

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

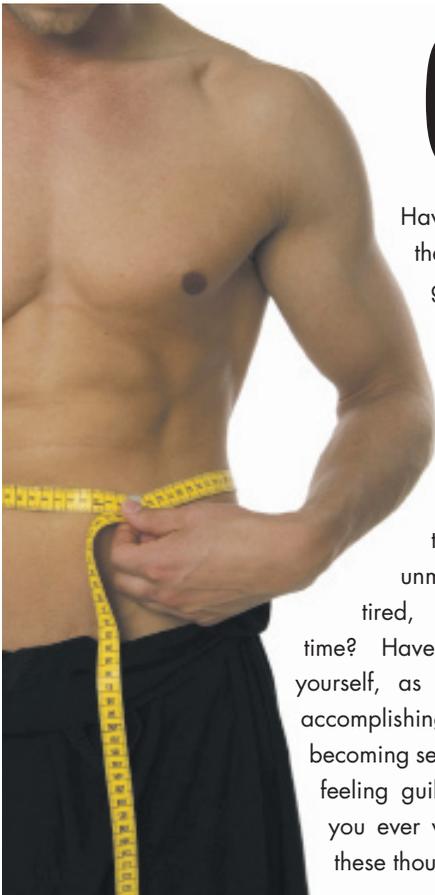
445 Espanola Way, MB | 305.420.5809
Brazil's most well known Japanese Brazilian restaurant concept is now in Miami Beach, and offering an assortment of delicious Kones,



WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

GET MOTIVATED



Have you ever had the best intentions of getting something done, such as going to the gym, finishing a project, or calling a long-time friend, only to find yourself unmotivated, too tired, or lacking the time? Have you ever found yourself, as a result of not accomplishing these things, becoming self-critical, or even feeling guilty? If so, have you ever wondered where these thoughts come from?

Before turning to environmental factors such as our upbringing, family, our spouse/partner, or the expectations of society, we need to look inward and ask ourselves why it is that we have chosen to take on the objectives we set for ourselves. Why do I need to be a certain weight? Have a specific car? Look a certain way? When we don't live up to the goals we have set for ourselves, guilt and self-criticism often result. For this reason, we need to set reasonable, clear goals. Summer is here. Do you want to work harder in the gym to lose those love handles you've grown so close to? Are you looking to reduce your credit card debt? Find a boyfriend/girlfriend? Is having a more exciting social life your goal?

What makes us feel good about ourselves is not only the achievement of our goals, but the quality of our experience in working toward them. We largely have a choice as to whether that experience is a positive or a negative one. To use the gym example again, the guilt that results from avoiding working out and immersing ourselves in a pint of

Ben & Jerry's often has more to do with the fact that we know we are not taking steps toward our goal than about being 'bad' for eating ice cream.

Explore ways to motivate yourself, such as changing your routine, starting new friendships, working out with a partner, or even changing jobs, to provide yourself that mental stimulation and get going. Since reaching one goal often only leads to the setting of the next, it's important to have fun and feel good about yourself along the 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