

Sales, special events, and more from the people who make Biscayne Times possible



earthquake! Where?! Here!! Really? Okay, most of us didn't notice the shaky-shaky last month, but it sure made for interesting conversation right before the Super Bowl. Now let's talk about rocking your world this Valentine's Day.

If you haven't made reservations at Mark Soyka's **Café Roval** (5808 NE 4th Ct., 786-953-7850) for Valentine's Day, you might be out of luck at this point; the historic coral rock architecture tucked away in a tropical garden is an extremely popular location for a romantic date on any night. If you can't get in, there's always takeout from

Andiamo Pizza

(5600 Biscayne Blvd. 305-762-5751), which will please her palate and your wallet -- but you'll still be in trouble if you don't make appropriate arrangements elsewhere.

Enjoy traditional Greek and Mediterranean dishes at **Amaranthine Mediterranean Bistro** (9801 NE 2nd Ave., Miami Shores, 786-907-4924) in the Shores business district. Moussaka, lobster risotto, ribeye steak, and house-made gnocchi go well with one of the restaurant's signature cocktails.

On the casual end, **Sushi Lucy** (1680 NE 123rd St., North Miami, 786-391-2668) offers Kaitenzushi -- sushi that's delivered on a conveyor belt -- in this case, on small boats along a miniature river. The bill is based on the colored plates you select. It's fun for all ages and budgets.

In North Miami Beach, **Mizumi Buffet & Sushi** (3207 NE 163rd St., 305-705-2059) offers more than just fresh sushi. Fill up with traditional or innovative Japanese and Chinese dishes and desserts. Weekday lunches are only \$13.95; on the weekend, they're \$15.95. The dinner buffet is \$22.95 on weekdays and \$24.95 on weekends. Kids prices are even more attractive, as are the coupons in this month's *BT ad.*

Longtime advertiser **Ginza Japanese Buffet** (16153 Biscayne Blvd., 305-944-2192) and its sister restaurant, **Tamura Japanese Seafood Buffet** (6728 Main St., Miami Lakes, 305-362-6483) offer over 200 Japanese and Asian delicacies from appetizers to dessert. Buffet prices start at \$7.95 for kids and \$12.95 for adults. Call for takeout charges and full pricing schedule.

You like sushi, but he likes Thai? **Fuji Hana** (2775 NE 187th St., 305-932-8080) satisfies both flavor profiles if you're dining in the Aventura area. Sashimi only seems austere compared to a bold curry, but both are equally complex and satisfying. Here's your chance to sample the other side. So will you order the pad thai or the yakisoba?

Still not sure where to take your sweetie for Valentine's Day? How about to Miami's latest romantic draw? The 176-foot-tall Bayside Observation Wheel is scheduled to open next to the Hard Rock Café at **Bayside Marketplace** (401 Biscayne Blvd., 305-577-3344). Enjoy a spectacular overhead view of the Miami International Boat Show that weekend. The following week is the annual Wodapalooza fitness event. Enjoy live music, shopping, dinner, and drinks at any of the 140-plus shops, bars, and restaurants every day.

Parents, here's the best deal you'll get for Valentine's Day. The **Phillip and Patricia Frost Museum of Science** (1101 Biscayne Blvd., 305-434-9600) will babysit your kids from 6:30 p.m. to midnight. The tykes will see the museum's latest exhibits, experience enhanced programming, enjoy an exclusive show in the Frost Planetarium, have dinner and a snack, and engage in other activities. All while you and your partner enjoy a cozy date night. Cost is \$60 for the first kid; \$40 for each additional sibling. Register at www.frostscience.org/kidsnight.

That won't be nearly enough time if you've booked a cruise to the Bahamas for the weekend.

You'll just have to bring the children along, which is great! The **Islands of the Bahamas** Ministry of Tourism reminds lovers that tourist destinations are still operating, despite the Hurricane Dorian disaster in the northernmost islands. A trip, even a short one, anywhere else in the chain will help with the long economic recovery ahead and provides a great lesson for children that helping others is rewarding. Visit Bahamas.com for ideas, tips, and help with booking a visit.

Valentine's Day is about hearts, so February, unsurprisingly, is American Heart Month. What a great reminder to keep yourself healthy for your loved ones.

