

Our City
Coral Springs WITH PARKLAND

OurCity

EXCEPTIONAL
WOMEN
IN BROWARD



FEATURED
PAGE 15

BMWsurgeons.com

**WE WILL BEAT ALL OTHER PRICES
FOR FULLY AUTHORIZED BMW SERVICE**

954-376-0885 • 707 North State Road 7 • Margate, FL 33063

COSMETIC DENTISTRY • ROOT CANALS • CROWNS • DISCOUNT IMPLANTS
 FREE IMPLANTS • MEDICARE ADVANAGE • UNION PATIENTS

painless dentistry

5609 NW 29TH STREET, MARGATE

CALL: 954-978-8866

Steven G. Mautner D.D.S., P.A.



\$45 **CLEANING EXAM**
2 X-RAYS

NEW PATIENTS SPECIAL
KIDS & ADULTS

painless dentistry
 954-978-8866

With coupon. Not valid with other offers or prior services. Limited Time Offer

\$75 **WHITENING SPECIAL**
ENTIRE MONTH
Regular Price \$195

painless dentistry
 954-978-8866

With coupon. Not valid with other offers or prior services. Limited Time Offer

FREE CROWN
 With Any Implant
 Done In Our Office



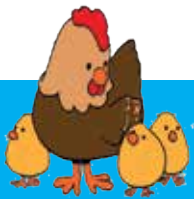
24-HOUR EMERGENCY SERVICE
 PROVIDER OF BLUE CROSS/BLUE SHIELD HUMANA PATIENT'S FREE DENTURES

Our In-House Dental Plan
Saves You Money!

1 PERSON	\$190/yr
COUPLE	\$290/yr
CHILD <small>14 & UNDER</small>	\$100/yr
CHILD <small>15 TO 21</small>	\$150/yr



WORKER'S COMP & INSURANCE ASSIGNMENT ACCEPTED



Chickens Welcome

www.SGMDDS.com

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT.

LEARNING REDEFINED

EXPERIENTIAL LEARNING OPPORTUNITIES AT NSU UNIVERSITY SCHOOL

Our experiential learning approach transforms traditional lessons into real-world adventures, empowering students to explore, innovate, and truly understand the subjects that ignite their passion.



Internships & Fellowships

Immersive Experiences



Hands-On Projects

Collaborative Problem-Solving



Study Abroad Programs



Interactive Workshops



Peer Teaching & Mentoring

Community Service Opportunities



NSU University School
NOVA SOUTHEASTERN UNIVERSITY

Join us at Open House on March 5 at 9:00am to learn more about the culture of innovation at NSU University School. RSVP online at www.uschool.nova.edu.



COSMETIC
IMPLANT
CORAL SPRINGS

William A. Forero, DMD, PA

**PROVIDING ALL
YOUR DENTAL NEEDS!**

General & Family Dentistry

Preventative Care
& Teeth Cleaning

Cosmetic Dentistry

Dental Implants

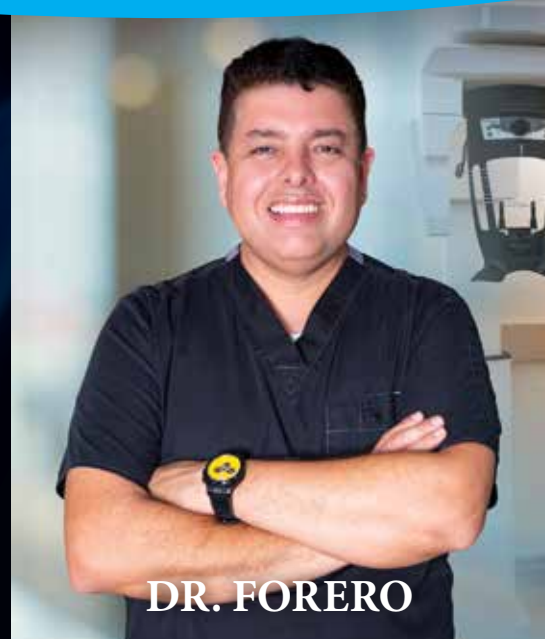
Periodontics

AETNA
2 FREE IMPLANTS
W/ MEDICARE HMO!

The Dental Implant Experts in Coral Springs!



**WE ACCEPT MOST
MEDICARE PLANS**



DR. FORERO

EMERGENCY DENTAL SERVICES AVAILABLE
5501 N University Drive | Suite 102 | Coral Springs
www.cosmeticimplantdds.com

Schedule Your Appointment Today!

954-752-4901

DEALERSHIP ALTERNATIVE AT A FRACTION OF THE COST



WE SERVICE ALL MAKES & MODELS



HAPPY
St. Patrick's Day!



5★
Google
Reviews



15
SERVICE
BAYS



- ◆ Factory Scheduled Maintenance
- ◆ Engine Diagnostics & Repair
- ◆ Flash & Reprogramming
- ◆ Air & Cabin Filter Replacement
- ◆ Synthetic Oil Change
- ◆ Reset Oil Light
- ◆ Air Conditioning Service
- ◆ Brake Inspection Service
- ◆ Warning Light Testing
- ◆ Fuel System Service
- ◆ Steering & Suspension Repair
- ◆ Batteries, Starters & Alternators
- ◆ Tires & Wheel Alignment

Proudly Serving Parkland, Coral Springs, Coconut Creek & All Surrounding Areas

100%
**SYNTHETIC OIL
& NEW FILTER**
**PLUS A FREE
TIRE ROTATION**

- Reset Oil Light
- Up to 5 Qts Synthetic Oil
- 48 Point Inspection
- Top Off All Fluids

only

\$59.95
REG \$89.95

Most vehicles. Additional Oil, Exotic Filters & Disposal Fee are Extra.

