

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 \$27.50. 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.

KONEXPRESS

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

BALANCING YOUR LIFE: YOUR PHYSICAL SELF



This issue's focus in my ten-part series on balancing your life will be on the establishment and maintenance of your physical self. Many GLBT people have been forced to create their identities completely on their own, due to a lack of healthy GLBT role models in the developmental years. Some of us turned to academics as a way of excelling, others have

used work to establish an identity, and still others among us have adopted athletics, sports, or other physical routes as a way of expressing whom we are. Even if physical fitness does not rank high on one's list of priorities, we cannot skip this necessary step toward achieving wholeness.


The reason I mention that we need to establish our physical selves is that many of us are dissatisfied with the current condition of our bodies – that is, our physical appearance and/or general health. I'm not referring

to superficial annoyances like wrinkles, love handles, or not having big-enough forearms (not that I have anything against forearms). I'm talking about being aware of ways to improve our overall health so that our bodies are better able to take care of us. We need to have a strong, healthy 'temple' to carry us through the stresses and difficulties of life and to fend-off illness. Being in top physical shape also helps us reach our other, non-corporal goals, since we are better able to focus and persevere on what is important to us.

Like other aspects of our identity, we largely have a choice about our physical self. We decide how we are going to challenge our bodies, what kind of food we use to fuel our bodies, whether we provide them with adequate rest and medical care, and whether we abuse alcohol, nicotine, caffeine, and other drugs. If we have a physical challenge or disability to overcome, we can decide how to perceive our health situation and find a way to use it to our advantage. Often, one weakness opens the door to new strengths and improved ways of coping.

Once we have decided upon the type of physical shape we want to be in, barring any medical conditions that may be beyond our control, we can take steps toward reaching our goals. This is what I mean by maintenance

of our physical selves. Whether what we need is an overhaul of our general diet and exercise plan, a personal trainer or gym membership, a new physician or medical care for a specific condition, or surgery for a problem we have been avoiding or procrastinating about, we are responsible for where we are at physically in our lives.

The issue of balance is what is important here. For many, being physically healthy with the added benefit of looking good also is the goal. For others, diet and exercise are primarily about looking good in a swimsuit for the upcoming Summerfest Pool Party. The truth is, we cannot achieve overall balance in our lives as well-rounded GLBT people in the absence of general health and without feeling good about our physical self. 

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

