

# MCAD SURVIVAL GUIDE

MIAMI CENTER FOR  
ARCHITECTURE & DESIGN

## RESOURCES TO HELP YOU STAY SAFE, STAY SANE, & HAVE FUN.

### To MCAD Members and Friends:

We are all at home doing the right thing - sheltering in place and only going out for essentials. This week, it's all about the kids! Need a little encouragement, some new activities, or just a little bliss? Check out our curated MCAD Survival Guide. We promise it will be filled with things that make you feel good about our city, the arts and yourself.

**DATING IN A TIME OF COVID-19** As a biological anthropologist who has spent some 40 years studying romantic love around the world and the brain circuitry of this ancient and universal human passion, Helen Fischer has come to recognize that in some ways, corona virus has given you a gift. For the last 15 years, she's also been the chief science adviser to Match.com, the dating site, where she had the opportunity to collect and analyze data on singles across America. And the data here, too, suggest that this pandemic is actually changing the courtship process in some positive ways. [CHECK OUT THE NY TIMES ARTICLE HERE.](#)

**8 CITIES THAT SHOW YOU THE FUTURE OF DESIGN:** A century, plus or minus, after human beings started putting their minds toward designing cities as a whole, things are getting good. High tech materials, sensor networks, new science, and better data are all letting architects, designers, and planners work smarter and more precisely. Cities are getting more environmentally sound, more fun, and more beautiful. And just in time, because today more human beings live in cities than not. [CLICK HERE FOR THE WIRED MAGAZINE ARTICLE.](#)

**When life gives you lemons ... make limoncello:** There are times when lemonade is not strong enough. For these times there is limoncello, an intense, sweet, wonderfully heady Italian liqueur with which you may be familiar. If not, allow me to introduce you. It is often served post-meal, as a *digestif*, something to help cut the weight (or as I like to say, "blorfiness") of heavy meals. Served in small glasses from which the intent is to sip, limoncello packs a high-alcohol punch and a pop of sweetness. It's a lovely way to end a meal. [HERE'S THE ARTICLE AND THE RECIPE.](#)

**HERE'S THE LATEST LINE-UP OF VIRTUAL CONCERTS - LIVE NATION LIVE FROM HOME:** Join Live Nation daily for live streams from around the globe — follow artists live from their homes as they share music, stories, and more. [Click here for the Concert Link.](#)

**THE FUTURE IS HERE. HOW DID WE DO?** Check out this video from the Downtown Development Authority in 2015 that has a video of a 3-D model of what they projected Miami's downtown corridor would look like in 2020. Here's what they said, "Miami is an ever-changing city. Within our lifetime, we've seen the transformation of our downtown skyline go from unimaginative to enterprising. Well get ready to see the visionary. The Downtown Development Authority of Miami released a video showing the changing skyline through 2020." [CLICK HERE FOR THE VIDEO.](#)

**TREAT YOURSELF TO A CREATIVE BREAK.** Adult drawing classes online. Blueprint.com has free specialized introductions to their online drawing classes, and a free trial. [Check out Blueprint.com](#)

**MIAMI DDA'S "GO LOCAL" RESTAURANT DELIVERY PROGRAM:** As the COVID-19 pandemic takes a toll on small businesses and Miami residents find themselves bound to the confines of their home, the Miami Downtown Development Authority (DDA) is bridging the gap between restaurants and consumers with a new campaign that supports neighborhood restaurants and incentivizes consumers to #StayHome by ordering delivery direct from participating businesses. [CLICK HERE FOR THE LIST OF RESTAURANTS AND DISCOUNTS.](#)

**TAKE A BREAK AND GO FOR A BIKE RIDE:** We know, we know — Miami isn't the most bike-friendly city, but luckily, it does have more than a dozen unique bike routes that'll take you through the Everglades, along the ocean, and even underneath the Metrorail. Switch up your regular route with one of these essential Miami trails. [CLICK HERE FOR THE LIST OF RIDES.](#)

**Until next week... stay safe, stay sane, and stay indoors!**



**The Miami Center  
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Design**

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Photo by C. Stovall