It's better to address your ticker *before* it starts to flicker. **Mount Sinai Medical Center** (305-674-CARE) is ready to schedule a same- or next-day appointment for you with a Mount Sinai cardiologist at any of nine convenient locations across the county.

Medi-Station Urgent Care (9600 NE 2nd Ave., Miami Shores, 305-603-7650) offers free screenings all month. Find out if your blood pressure and cholesterol numbers are up to par (preferably, well below par) or if you'll need a serious discussion about lifestyle changes. Yes, we do mean better food and exercise choices.

Some of us needed the entire month of January to decompress from the holidays, which is fine if you aren't compressing those extra pounds into your jeans. If you are, it's time to quit procrastinating and launch into a full-scale attack on your flab. At **CykleJab** (575 NE 87th St., Miami Shores, 305-906-1444), you get guaranteed results from a multifaceted program that focuses on a whole-body experience, whether you opt for a personal trainer or group classes. Besides high-performance stationary bikes, the studio offers weight training, resistance bands, and water-filled punching bags. Pro-tip: wear the optional fitness band to track your progress precisely. And take them up on their one-week for \$29.99 offer. Your body will thank you. (After maybe cursing you the first few weeks.)

New advertiser **Enhanced Healing Wellness Center** (887 NE 125th St., North Miami, 786-409-1352) offers a different approach to healing the body and mind. As well as offering a full yoga studio (Restorative, Yin, Hatha, Meditative, and Mindful), the center offers neuro-linguistic programming, hypnosis, vibro-acoustic therapy, reiki, massage, sound bowl healing, essential oils, and Ayurveda treatments. If you mention the

BT

, score a great deal: three Yoga Classes for only \$40.

Although the heart is the only part of the cardiovascular system that regularly stirs poets, songwriters, and artists, it can cause problems well beyond its physical boundaries. A faulty heart can throw a stroke-inducing clot that can disable or kill its host. If you suspect that's happening, hurry over to **North Shore Medical Center** (1100 NW 95th St., 833-759-5922), Miami-Dade's first certified Thrombectomy-Capable Stroke Center (TSC) for immediate treatment. When caught early, the effects of a stroke can be minimized.

With the big Valentine's date is coming up, you'll want it to be perfect, of course. You can't control everything, but you certainly don't have to spend it unattractively sneezy and itchy. **Florida Center for Allergy and Asthma Care** (877-4-ALLERGY) is here to help. Board-certified doctors will diagnose your particular allergies and prescribe a treatment program to curtail those obnoxious symptoms. Call for an appointment at any of four offices convenient to the Biscayne Corridor: Aventura, Hollywood, Miami Beach, and North Miami Beach.

Never give up on losing weight for health. You just may need professional help from doctors at **Jackson North Medical Center** (160 NW 170th St., North Miami Beach, 305-585-TRIM), which hosts a free gastric-sleeve and weight-loss seminar on Thursday, February 13, at 6:30 p.m. at the north campus. Learn about the center's holistic program, which includes personalized nutrition guidance, psychological counseling, and tailored fitness plans. Call to reserve your spot.

¡Al fin! New advertiser **Guarapo Organic Juice Bar & Café** (13200 Biscayne Blvd., 786-542-0960) prepares healthful dishes for diners too busy to visit the market and cook for themselves. As well as a large assortment of fruit juices, blends, and smoothie recipes, you can treat yourself to sandwiches, wraps, and bowls filled with fresh veggies, fruits, legumes, meats, and more for a filling meal. But what's the point of eating healthy if you can't cheat on dessert? The menu is also loaded with cookies, muffins, palmiers, chips, and more. And of course, there's also plenty of guarapo (sugar cane squeezings) to go around. This month, clip the *BT* ad to get one free 12-ounce juice with the purchase of same.

Encouraged to try your hand at creating similar dishes? Pick up fresh ingredients at the **Legion Park Farmers Market** (6601 Biscayne Blvd.) In recent weeks, bananas, galangal, yuca, papayas, sunflower sprouts, pea tendrils, and passionfruit made a strong showing at the marketplace. Besides produce and

proteins, you can shop for flowers, honey, and other gifts from as many as 40 longtime vendors. The market is open from 9:00 a.m. to 2:00 p.m. every Saturday. The next Pallets in the Park event is on January 25. Visit urbanoasis.org for more news and information.

