

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.

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!

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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.

ALTAMAR

1223 Lincoln Road, MB | 305.532.3061

Stop by one of South Beach's best restaurants for seafood, as Chef Simon Stajonovic prepares an assortment of fresh fish dishes that showcase the best in South Florida seafood. The menu changes on a regular basis; depending upon what chef Simon can get his hands on that day. Our favorite dishes are definitely the hogfish and the octopus with ferro. Delicious!

BLT STEAK @ THE BETSY

1440 Ocean Drive, MB | 305.531.3934

In a class all its own, The Betsy Hotel is one

of the most gorgeous dining destinations in South Florida. Pair that with the delectable nibbles of BLT Steak, and you have one fabulous restaurant. Chef Samuel Gorenstein mans the helm, consistently producing dishes that would even tempt a hardcore vegetarian. The bone-in prime rib is phenomenal, and the seafood sampler is unlike anything you've ever experienced. Guaranteed!

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!

WIRED ON: MENTAL HEALTH

BY DR. GREGG A. PIZZI, PSYCHOLOGIST

BALANCING YOUR LIFE: EL HOGAR



This week's component in the ten-part series on balancing your life will be on the creation of your home.


In Spanish, the word hogar means home. Its meaning is differentiated from that of the word casa, which means 'house,' similarly to the way 'house' and 'home' are used differently

Now, if you will forgive the impromptu Spanish lesson, the reason I brought up the word hogar is that I am currently in the process of moving my home and have been focusing on what makes the walls I live between feel like home to me. Hearing and speaking Spanish makes me feel at home. So Spanish is the language of my home, Spanish-based foods are cooked at home, and, on the rare occasions I get to turn the TV on, it's likely to be in Spanish. Why? Because these things bring me good, warm, positive feelings.

These good, warm, positive feelings are what we should strive for in creating and maintaining our home environment. We spend many of our waking moments in our homes, and our homes serve as the backdrops of our lives. Therefore, it's important for our attitude and emotional wellbeing that our homes are set up in a way that leaves us feeling good about ourselves so we can relax, recharge, and reconnect in a safe, secure setting before venturing back out into the world again.

What does your home say about you? Whether you live in a six-bedroom mansion, a condo, a houseboat, or a one-room efficiency apartment, your home should

contain things that bring you warm, positive emotions. In fact, the warm feelings are what make us feel "at home" – not the actual place. That's why it's possible to feel "at home" when it's not even your house! Take an inventory of the artwork, colors, decoration, lighting, temperature, and other items in your home and decide what reflects you and what doesn't. Often a simple rearrangement of the furniture can change the whole energy of a room or make it easier to live in or more interesting. Your home is a representation of you.

Home is where the heart is. Have you put your heart in your home? 

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