WE NOW OFFER

**Convertible Top
Sunroof &
Headliner**



REPAIRS

A/C SPECIALIST

FREE

A/C CHECK Temperature Hitting

Beat The Heat
Special Includes:

- Service Performance Test
- Leak Test All Components & Connections
- Check Drive Belts & Hoses
- Check Cooling System
- Check Controls
- Refrigerant Extra

95°



w/coupon. Most vehicles. Not valid w/other offers. Shop supplies extra. Call for complete details.

Get that BIG JOB done now!

No More Waiting ... Choose Your Discount for Any Maintenance or Repair!

Select one offer below. Limit one discount per household. Cannot be combined w/any other offer. Not valid for oil changes, tires or past services. Shop supplies extra.

\$25 OFF
\$100 or more

\$50 OFF
\$250 or more

\$100 OFF
\$750 or more

WE HONOR ALL EXTENDED WARRANTIES

561-451-0502

www.WorldClassAutoRepairCenter.com

SHADOWOOD SQUARE ~ GLADES ROAD & 441

9787 Glades Road • Boca Raton, FL 33434

Mon-Fri 7:30am-5:30pm | Sat 8:00am-3:00pm

TABLE OF CONTENTS

PUBLISHER'S PAGE

8 Celebrating Women's Legacy

CALENDAR

10, 12 March 2024

FEATURED ADVERTISER

15 BMW Surgeons

COMMUNITY NEWS

16 Coral Springs Celebrates Creativity The 18th Annual Festival Of The Arts

18 Celebrating Community the 61st Parkland Day is Set for March 9

20 Grooving to the Classics: A Night of Nostalgia in Coral Springs

CELEBRATING WOMEN

22 Pioneering a Path From the Lazy B to the Supreme Court

EXCEPTIONAL WOMEN OF BROWARD

24 Jessica Oster

25 Dr. Sheryl George

26 Andrea Jakob

27 Lisa Faina

28 Diana Cabassi

29 Dr. Monique Gusmao Rodriguez

20



FROM THE STATEHOUSE

30 March Update

33 District 96 Update

MESSAGE FROM THE COMMISSION

31 March Message

MAYOR'S MESSAGE

32 Parkland Update

PET OF THE MONTH

32 Meet "Eddie"

PUZZLE PAGE

34 Crossword & Sudoku

30 Answer Key

16



PUBLISHERS

Christy & Terry Jaillet
publisher@ourcitymedia.com

MANAGING EDITOR

Christy Jaillet

ART DIRECTOR

Tom Rowe

GRAPHIC DESIGNER

Alana Brodie

ADVERTISING SALES MANAGER

Nancy Koval
nancy@ourcitymedia.com

ACCOUNT EXECUTIVES

John Brodie, Denise Caligiuri,
Adrienne Collins, Mariem Garcia,
Silvia Silva, Kevin Tanke

CONTRIBUTING WRITERS

Terry Jaillet, Jon Duka, Christine Hunschofsky,
Mayor Rich Walker, Todd Delmay
Dan Daley, Mitchell Zahn

PHOTOGRAPHER

Tom Dean
moonwalkphotography.com

ADVERTISING INFO

sales@ourcitymedia.com

VISIT US ONLINE

ourcitymedia.com

954-306-1007

400 Sawgrass Corporate Parkway
Suite 200C • Sunrise, FL 33325

GOT NEWS? EMAIL THE EDITOR!

editor@ourcitymedia.com

READ ONLINE



Our City Media of Florida, LLC publishes FREE monthly, local community news magazines throughout South Florida. Our City Media Magazines are mailed monthly to affluent single-family homes, condos and businesses in their respective communities. Monthly mailings are verifiable by USPS postage statements. Additional free copies are available at selected locations throughout the communities served and upon request by contacting the publisher. Opinions expressed by the writers are their own and do not necessarily reflect the opinions of the Publisher. Our City Media of Florida, LLC reserves the right to edit and/or reject any editorial or advertising content. Our City Media of Florida, LLC is not responsible for errors in advertising beyond the cost of the space or for the validity of claims made by advertisers. Entire contents ©2024 by Our City Media of Florida, LLC. Reproduction in whole or in part is forbidden in any media without prior written permission from the publisher.



We See

Resilience

A simple smile mirrors resilience. With determination and her mother's support, Kaylee underwent Bariatric Surgery to improve her health and help her embrace the life she wants to live. At Broward Health, we are dedicated to helping our community achieve a healthier future. To learn more, visit [BrowardHealth.org](https://www.browardhealth.org).

MINIMALLY INVASIVE
SURGICAL OPTIONS

MULTI-DISCIPLINARY
TEAM APPROACH

CUSTOMIZED
CARE PLAN



**Broward
Health**

Well Into Your Future

Celebrating Women's Enduring Legacy



As we celebrate Women's History Month this March, we must recognize and honor the contributions of women who have significantly impacted our community, our country, and the world. From political leaders to activists, artists, and entrepreneurs, women have played a crucial role in shaping our society and paving

the way for future generations.

In Broward County, we are fortunate to have a rich history of women who have made a difference in a variety of fields. For example, Marjory Stoneman Douglas, an environmentalist and journalist, fought to protect the Everglades and raise awareness about the importance of conservation. Dr. Mary McLeod Bethune was a local civil rights leader who founded a school for African American girls and later served as an advisor to President Franklin D. Roosevelt.

In addition to these trailblazers, countless women in our community make a difference daily. From teachers and healthcare workers to small business owners and volunteers, women play a vital role in every aspect of our society. This month, we want to celebrate their achievements and recognize the challenges they have overcome to get to where they are today.

Check out the **Exceptional Women of Broward** section of this month's magazine. We profile some of the community's extraordinary women who are impacting the lives of people in our community daily.

Of course, there is still much work to be done to achieve gender equality and ensure that all women have access to the same opportunities and resources. But by acknowledging the contributions of women in our community and beyond, we can inspire future generations of girls and women to pursue their goals and dreams.