By now, you've probably received all your income tax forms and are ready to spend a few grueling hours (days? weeks?) coming up with new curse words to yell at your pile of disorganized papers. Why not leave this chore to a professional? Former Biscayne Times business manager Sal Monterosso can assist you with fulfilling your government obligations and getting a handle on your personal or business finances. He may have 30 years of experience, but he charges reasonable rates. References? Ask our *BT* publisher, and you'll hear that Sal is "a stickler for detail, super reliable, and 100 percent trustworthy." Contact

Grandview Bookkeeping Services

(305-834-9598, grandview0831@gmail.com).

Don't forget that **Unbranded Brewing Company** (1395 E. 11th Ave., Hialeah, 305-773-1045, unbrandedbrewing.com) opens its doors to the public Saturday, February 8. Yes, it's a little outside the Biscayne Corridor, but the nontraditional water profiles, choice barley, experimental hops, and novel woods used to create golden ale, guava wheat ale, IPAs, a rotating wood-aged beer, and more are worth the trip. It's more than just a brewery; Unbranded hopes to become a large draw in the LEAH Arts District. At 30,000-square-feet, make that a very large draw for local barflies.

Hoping to open up your own bar, call on attorney **Steve Polisar** (407 Lincoln Rd., Suite 2A, Miami Beach; 305-672-7772, x 206) to make good use of his decades of experience in handling all kinds of hospitality issues, from inhospitable government agencies to difficult landlords and other devils in the details. Having owned five different clubs, bars, and restaurants in the area, Steve has seen just about everything that can go right or wrong, and can help you quickly receive all the approvals you'll need to open.

If you drink, don't drive. But if your vehicle is grumbling like it needs a good, stiff one, drive in to **Ruben's Auto Care**

(63 NW 71st St., 305-756-7426) for an oil change and 21-point inspection. When Plaza Tire & Auto closed shop in May, master mechanic Gregorio Reyes and his brother transitioned over to Ruben's, bringing Gregorio's son Edgar with them. Expect the same great service, you received at Plaza tire, whether you need simple maintenance or extensive repairs. Check this month's ad for a coupon.

Written by Margaret Griffis, BT Contributor
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A shout-out to all the Spartan alumni from **Monsignor Edward Pace High School** (15600 NW 32nd Ave., 305-623-PACE). The annual alumni baseball game takes place February 8 from 10:00 a.m. to 2:00 p.m. Entry is \$10 for adults, but free for kids. A bounce house and other activities will be available for the youngsters. Food and beverages will be offered as well. Email alumni@pacehs.com for more info and to register.

A pair of musical treats are scheduled over the next two months. Buy tickets now, though, to ensure attendance and the best seats.

The **New World Symphony** (305-673-3331, nws.edu), gives its final performance of the season at the Adrienne Arsht Center (1300 Biscayne Blvd.) on March 7. Conductor Cristian Măcelaru (a Frost School graduate) leads the orchestra this evening, accompanied by the Kalichstein-Laredo-Robinson Trio. Hear Richard Strauss's *Don Juan*, Beethoven's Triple Concerto, George Enescu's First Romanian Rhapsody, and Anton Webern's arrangement of J.S. Bach's "Ricercar" from *A Musical Offering*. Tickets are \$40-\$150. The concert begins at 8:00 p.m., but there's complimentary beer offered at 6:00 p.m. and an opening concert at 7:00 p.m.

The Queen's Six is a chapel choir who, get this, live at Windsor Castle. You know, one of those really old homes where Queen Elizabeth lives? The sextet is made up of lay clerks from St. George's Chapel (on the Windsor grounds). Besides their religious duties, they also sing at the Queen's pleasure. Fortunately, the group is allowed to give performances for the common people when Her Highness is busy elsewhere. On Sunday, April 19, The Queen's Six performs songs from as far back as Henry VIII's era to contemporary jazz. The concert takes place at the Corpus Christi Church (3220 NW 7 Ave.). Tickets for this **Martha/Mary Yamaha Concert** are \$15 and \$25 and include a reception after the concert. See you there.

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