

660 @ THE ANGLERS

660 Washington Ave., MB | 305.534.9600
One of SoBe's hidden gems, 660 @ The Anglers offers some of the most delicious nibbles the city has to offer in an incredibly romantic setting. This is one place you'll definitely want to grab a pre-dinner cocktail, as the chef also serves as the mixologist, pairing libations with menu items. Menu highlights include the pork belly, braised short ribs, and any sea food dish available!

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.

DE RODRIGUEZ CUBA

956 Washington Ave, MB | 305.673.3763
As one of Miami's most celebrated culinary geniuses, chef Douglas Rodriguez always attracts a fabulous crowd of foodies, who just can't get enough of his contemporary take on traditional Cuban bites. We just can't get enough of the snapper and conch ceviche, Cuban malanga Tacos, and the oxtail. The Sangria Sunday brunch with unlimited sangria is also an event you won't want to miss, as you get to try six different signature sangrias!

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,



WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

GETTING THE LOVE YOU WANT

Relationships take effort. I often hear people say, 'What's the point of being with someone if there's so much work involved?' or 'If she really loved me, she would know what I need and give it to me.' It may be easy or appear seamless for some couples, where little talking is needed and the partners seem to 'get' one another automatically, but this is the exception rather than the rule.

Reality is that most relationships require intentional communication in order for the couple's wants and needs to be met. By intentional I mean purposeful, direct, and specific, as in: "I would like us to have more alone time together," or "I felt hurt by that comment you made at lunch and would like to ask that you not use that term any longer." Holding onto the myth that couples who are in love just automatically know each other and understand each other's needs is a setup for failure and disappointment, not to mention arguments and hurt feelings. It's unproductive and frustrating to throw a temper tantrum, because your other half did something stupid without asking yourself first, 'Wait a minute—did I ever actually tell him I don't like when he does that? Did I ever sit him down and politely ask him to stop?'

Our partners and spouses are not mind-readers. Loving someone does not bestow a special power that allows you to see into the person's brain, so that you don't have to talk to them anymore. Couples, who have been together for 50 years, still learn new things about each other every day, when they share their feelings openly and verbally on a regular basis.

Think about it this way: We are much more likely to get what we need and want in life if we ask for it. Same goes in relationships. (By the way, this goes for all relationships, both romantic and non-romantic). Our partners need help in knowing how to be there for us. By being verbal and direct—in a nice way—about what we need and expect, we give them a chance to feel good about themselves for loving us better, and we benefit by feeling understood and loved. It's a win-win.

A side note: Communicating your wants and needs has to be done in a respectful, assertive way, in which you take responsibility for your thoughts, feelings, and behaviors and do not place blame or expectation on the other person.

Also, it is important to remember that asserting your wants and needs will not, and should not, always be followed by a change on your partner's part. You have every right to express your feelings, but no right to expect anything specific in return.

Couples decide to make healthy changes only after they have been given the opportunity to feel compassion for their partner. Being direct and assertive (as opposed to passive-aggressive) with our loved ones allows them that compassion

and puts us in a better position to have our needs met in a meaningful, lasting way.



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