Here's to building a brighter, more inclusive future for all!

Christy & Terry Jaillet

OUR CITY MEDIA PUBLISHERS

WEIGHT LOSS
BODY SCULPTING
INJURY REHAB
SPORTS SKILLS
FLEXIBILITY
NUTRITION MANAGEMENT
STAMINA






954-629-9370

Adult & youth programs
Train at my private studio
No contracts or membership fees

A.C.E. Certified Fitness & Nutrition Specialist - Certified & Insured



TWO for ONE
VALENTINE'S DAY
SPECIAL

INTRO COURSE FOR 2!
ONLY \$22

OurCity BEST OF WESTON 2023

OurCity BEST OF PLANTATION 2023

(954) 217-6006

CORAL SPRINGS 4400 W Sample Rd Unit 106 Coconut Creek (IN TOWNSHIP PLAZA)	PLANTATION 877 N Nob Hill Rd, Plantation, FL (IN VISCAYA SQUARE)	WESTON 1375 Shotgun Rd Sunrise, FL (IN THE RIGHT WAY COMMERCE CENTER)
-------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------	---------------------------------------------------------------------------------------

www.premiermartialarts.com



COUNTRY CLUB LIVING HAS A NEW *STYLE*

INTRODUCING



GOLF COURSE & DECORATED MODELS NOW OPEN

Discover the timeless pleasures of country club living expressed with a fresh, modern attitude. As the first new golf course community on Florida's Treasure Coast in decades, Astor Creek invites you to explore the new 18-hole, championship course, tour 11 decorated model homes, and learn more about the future clubhouse & planned amenities.

**CLUB MEMBERSHIP INCLUDED
WITH THE PURCHASE OF A NEW HOME**

2- to 6-Bedroom Homes from the \$500s to over \$2 Million

LEARN MORE



MODEL CENTER

8975 SW Shinnecock Drive | Port St. Lucie, FL 34987
772.303.2114 | AstorCreek.com



© 2024. Prices, homesites, amenities, home designs, square footage and other information subject to errors, changes, omissions, deletions, availability, prior sales and withdrawal at any time without notice. Square footage numbers are approximate and may vary depending on the standard measurement used. Photos and/or drawings of homes may show upgraded landscaping and may not represent the lowest priced homes in the community. All renderings and floorplans in these materials are an artist's conceptual drawings and will vary from the actual plans and homes as built. March 2024. CGC1509406

KOLTERHOMES®

March 2024 Calendar



MARCH 3

Farmers Market & Car Show

Join us at the Parkland Farmers' Market for Parkland's annual Car Show on from 9:00 AM to 1:00 PM. Join in the music, food, and fun as you take a look at some classic and new cars alike. Judging will take place at 11:00 AM. Hosted at the Parkland Equestrian Center, 8350 Ranch Road. **For more info scan the QR code or call 954-757-4107.**



MARCH 8

Coral Springs MLK Golf Classic

Hit the links and help raise money for Coral Springs' MLK Scholarship, which provides funds to financially deserving local students who, through their words and actions, embody the spirit of Dr. Martin Luther King, Jr.'s teachings on peace, racial harmony, community service and bettering the lives of others. The tournament is hosted by the Country Club of Coral Springs, 10800 West Sample Road. Scan the QR code to register or learn about sponsorship opportunities. Email Nicky Vasquez at nvasquez@coral-springs.gov for info.. **Scan the QR code to register or learn about sponsorship opportunities.**

MARCH 8

Wacky Olympics

Celebrate an evening of laughter, camaraderie, and friendly competition at the first-ever Wacky Olympics event! Admission is free, so gather your friends and family and come join the fun! Here's what you can expect: Unconventional Competitions, Family-Friendly Fun, Free Ice Pops and a well-stocked concession stand! The event will be hosted at the Coral Springs Gymnasium, 2501 Coral Springs Drive, from 6:00 pm - 9:00 pm. No registration is required. **For more info, scan the QR code or email dfutterman@coralsprings.gov.**



MARCH 15

Bobby Collins Live at the Center

Bobby Collins is always the funniest guy in the room. With more than 200 stand-up performances around the country each year, he is a show-business institution who has made millions laugh. A native of New York, he was literally born into comedy when his father named him for his favorite comedian, Bob Hope. The audience at a Bobby Collins show is half the fun. Many of Bobby's enthusiastic fans have been following him for years and know by heart some of his classic bits. Hosted at The Coral Springs Center for the Arts. Show starts at 8:00 pm.

Scan the QR code for tickets.



Coral Springs Festival of the Arts

Come and enjoy this fantastic weekend of art, culture, and entertainment! The 18th Annual Festival Of The Arts will highlight some of America's finest artisans and contemporary crafters. There will also be exciting performing arts events, including fine dance, theatrical, and literary presentations. 10:00 am till 5:00 pm at The Walk at University, 2920 N University Drive. **For more info visit www.csfoa.org.**



MARCH 9

Parkland Day

Celebrate the city of Parkland's 61st anniversary with this very special observance of Parkland Day. Festivities kick off at 10:00 am with the Parkland Day Parade. The parade includes floats, marching bands, and displays of our local schools, organizations, and elected officials. It starts at the corner of Pine Island and Nob Hill Road and proceeds east on Trails End. The main event begins at 4:00 pm and culminates with a performance by local favorite band Sugar Ray at 7:30 pm. Hosted at Pine Trails Park from 4:00 pm till 9:00 pm. **Turn to page 18 to learn more about all of the Parkland Day Activities.**

SECOND OPINIONS SAVE LIVES



CHOOSE A LEADER IN CARDIAC SURGERY FOR YOUR SECOND OPINION

Make Cleveland Clinic in Florida your first choice for a second opinion on cardiac surgery. From pioneering research to robotic-assisted cardiovascular surgery, trust the heart experts at Cleveland Clinic for every care in the world.

