

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 6pm to 11pm. 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 \$5.00 (enough to share) completes the dinner. To make the deal even sweeter, there are \$5.00 Firefly Sweet Tea Vodka Arnold Palmers all night, as well as weekly specials of beer buckets for \$15.00.

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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.

ALTAMARE

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 ferfo. 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

DR. GREGG A. PIZZI, PSYCHOLOGIST

BALANCING YOUR LIFE: REDUCING FINANCIAL STRESS

This week's focus in my ten-part series on balancing your life will be on your economic health, which includes dealing with financial stress.

For many of us, money is a major cause of stress. The details of each person's situation may vary, but most people know what it's like to feel anxious about money. For some people, the daily challenge of earning enough money to pay a given week's bills is the biggest source of financial stress. Others may be unemployed or in jobs they dislike, or are trying to save money for retirement. Some couples argue constantly about how to spend the money they have, who controls it, and how to earn more. These stresses cause relationship conflict and often lead to breaking up.

People who feel financial stress tend to be in worse overall health than those who are in control of their finances. Financial stress can result in insomnia, mood disorders, inability to concentrate, and cardiac problems. Warning signs that point to current or future financial stress include:

- Finding it nearly impossible to meet basic financial obligations; living from 'paycheck to paycheck'
- Being confused about your economic circumstances, such as being unaware of monthly expenses, liabilities, and balances
- Being in constant financial crisis, such as bouncing checks, making minimum payments on credit cards, and using one card to pay off another
- Focusing on today and ignoring tomorrow, such as by lacking a plan for savings or retirement then feeling surprised when large expenses become due
- Compulsive spending, such as buying things — even when you don't need them — because they are bargains, only to leave them in your drawer or closet unused

- Trying to 'keep up' with your friends, or with society
- Constantly worrying about your bills
- Fantasizing that one day you will be rescued from your financial woes, such as by winning the lottery

Financial stress can be caused by several factors, including:

1. Not planning ahead. Living day-to-day seems inevitable to most people, and planning ahead may be difficult. But when emergencies and unexpected losses happen, the person with no emergency fund to fall back on will experience greater stress than the person who has planned ahead.
2. Spending too much. In our culture, we are under tremendous pressure to spend money on things we don't really need. Because it is easy to confuse acquiring things with happiness, people get caught up in spending habits that can quickly spin out of control.
3. Spending to satisfy self-esteem needs. Most of us know people who have plenty of money but whose lives lack satisfaction and joy. Maybe you've experienced a time in your life when you felt empty or dissatisfied and bought things in an attempt to feel better. Some retailers even take advantage of this common behavior by encouraging us to indulge in "retail therapy."

Here are some tips for putting an end to financial stress in your life:

- Explore your values — the basic beliefs that guide your life. Compare your values with your spending behavior. You're likely to feel anxious and disappointed in yourself where the values are out of synch.

- Set goals for all areas of your life, including money.
- Make a plan to change your behavior in relationship to money.
- Develop a budget that includes every dollar you earn and spend. Include monthly obligations and necessities, such as health and car insurance.
- Set up a plan to get out of debt. If you need to, get help from Debtor's Anonymous or a nonprofit debt-counseling agency.
- Don't buy anything on credit except in an emergency.
- Discriminate between what you want and what you need. Only buy what you truly need.
- If you realize that you bought something on impulse, return the item right away.
- Consider learning new skills to enable you to earn more money.
- Admit that you can't afford to buy certain items, and don't buy them.
- Increase your appreciation for what you have by volunteering your time to help others who are in need. 

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

