p.m., Seminole Casino Coconut Creek, 5550 NW 40th St., \$35-\$60, 954-977-6700, seminolecoconutcreekcasino.com.

Man in the Mirror: This is a Michael Jackson tribute concentrating on his "King of Pop" '80s music. You will hear hits such as "Billie Jean" and "Thriller." Sub Groove opens in this Sunday on the Waterfront concert. 4 p.m., Meyer Amphitheater, 104 Datura St., West Palm Beach, free, 561-822-1515, wpb.org/sunday-on-the-waterfront.

Family

Mizner Park Downtown Drive Car Show: There will be more than 150 cars, including antiques, classics, street rods, race cars, imports and one-of-a-kind autos from 1900 to present-day. There will also be a concert with the FAU Summer Concert Band led by Kyle Prescott (7:00 p.m.). Car show opens at 11 a.m., Mizner Park, 327 Plaza Real, Boca Raton, free, 561-362-0606, miznerpark.com.

Featured Creatures: Check out strange and exotic creatures not normally seen in the Everglades Wildlife Sanctuary. There will be animal presentations and exhibits. Get up close to the kinkajou, lemur, scorpion and Burmese python. Opens 9:30 a.m., Flamingo Gardens, 3750 S. Flamingo Road, Davie, \$6.45, \$9.95, 954-473-2955, flamingogardens.org.

Norton Museum of Art

JUNE 25, 2015 - JANUARY 10, 2016

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Fine Arts, Boston. With special thanks to Mr. and Mrs. Frederic A. Sharf, Corporate Sponsor Wilmington Trust.



Mercury Carnival, 1952 Allan Phillips, Illustrator, A.G. Spear Jr., Designer Airbrush, gouache on illustration board. Jean S. and Frederic A. Sharf Collection Photography

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