

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.

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.

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!

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.

WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

BALANCING YOUR LIFE: DEALING WITH SOCIAL ANXIETY

This week's focus in my ten-part series on balancing your life will be on social functioning, which, for many people, includes dealing with social anxiety.

Everyone feels anxiety on occasion; it's a part of life. We all know what it is like to feel worry, nervousness, fear, and concern. We feel nervous when we have to give a speech, go for a job interview, or walk into our boss's office for our annual performance appraisal. We know it's normal to feel a surge of fear when we unexpectedly see a photo of a snake or look down from the top of a tall building. Additionally, gay men and women are faced with 'coming-out' situations on a daily basis, which create a stress of their own. Most of us manage these kinds of anxious feelings fairly well and don't allow them to disrupt our lives.

But millions of people (an estimated 15 percent of the population) suffer from devastating and constant anxiety that severely affects, and sometimes highly restricts, their lives. They experience panic attacks, phobias, extreme shyness, obsessive thoughts, and compulsive behaviors. The feeling of anxiety is a constant dominating force that disrupts their lives. Some become prisoners in their own homes, unable to leave work, drive, or visit the grocery store. For these people, anxiety is much more than an occasional wave of apprehension.

Social anxiety, or social phobia, is a fear of being around other people. People suffering from this disorder always feel self-conscious around others. They always have the feeling that people are staring at them, judging them, or being critical in some way. Because the anxiety is so painful, people suffering from it learn to stay away from social situations and avoid other

people. Some eventually need to be alone all the time. The anxiety is pervasive and constant, and it can even happen with people one knows.

People with social anxiety usually know that their thoughts and fears are irrational. Though they may know that others are not actually judging or evaluating them at that very moment, this knowledge does not make the feelings disappear.

Most people who suffer from anxiety disorders begin to feel better when they receive the proper treatment. It can be difficult to identify the proper treatment, however, because each person's anxiety is caused by a unique set of factors. It can be frustrating for the patient when treatment is not immediately successful or takes longer than hoped for. Many patients feel better after a few weeks or months of treatment. If a person has an anxiety disorder in combination with another disorder, such as substance abuse or depression, treatment will be more complicated and will take longer. Social difficulties related to acceptance of one's homosexual orientation should be addressed by a professional who is competent in working with gays and bisexuals.


Although a treatment plan must be specifically designed for each individual, a number of standard approaches exist. Mental health professionals who specialize in treating anxiety most often use a combination of the following treatments. There is no single approach.

Cognitive therapy. The patient learns how to identify and change unproductive thought patterns by observing his or her feelings and learning to separate realistic from unrealistic thoughts.

Group therapy. People with social anxiety benefit from being in an ongoing therapy group with others who also have the disorder, so they can overcome isolation and learn new skills.

Relaxation training. Many people with social anxiety disorders are helped by self-hypnosis, guided visualization, and biofeedback. This can be made a part of psychotherapy.

Medication. Antidepressant and anti-anxiety medications can help restore chemical imbalances. Especially in combination with psychotherapy, medication is an effective treatment for many people.

The content of this article is for informational purposes only. Reliance upon the information contained herein does not create a professional relationship, nor is the information intended to provide psychological evaluation or treatment. 

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