ClevelandClinicFlorida.org/HeartSurgery



Weston | Coral Springs | Wellington | West Palm Beach | Palm Beach Gardens

March 2024 Calendar

(CONTINUED)

MARCH 17

St. Patrick's Day

Celebrated on the 17th of March every year, St. Patrick's Day is one of the most popular days of the year to travel to Dublin. For centuries, the Irish have celebrated the day as both a religious and social holiday. South Florida has become one of the go-to locations to celebrate Saint Patrick's Day in the United States. So, kiss me if you're Irish!



MARCH 21

Juice Box Jam

Let's jam! Toddlers and their grown-ups can enjoy play, socialization, and music in a safe and engaging open play area designed for kids ages 1 to 4. Upon entry, each toddler will receive a juice box and snack. No registration is necessary. Space is limited. 10:00 am - Noon, at the Coral Springs Gymnasium, 2501 Coral Springs Drive. **For more info, call 954-345-2200.**



MARCH 21

Self Defense Class

S.A.F.E. (Self-defense Awareness & Familiarization Exchange) is a crime-victim prevention program – encompassing Strategies, Techniques, Options, and Prevention – that provides teen & adult women with information to reduce risk of exposure to violence & introduces them to the physical aspects of self-defense. Women ages 13 and up. Space is limited. 6:00 pm - 9:00 pm at Sartory Hall Senior Center, 10150 NW 29th Street. Registration required. **Scan QR code to register.**



MARCH 23

Hoppin' into Springs Egg Hunt

The Hoppin' Into Springs Egg Hunt is back for another egg-cellent year! Kids August 3-8 will receive bunny-shaped sunglasses and a ticket for a free Italian ice treat. Then, egg hunt "eggs-perts" will have the chance to collect colorful, candy-filled plastic eggs that will be scattered across an open field. This family-friendly event will also include a DJ, arts and crafts, a bounce house, and a Bunny visit. Coral Springs residents only. Registration required. 9:00 am - Noon. **Scan the QR code to register & learn more.**

MARCH 23

Parkland Eggstravaganza

Parkland residents can take the little ones to Terramar Park to meet the Easter Bunny and search for treat-filled eggs. This FREE event is offered to all Parkland families but space is limited. You must provide proof of residency when registering. 9:00 am - 11:00 am at Terramar Park. For more info, email NEspinosa@cityofparkland.org. **To register, scan the QR code.**



MARCH 28

Game Night at the Den

Join your neighbors for Game Night at the Den with the free ice skating! All ages are invited to the Panthers IceDen for a cool night of interactive games, plus a party DJ, food, ice skating, and more! Admission is free, but pre-registration is required. 6:00 pm - 9:00 pm at Panthers IceDen, 3299 Sportsplex Drive. **For more info scan the QR code or email dfutterman@coralsprings.gov.**



Finally, Relief of Neck & Back Pain!

Why live with pain? Let's get your life back. Our spine therapy programs help restore joint movement while reducing nerve root pressure. Nerve pressures cause pain all over your body. If you're ready for relief, call our office and schedule a no-obligation consultation. Bring any recent X-rays or MRI's. We will review them and let you know if you are a candidate to receive Antalgic-Trak Spinal Therapy. The Antalgic-Trak can improve spinal health when other therapies have failed. Bulging and herniated discs, sciatica, facet syndrome, numbness-tingling in the arms and legs, and more.



- Chiropractic • Acupuncture • Spinal Decompression • Physiotherapy • Massage • Natural Injection Therapy • Ozone Therapy • Regenerative Medicine • Digital X-ray



The Neck and Back Pain Institute

10250 W Sample Road,
Coral Springs, 33065
www.WeHelpWhenYouHurt.com



954-575-4045



10% OFF LUNCH

10AM-3PM MON-FRI

Cannot be combined with other coupons or offers. One coupon per table. Expires 3/31/24 OC

FREE DESSERT

\$50 OR MORE

Cannot be combined with other coupons or offers. One coupon per table. Expires 3/31/24 OC

RESERVATIONS ARE WELCOME

La Marsa
Mediterranean Cuisine

15% OFF DINNER

\$50 OR MORE

Value shall not exceed \$25. Cannot be combined with other coupons or offers. One coupon per table. Expires 3/31/24 OC

FREE HUMMUS

WITH DINNER ENTREE

(Small) Cannot be combined with other coupons or offers. One coupon per table. Expires 3/31/24 OC

KABOBS, SHAWARMA, FALAFEL & OTHER MEDITERRANEAN FAVORITES



ORDER ONLINE!

www.lamarsacuisine.com
Open Everyday 10AM-10PM



INCLUDES LUNCH SPECIALS

(954) 724-3999

6268 W SAMPLE ROAD • SUITE 408
CORAL SPRINGS, FL 33067
PUBLIX PLAZA



DINE-IN, DELIVERY & CURBSIDE PICKUP



Vegetarian Combo



Beef Kabob



Koshary



Shish Tawook



Signature Lamb Chops

BSO REPORT CARD



92% of Broward County residents **FEEL SAFE** from crime!

BSO takes pride in providing premier services to Broward County—and residents overwhelmingly approve of our efforts! **Here's what YOU'RE saying:**

Percentage of residents satisfied with BSO services:

Law Enforcement	82%
Fire Rescue	96%
Emergency Medical Services	94%
911 Regional Communications	90%

*Results are based on a January 2024 survey of Broward County residents.

OUR REPORT CARD IS IN! Committed to Excellence in Service



Sheriff Gregory Tony
sheriff.org

Thank you, Broward County, for your vote of confidence! Your support acknowledges BSO's tireless efforts to keep our county safe. We will continue to uphold these standards of excellence in our service to you.

- Sheriff Gregory Tony

SERVICE EQUALS REWARD



SCAN ME

To read more about BSO's initiatives and public safety efforts, please scan here or visit www.sheriff.org/SheriffTony.



