

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.

KONE RESTAURANT

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

MAKE CHASTE, NOT WASTE



SEX

What's the longest you've gone without having sex? A week? A month? A year? As hard as it may sound,

Physical attractiveness and sexual prowess are high on the totem pole of what makes a person valuable nowadays. So when we're not feeling particularly 'hot' or we're out-of-service sexually, it's easy to feel inferior. Add to that an extended period of time with no sex at all, and you have the recipe for a nice self-esteem problem brewing.

be used to our benefit, as we take advantage of the leftover energy and focus on other goals. Working out harder, taking a class or joining a support group, and spending more time with our friends-without-benefits are fun and productive ways to deal with a planned or unplanned period of sexual abstinence.

Whatever the reason we may be facing that dreaded 'dry spell,' it's important to keep in mind that sexual needs and desires are signs of a normal, healthy individual. Feeling horny, wanting to 'hook-up,' and having to go a period of time without sex, are nothing to be ashamed of. It's easy to joke around or make fun of somebody who hasn't 'gotten laid' in a while, but deliberately deciding to be non-sexual, or not getting 'lucky' for a period of time, can actually



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