

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 you 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

BALANCING YOUR LIFE: INTRODUCTION TO A TEN-PART SERIES

I specialize in helping gay men and lesbians find happiness and true fulfillment in their lives and their relationships. Of course, being gay, lesbian, or bisexual is not what makes one feel unhappy or unfulfilled. However, gay people may have a hard time balancing their lives or getting certain needs met because of societal, cultural, or religious expectations that stay with us throughout our lifetime.

Happiness and fulfillment come from a balanced life in which certain needs are met consistently and in healthy ways. There are ten primary areas of human need that determine a healthy, balanced life...

- **Work/professional:** Having an occupation that both supports us financially, stimulates us, and fosters our growth as contributors to society is important to most people.
- **Physical:** Overall physical health, good diet and exercise, following medical recommendations if necessary, as well as feeling fit and attractive.
- **Home:** Our environmental surroundings in the place we call home are important to our physical and emotional well-being. Safety and comfort are paramount.
- **Economic:** We need to feel financially secure and know that we have a roof over our head, are able to pay the bills,

and do not have to worry about where our next meal will come from.

- **Social:** Humans have a natural need to feel connected to other people. When that need is disrupted and we end up feeling disconnected, other feelings may be triggered leaving us anxious and depressed.
- **Intimacy:** The need for a special closeness with another human being, be it physical and/or emotional.
- **Spiritual:** For some this need is met through a sense of connection to the universe or a 'higher power;' for some it comes in the form of organized religion; and still others have different ways to meet their need for a spiritual life. The possibilities are endless.
- **Self:** The most important relationship we will ever have is our relationship with our selves. Nurturing and cultivating this relationship is what I am talking about here.
- **Learning:** Most of us have a need to learn about the world around us and to grow as human beings. Travel, taking a class, furthering one's career, or simply being curious, are ways we stretch and grow.
- **Play:** Humans need to have fun! Vacations are not a luxury. Our culture places too little emphasis on the need

for relaxation and enjoyment. We need time off in order to rest and recharge, otherwise we cannot be successful and productive. Even animals play.

Over the next ten issues, I will be addressing each of these areas individually. Hopefully my exploration of what makes a balanced life will help you examine your own life and identify which areas are going well and which ones need attention. It is normal to have areas in which things are going great, and areas that need improvement. These can change over time as well. The important thing to remember whenever you look at yourself and your life is that it's about progress, not perfection!



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