Sheriff Gregory Tony



@browardsheriffsoffice



@browardsheriff



SHOP TALK with the Sheriff
PODCAST

CHAMPIONS WANTED!

The Broward Sheriff's Office offers competitive salaries, excellent benefits and generous time off! Visit jobs.sheriff.org and discover your calling!



SCAN ME

Scan to apply!

IZUMO

Hibachi & Sushi

Japanese Restaurant

Serving beer, wine & sake



Dinner Hours
Wed - Mon 4:30pm - 9:00pm
Closed Tuesday

Brookside Square • 10609 Wiles Rd • Coral Springs

954-341-5556

10% OFF
ON \$20 OR MORE
Dine in or pick up
Must mention coupon when ordering.
IZUMO Must present physical coupon. One coupon per visit. Not valid with other offers or on hold ups. Not valid with special menus. Expires 3/31/24 SFLCP

10% OFF
ON \$20 OR MORE
Dine in or pick up
Must mention coupon when ordering.
IZUMO Must present physical coupon. One coupon per visit. Not valid with other offers or on hold ups. Not valid with special menus. Expires 3/31/24 SFLCP

10% OFF
ON \$20 OR MORE
Dine in or pick up
Must mention coupon when ordering.
IZUMO Must present physical coupon. One coupon per visit. Not valid with other offers or on hold ups. Not valid with special menus. Expires 3/31/24 SFLCP

10% OFF
ON \$20 OR MORE
Dine in or pick up
Must mention coupon when ordering.
IZUMO Must present physical coupon. One coupon per visit. Not valid with other offers or on hold ups. Not valid with special menus. Expires 3/31/24 SFLCP

BMWsurgeons.com

SEE US BEFORE GETTING BMW SERVICE **ANYWHERE ELSE**

WE WILL BEAT ALL OTHER PRICES FOR FULLY AUTHORIZED BMW SERVICE



**SAME QUALITY REPAIR, LESS COST!
BMW CERTIFIED TECHNICIAN**



REGULAR TIRES
STARTING @
\$94

\$99 **OIL SERVICE SPECIAL**
FULL SYNTHETIC OIL
WITH THIS AD ONLY

RUN FLAT TIRES
205/55R16
STARTING @
\$156

954-376-0885
707 STATE ROAD 7
MARGATE, FL 33063

FRONT OR REAR BRAKE
INCLUDING BRAKE PADS, ROTOR, SENSOR
STARTING @
\$450

CORAL SPRINGS CELEBRATES CREATIVITY

THE 18TH ANNUAL FESTIVAL OF THE ARTS

Immerse yourself in a vibrant celebration of creativity and culture at the 18th Annual Festival of the Arts, a cornerstone event that transforms Coral Springs into a hub of artistic exploration and entertainment. Scheduled for March 16th and 17th, this festival showcases the extraordinary talent of America's finest artisans and contemporary crafters, alongside a rich tapestry of performing arts including dance, theater, and literary presentations.

Set against the scenic backdrop of The Walk of Coral Springs, the festival draws between 30,000 and 40,000 visitors from across South Florida, making it a pivotal event for cultural enthusiasts and families alike. The festival's heart lies in its professional juried art and craft show, featuring over 175 distinguished artisans and crafters. This event is skillfully produced by Howard Alan Events, a national leader in the promotion of fine art festivals, with a portfolio that includes 45 art fairs across the country.

Admission is complimentary, thanks to the collaborative efforts of the Coral Springs Art Festival Committee and the City of Coral Springs. Attendees can look forward to encountering an array of art forms, from life-size sculptures and mesmerizing paintings to unique jewelry, captivating photography, exquisite ceramics, and more. This outdoor festival, running from 10 am to 5 pm over two days, promises an unforgettable experience for all.

Live Music & Performing Arts Highlights:

On Saturday, the festival comes alive with the sounds of Island music by "Oceanik," Jazz tunes from Eric Hansen & Jackson Bunn, and the Latin rhythms of "Copa Cabana Revue." Sunday continues the musical journey with the 19-piece big band "The Last Flight Out," the country vibes of "Whisky Six," and the Billy Joel tribute band "Turnstiles" to wrap up the weekend.

The performing arts stage will feature an array of groups including The Drake Irish School of Dance, South Florida Cloggers, Mariachi Voces De America, Gold Coast Banjo Band, Tama Leaos Polynesian Show, World of Dance, Ronin Taiko Drummers, Jonathan Sanchez Latin Music, Bollywood India Dancers, and Jazz by Sound of Vision.

A dedicated children's area will offer young attendees the chance to unleash their inner artist, providing a space for creative

18th Annual
CORAL SPRINGS
FESTIVAL OF THE ARTS
An Outdoor Art and Craft Festival at The Walk of Coral Springs

MARCH 16-17 **2874 N. UNIVERSITY DR.**
Sat / Sun 10am-5pm Coral Springs, FL

SCAN ME TO LEARN MORE

- FREE ADMISSION -

ArtFestival.com THE WALK BROWARD COUNTY CORAL SPRINGS AMERICAN CURCO

exploration and discovery.

- ▶ The Coral Springs Festival of the Arts will be held at The Walk of Coral Springs on March 18 and 19. For more info on the event, visit www.csfow.org.



