



11TH STREET DINER

Corner 11th Street and Washington Ave.,
MB 305.534.6373

Array of home-style American diner cuisine, from meatloaf to fried chicken. Daily specials and great prix fixe menu for only \$12.99. Can't beat the prices here! It's where the locals eat as well as the starving tourists.

A LA FOLIE

516 Espanola Way MB | 305.538.4484

South Florida's original crêperie that is more café-like in its offerings of classic French crepes, sandwiches, salads, and platters. A very casual, friendly lounge with competent, knowledgeable wait staff. No need to rush here! It's French, after all! Sit, relax, peruse the numerous periodicals over a glass of Pouilly Fumé or a Stella Artois. Or maybe an herbal tea or infusion. Right in the heart of the fabulous Española Way neighborhood. Outside lounge open for special champagne nights in season. Call for special prix fixe international dinners.

CAFÉ AT BOOKS & BOOKS

933 Lincoln Road, MB | 305.695.8898

One of the most important things that Books & Books has that sets it apart from any other

chain bookstore is a wonderful personality. Not only can you find the latest books and coolest magazines, now you can enjoy truly delicious and generous food in one of the most relaxed environments possible on Lincoln Road. The food is really quite something, especially their Miami Cheese Steak Sandwich.

DA LEO TRATTORIA

819 Lincoln Road, MB | 305.674.0350

One of the pioneers of Lincoln Road, Da Leo is popular spot with locals, tourists, and celebrities. Where else could you enjoy rich, tasty food, which is basic home-style pastas and meat dishes, and some of the best people-watching while dining al fresco. Ask about their special prix fixe menus – one at \$15.95 and one at \$28.50. They can't be beat. Full bar with drink specials, too. The service has been outstanding as owners Leo and Mario keep careful watch.

DAVID'S CAFÉ II

1654 Meridian Ave., MB | 305.672.8707

You don't have to travel 90 miles to enjoy Cuban cuisine. Just walk over to David's Café II off of Lincoln Road Mall on Meridian Avenue for some of the finest Cuban dishes anywhere. And all at very reasonable prices.

They're open 24 hours. Full bar. Incredible buffets for those on the go.

FRONT PORCH CAFÉ

1418 Ocean Drive, MB | 305.531.8300

After 17 years of serving South Beach locals the freshest, impeccable meals in generous portions, this restaurant has nothing to prove. It's the best for casual fare at any time, but especially for their breakfasts. A great menu with the most reasonable prices. You might have to wait, but be patient, it's well worth the effort as Larry, Michael, and Dawn cater to your every need.

JOEY'S

2506 NW 2nd Ave., Miami |
305.438.0488

Swing by this new artsy Italian eatery for some incredibly authentic Italian nibbles as chef Ivo takes you on a culinary journey through the Veneto region of Italy. The mista salad is a great way to kick off your meal and the spaghetti alle vongole – spaghetti with mussels – or the butter flied beef tenderloin are two tasty dishes to enjoy as an entrée.

KONEXPRESS

445 Espanola Way, MB | 305.420.5809

Brazil's most well known Japanese Brazilian

restaurant concept is now in Miami Beach, and offering an assortment of delicious Kones, sushi rolls, sakes, and salads. Swing by for Sake-Bomb Fridays starting Nov. 20th at 6 p.m. for \$5 sake-bombs and free sushi.

LA SANDWICHERIE

229 14th St., MB | 305.532.8934

Sandwiches and salads along with fruit smoothies and shakes is what you will find at this landmark sandwich shop on 14th Street between Washington and Collins. It's one of the best places on the Beach for an outstanding selection of light fare with a French flair. Very reasonable prices. Open from 9 a.m. to 5 a.m. and delivery until 10 p.m.

MAYA TAPAS & GRILL

809 Lincoln Road, MB | 305.538.0058

Lincoln Road is jam packed with some of the trendiest places to grab a bite in SoBe, and Maya is definitely one of them. Indulge in their succulent steak and imbibe on one of their fantastic wine selections – all while enjoying a front row seat of Miami's most beautiful and glamorous!



WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

LOOKING TO GET LUCKY?



On a recent trip up North to see some of my out-of-state patients, I ate at an Asian restaurant and got a fortune cookie that read, "Luck helps those who help themselves." Admittedly, my first reaction upon reading it was a sarcastic one. I giggled and thought, "Whoever wrote this one is a real genius!", as if we should all know this one by now. Yet for some reason, I kept the fortune in my wallet and found myself referring back to it over and over again until I realized how profound this message really was.

one ticket or many tickets? How careful was she in paying attention to the winning numbers in order to make sure she didn't miss the win? Sure, chance has a part in her winning, but the energy and effort that she put into it created the fertile ground for her windfall to occur.

What about the bad luck of getting speeding tickets? Do tickets come from misfortune or from making your car go over the speed limit? Sure, a guy can go out to a bar, meet someone, and 'get lucky,' but doesn't the fact that he took the time and effort to get dressed up, go out to the right place, and be social—rather than just stay home and be a couch potato—have anything to do with it?

The concept applies to being 'Lucky in Love' or just luck in general. Of course there are circumstances beyond our control that factor into what happens to us in life. However, most people severely underestimate their part in the creation of their own reality.

Subtle factors such as our mental attitude, the way we

look at other people, the way we dress, and the things we say, all influence our ultimate reality. The world picks up on the unconscious clues we give away about what we are thinking and how we are feeling, and these indirect communications tell others how we expect to be treated. Body language is particularly powerful, as it may betray our true feelings even when we think we have led others to believe something else.

Having a positive attitude about life, and about oneself, is essential to feeling 'lucky.' I once heard that people who consider themselves lucky are more likely to view the glass as half-full, while people who view themselves as unlucky are more likely to perceive the glass as half-empty.

So, I have a question for you: Is this going to be your lucky day?

Dr. Gregg A. Pizzi, Licensed Psychologist, specializes in the Emotional Health & Wellness of the GLBT community. An Imago Relationship Therapist and HIV Psychologist Trainer, he can be reached at 1-888-DRPIZZI or www.DrPizzi.com