

## 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  
The new Angler's Boutique Resorts Front Porch Supper Summer Series runs Thursdays 6p.m. to 11p.m. The menu features a hearty meal of BBQ'd Sweet & Sticky Spare Ribs, Bucket of Fried Chicken, and Bayou Fried Shrimp. You can't beat the price of \$17.95++, which includes your choice of 3 sides, such as grilled corn on the cob, Jack Daniels BBQ'd baked beans, 5 Cheese Mac, cole slaw, and potato salad. Weekly Homemade cobbler for \$5 (enough to share) completes the dinner. To make the deal even sweeter, there are \$5 Firefly Sweet Tea Vodka Arnold Palmers all night, as well as weekly specials of beer buckets for \$15.

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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 ferroc. 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

## VERSATILES, BOTTOMS, AND TOPS – OH, MY!

In this week's column we take a little humor break from our regularly-scheduled program, the ten-part series on Balancing Your Life, in order to address an urgent and impactful issue that has been brought to my attention by certain gay male colleagues and friends.

To paraphrase and summarize their desperate plea, the question on the table is: WHY DO GUYS LIE ABOUT WHETHER THEY ARE TOP, BOTTOM, VERSATILE, TOP/VERS, BOTTOM/VERS, TRUE VERS, TOP-TOP/VERS, DOUBLE-BOTTOM/VERS, POWER TOP, OR JUST PLAIN LAZY BOTTOM???

LOL. I guess could start to answer this question by writing a book or even an encyclopedia. Perhaps a movie series would allow me to begin to address the myriad of complex and ever-changing reasons people choose to say and do things. But I only have 500 words right now, so I'll need to be succinct.

A review of Grindr profiles in the Greater **Miami** and **Fort Lauderdale** area reveals a wide range of preferences with regard to sexual position and sexual activities. Heck, you can even find women on there now. Users appear, at least at the beginning, to be very honest and open about what they have to offer and what they are looking for. Then why is it that I am hearing a lot of disappointment when people 'get down to it' and expectations are shattered?

We all have insecurities, and no one is perfect, so we should not be completely surprised to find some exaggerations when perusing the online 'advertising,' so to speak. After all, people are marketing themselves, in a way, and trying to look their best. I'm not condoning false advertising or lying. Dishonesty should never be an option. But who doesn't choose their favorite photo, where their complexion looks the clearest, their belly looks the flattest, and their chest looks the puffiest?

The irony of it all is that if everyone stopped exaggerating, there would be no need to stretch the truth. We would all assume that it really is what it says it is.


Back to the bottoms and tops issue. Many guys fear identifying themselves as bottom due to the stigma that comes with it. There exists a negative connotation with being a bottom and it is often used as the butt (I know) of jokes. Stereotypically, bottoms are viewed as feminine, passive, or even lazy. Our culture also puts tops up on a pedestal as if they were manlier, masculine, and therefore more desirable. These assumptions definitely do not hold true in real life!

Another reason some men either lie about, or hide, their sexual preference is fear of rejection by the potential partner. One assumes that the desired person will only be interested in them if they say the 'magic word.' My perspective is, if the sexual role is so important to the

individual, then it's not likely to work out anyway, so just be honest and let them choose for themselves.

Low self-esteem is another reason some men misrepresent themselves when looking for a sexual partner. Some people are so needy of acceptance or approval that they will tell you almost anything. They can be top, bottom, vers, and asexual all in the same conversation. It's sad, but it happens.

We all need to be loved and laid. When we are anything less than completely honest about what we are looking for, we complicate the already-difficult process of meeting someone and negotiating sex. We harm ourselves, more than anyone else, and invite unnecessary disappointment, frustration, hurt feelings, and wasted time.

The bottom line, of course (I couldn't resist), is: BE YOURSELF! 

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](http://www.DrPizzi.com)