Voted Best
Asian Fusion Buffet



**KOU
YOU**
Sushi & Buffet

MONDAY-THURSDAY
Lunch(11:30am-3:00pm)
Dinner(5:00pm-9:30pm)

FRIDAY & SATURDAY
Lunch(11:30am-3:30pm)
Dinner(5:00pm-10:30pm)

SUNDAY
Lunch(12:00pm-3:30pm)
Dinner(5:00pm-9:30pm)

8000 W Sample rd,
Margate, FL 33065

954-840-8885

www.kouyoubuffet.com

**\$2 OFF
DINNER**

KOUYOU BUFFET
One Coupon Per Person
WITH CASH ONLY
Not Valid with other
offers & Senior
Discount.
EXPIRES: 3/31/24

AUTO WORKS COLLISION & PAINT



**"Your
Hometown
Body Shop"
Since 1986**



Insured / BC License #71

Family Owned & Operated

- FREE ESTIMATES
- APPROVED BY ALL INSURANCE COMPANIES
- INSURANCE CLAIM ASSISTANCE
- RENTALS AVAILABLE
- PAINT MATCHING SPECIALIST
- EXPERT FRAME & UNIBODY REPAIRS
- ENVIRONMENTALLY SAFE FACILITY

954-752-4557

11850 WILES ROAD
CORAL SPRINGS., FLORIDA 33076

SIX BUILDINGS WEST OF CORAL RIDGE DR. NEXT TO KITCHEN ART.



LIFETIME WARRANTY!

CELEBRATING COMMUNITY

THE 61ST PARKLAND DAY IS SET FOR MARCH 9

The City of Parkland will celebrate its 60th anniversary on March 9th with a day-long schedule of activities and events. "Parkland Day" will kick off at 10:00 am sharp with a parade, followed by a full schedule of events at Pine Trails Park beginning at 4:00 pm. Festivities will conclude with a live performance by South Florida favorite band Sugar Ray at the Pine Trails Amphitheater.

A Parkland Tradition

The first known Parkland Day celebration occurred in 1967 when Mrs. Betty Bell, a local artist, and two-term commissioner, held an event to show horses on her 2-1/2 acre property located on Trotters Lane near 87th Avenue. Two years later, the event would be held by Harold Bockhold on his 10-acre property in the Ranches.

Parkland Day grew, with the help of volunteer efforts, to include classic games such as barrel riding, apple bobbing, egg balance, cake or pie walks, and horse contests.

It wasn't until 1973 when Bockhold, the then mayor, acquired the land on the corner of

84th Avenue and Holmberg Road, establishing the first park for the City of Parkland, which we now know as the Parkland Equestrian Center at Temple Park.

Parkland Day grew with the addition of stage performances, live music, food, and games. However, at the center of each of these events was the continuation of Parkland's community efforts to keep our neighborly hometown feel a central aspect of each Parkland Day.

This year's Schedule of events includes the following:

Parkland Day Parade

The parade starts at 10:00 am, starting at Heron Heights Elementary and ending at Pine Trails Park. Grab some fold chairs, and bring the kids to view the floats, marching bands, and displays of local schools, organizations, and elected officials.

Games, Rides & More

Events move to Pine Trails Amphitheater at 4:00 pm. The Kid Zone will be open from 4:00 pm till 9:00 pm at Pine Trails Park. It will

feature games, rides, contests and more. The little ones will be able to run free and enjoy activities in a safe, welcoming environment.

Concert

Around the time the sun goes down the music will turn up. 80's band Rubixx will play tunes from 7:30 pm and last till the end of the event at 9:00. Make sure you stake out a good spot and grab a dancing partner at the Amphitheater!





Larry's

Private Car & Limo Service

Luxury Car Service At Less Than Taxi Rates












Broward / FLL
954.473.6631

Palm Beach / PBI
561.361.7899

Miami / MIA
305.526.6287

Larry'sLimo.com

BROWARD LL1063 - PALM BEACH VH3604 - DADE 71036-01

10% OFF 1st Month's Billing
on New Corporate Accounts

10% OFF Any Airport /
Seaport Service

\$25 OFF Any Stretch
Limo Service
5 hour minimum

BOOK A WEDDING AND RECEIVE A **\$25** Gift Certificate
for Bachelor / Bachelorette Party

PIZZA • PASTA • WINGS • SUBS • SALADS



**BEST CATERING
5 YEARS
IN A ROW!**



954-345-1604

(Delivery All Day, Limited Delivery Area)

PICK-UP/CURBSIDE • DELIVERY

ORDER ONLINE

www.mypepperonigrill.com



9174 WILES ROAD, CORAL SPRINGS

Hours: Monday - Thursday 11 am - 9 pm

Friday & Saturday 11 am - 10 pm • Sunday Noon - 9 pm



**\$5⁰⁰
OFF**

**ANY TWO LARGE PIZZAS
PICK-UP OR DELIVERY**

With this coupon. Not valid with other offers or catering. Exp. 4/31/24

**20%
OFF**

ENTIRE CHECK

SUN - THURS | DINE-IN ONLY
With this coupon. Not valid with other offers or catering. Exp. 4/31/24

\$15⁹⁹

**LARGE CHEESE PIZZA
TUESDAYS ONLY**

UNLIMITED QUANTITY / PICK-UP ONLY
With this coupon. Not valid with other offers or catering. Exp. 4/31/24

**\$5⁰⁰
OFF**

**ANY ORDER OF
\$40 OR MORE
TAKEOUT ONLY**

With this coupon. Not valid with other offers or catering. Exp. 4/31/24

PAVER CLEANING & SEALING

POWER WASHING • SEALING • SANDING • STAINING SERVICES • NON-SLIP TREATMENTS & COATINGS



**ENHANCE & PROTECT
YOUR SURFACES**

**WE CAN TREAT ANY CONCRETE
SURFACE, INCLUDING:**

- Pool Decks
- Driveways
- Pavers
- Patios
- Sidewalks
- Brick
- Power Washing Services Available
- **AND MORE!**

**ASK US ABOUT
CLEANING &
RESEALING PAVERS
TODAY!**

**NON SLIP TRAVERTINE APPLICATIONS
GREAT FOR POOLS!**

**CALL NOW
FOR A FREE ASSESSMENT!**

954-909-5929

SlipGuardFloors.com
Wes@slipguardfloors.com



\$200 OFF
WHEN MENTIONING
THIS AD
APPLIES TO JOBS OF \$1000 OR MORE

COMMERCIAL & RESIDENTIAL • SERVICING SOUTH FLORIDA • FULLY INSURED & LICENSED

GROOVING TO THE CLASSICS: A NIGHT OF NOSTALGIA IN CORAL SPRINGS

Downtown Coral Springs was brought to life with glowing disco balls and musical melodies from the 70s and 80s as part of the Community Concert, featuring hits from Chicago, Earth, Wind and Fire, and more, held on Saturday, February 10 at the City Hall Lawn (9500 W. Sample Road.)

Former members of Chicago, accompanied by a full band, headlined the event, playing favorites such as Saturday in the Park, September, and more. Attendees also enjoyed food trucks, cocktail bar onsite thanks to support from the Downtown CRA, and free giveaways from vendors at the event. An estimated 1,500+ people attended the free show. Coral Springs hosts free community events throughout the year meant to evoke a positive sense of community and meaningful memories for residents and members of the surrounding community.



Photos courtesy of the City of Coral Springs





Meet a Wellpath Healthcare Hero from Broward County



Dr. Andrew Gross, Psy.D.

Broward County Jails
Systemwide Behavioral
Health Director

How long have you been at Wellpath?

I have been with Wellpath since 2018. Previously I was with the company from 2006-2011 as the Mental Health Director at the Shelby County Jail in Memphis.

How did you get into correctional medicine?

I was lucky enough to get into corrections when I moved to Memphis from South Florida in 2006. The opportunity interested me as my background at that point was in acute care psych hospitals and forensic psychology. I saw

correctional mental health as the perfect blend of both of those backgrounds.

What is your why? What gets you up every day to do this important work?

I have worked in a number of settings and have learned I am happiest when my work is mission-driven. We provide

"We have the privilege of being able to help anyone in our care who wants the help and is willing to work with us. We change lives for the better."

services to people who often don't receive adequate help when in the community. We have the privilege of being able

to help anyone in our care who wants the help and is willing to work with us. We change lives for the better.

What is most rewarding about this work?

It is rewarding to see many people who come into our care with mental health challenges accept our care and leave the jail much healthier and more stable. We try to give them hope. That's why our mantra is "To Hope and Healing."

What kind of mental healthcare heroes do the best in this unique setting?

People who are not judgmental, work well in a team, want to help the underprivileged and underserved, and understand that anybody can end up in our setting. We must treat our patients like we would want to be treated if we ended up here.

Now is your moment to make a difference!

Correctional healthcare offers a great way to take the next step in your career while making a profound difference in the lives of an underserved patient population.

Wellpath offers comprehensive benefits and total rewards:

Full medical plans // PTO // 401K
Tuition Reimbursement // So much more

We have great opportunities to help the underserved in all of the Broward County Jails.

Scan here to apply!



What's your why? // wellpathcareers.com



PIONEERING A PATH FROM THE LAZY B TO THE SUPREME COURT

A girl named Sandra was born in 1930 and grew up on a vast cattle ranch on the Arizona-New Mexico border called the Lazy B Ranch. Growing up in a sparsely populated area meant Sandra didn't attend a traditional school



as a young child. Her mother provided all of her early childhood education. Like her brother Allen, Sandra developed a strong work ethic at a very young age while working on the ranch.

The young girl was quite precocious. By the time she was ten, Sandra had read just about every book on the ranch. Her parents decided to send her to live with her grandmother in El Paso to attend the Radford School for Girls. Sandra's work ethic and passion for learning helped her excel and gain admission to Stanford University. The young woman graduated with honors and decided to stay at Stanford for law school. She graduated from Law School at the top of her

class in 1952.

Despite her academic achievements, Sandra faced significant barriers to employment in the legal profession solely because of her gender. Many law firms were reluctant to hire women as lawyers at the time. Her first job after law school was as a deputy county attorney in San Mateo, California, a position she obtained only after initially offering to work without pay to prove her capabilities.

After marrying a Stanford classmate, Sandra moved to Arizona, where her career took off. She worked as an assistant attorney general before pursuing politics in the Arizona state senate, where she became the first woman to hold the position

of Majority Leader in any state senate.

On July 7, 1981, Ronald Reagan appointed Sandra Day O'Connor as the first woman on the United States Supreme Court. Justice O'Connor often relied on her unique upbringing when deciding cases. Her judicial philosophy was not easily classified along the conventional conservative-liberal spectrum. She was frequently the Justice who found the moderate "middle" on many controversial issues.

Sandra Day O'Connor died in December 2023. We lost a pioneering woman who blazed a trail that so many now follow. Her ashes are buried on a peaceful hilltop at the Lazy B Ranch where she grew up.

AWARD WINNING BREAKFASTS AND SCRUMPTIOUS LUNCHES 7 DAYS A WEEK

**COUNTRY KITCHEN
BAGELS & DELI**

BREAKFAST ALL DAY • LUNCH AND DINNER

\$3⁰⁰ OFF

YOUR PURCHASE OF \$30+

Before Tax. Dine-In Only. Excludes Early Bird. Cannot be Combined with any other discounts, or coupons. One coupon per table. Excludes holidays. Exp: 3/31/24

HALF DOZEN BAGELS WITH 1/2 POUND PLAIN CREAM CHEESE

\$7⁰⁰ CASH ONLY

(Plus Tax)

Dine-In Only. Excludes Early Bird. Cannot be Combined with any other discounts, or coupons. One coupon per table. Excludes holidays. Exp: 3/31/24

954.755.7590

9100 Wiles Road, Coral Springs, FL
(SE Corner of University Drive & Wiles Road)

OPEN 7 DAYS
SUN-SAT: 6:30AM-3PM

DyansCountryKitchen.com





EASTER DINNER PACKAGES
NOW TAKING ORDERS!

TRADITIONAL

Choice of One:

- Brown Sugar Glazed Spiral Ham
- Leg of Lamb Roast with Mint Jelly

Dinner Includes:

- Choice of Tossed or Caesar Salad
- Carrots and Green Bean Almondine
- Choice of Italian Style Roasted Potatoes or Mashed Potatoes
- Dinner Rolls

SUPREME

The Traditional Package, with the addition of your choice of:

- Brown Sugar Glazed Spiral Ham
- Leg of Lamb Roast

And choice of pasta:

- Penne with Broccoli
- Penne Marinara

VISIT DORISMARKET.COM FOR DETAILS

Enter for a chance to win a 4 or 10 lb Bellino Imported Italian Milk Chocolate Giant Egg!

ENTER AT ANY DORIS MARKET LOCATION

\$5 OFF*

Any Purchase of \$50 or more

*Must present coupon at time of purchase.
Not Valid on previous transactions or with other coupon offers. Not valid with special dinner packages.
Not Valid with gift card activations. Exp. 4/14/24
Our City Magazine

North Palm Beach | Sunrise | Coral Springs
Boca Raton | Pembroke Pines



DORISMARKET.COM

**THANK YOU FOR VOTING US
BEST FULL SERVICE
INSURANCE AGENCY!**



Customized Insurance Solutions



CALL US FIRST

Specializing in Real Estate and Lender relationships across the country. Excelling in teamwork and customer service to get transactions closed for almost 20 years in South Florida with top real estate agents and trusted Lending Institutions.

**Feel 100% confident with
M&L Insurance to get it done!**

- A true Full Service Independent Agency with 21 of the best licensed agents ready to help with all your insurance needs.
- Representing all top Florida and National Personal Lines Carriers offering the best insurance product today.
- Over 30+ Homeowners markets from condos to High Net worth we have the product for you.
- Taking the time to customize you or your clients insurance needs whether for Personal or Commercial requirements.
- Full Commercial Insurance Department offering GL, E&O, D&O, Commercial Auto and many more.
- Full financial and Health, Life, Disability product lines to fit your needs and Budget.

CONTACT US TODAY!

877-304-2323

2855 N. University Drive, Suite 110,
Coral Springs, FL 33065



www.MLinsurance.net

35% OFF Your Entire Custom Framing Order!
Special Offers on Jerseys, Diplomas & Posters

CARAN Art & Frame

QUALITY CUSTOM FRAMING & ART
Art, Special Memories, 3D Objects, Sports Jerseys,
Diplomas, Posters and More...

954-340-1278

5643 Coral Ridge Drive • Coral Springs, FL 33076
www.CaranArtAndFrame.com

Jessica Oster

FRANCHISE OWNER

BLO BLOW DRY BAR, CORAL SPRINGS



Meet Jessica

Jessica Oster has been the passionate owner and operator of Blo Blow Dry Bar Coral Springs for over 4 and a half years. Her dedication to helping women feel confident and relaxed through luxury hair and makeup services sets her franchise apart. Jessica is hands-on, focusing on team education, safety measures, and staying abreast of the latest trends.

Jessica's journey reached new heights in 2023 when her salon was recognized at the Blo Blow Dry Bar Annual Meeting, winning Top Franchise in Customer Service and Top Performing Franchise in the system. This achievement, coupled with a nomination for the Business Excellence Awards by the City of Coral Springs, underscores Jessica's commitment to excellence and the success of her team. As a female business owner, Jessica finds immense reward in helping women feel beautiful and pampered, creating a nurturing environment for both her clients and her son, who looks up to her for her strong work ethic.

Factors Contributing to Her Success

Jessica attributes her success to the robust support provided by the corporate system, offering assistance in marketing, goal setting, and coaching. The Membership program has also played a pivotal role, creating a substantial member base that keeps the team focused on delivering excellent customer service and business excellence.

Words to Live By

Reflecting on her achievements, Jessica lives by the principle of remaining true to herself and staying confident in pursuing one's dreams. She emphasizes the importance of consistent customer service and acknowledges the inevitable good and bad days. Her mantra is to stay focused, believing that nothing is out of reach for those who believe in themselves and their success.

Advice to Young Women

For aspiring young women leaders, Jessica encourages them to stay true to themselves and their dreams. She underscores the significance of providing consistent customer service, weathering the challenges, and emerging stronger. Jessica's message is clear: with self-belief and a dedication to success, nothing is beyond reach.



SCAN TO
LEARN MORE

Dr. Sheryl George, DDS

PRACTICE OWNER AND PEDIATRIC DENTIST

SUNSHINE KIDDS DENTISTRY



About Dr. George

Dr. George is a Board Certified Pediatric Dentist and a Diplomat of the American Board of Pediatric Dentistry. As the owner of Sunshine KiDDS Dentistry, she specializes in providing top-notch dentistry for children and adolescents, fostering a child-friendly environment. Her focus on preventive care ensures that each child develops a healthy smile for a lifetime.

Key Contributors to Dr. George's Success

After 13 years as an associate in South Florida, Dr. George opened her own dental office, moving beyond clinical work to run a successful, efficient practice with a family-friendly atmosphere. She attributes her success to her family's support, particularly her parents and husband, and aims to inspire leadership in her daughter. Patient referrals have been key to Sunshine KiDDS Dentistry's growth, highlighting the value of positive feedback.

Dr. George's Path to Pediatric Dentistry

In her third year of college, Dr. George found herself undecided about what career path to follow. A pivotal conversation with her father shifted her focus toward dentistry. Initially hesitant, due to the predominantly male profession, further research unveiled a blend of her interests in health/ science, and artistry within the field. The realization that dentistry encapsulated her passions rendered gender irrelevant. This marked a decisive moment in her journey toward a career aligned with her interests.

Personal Philosophy and Life Lessons

Dr. George underscores the value of avoiding complacency in any aspect of life. Her only career regret is not pursuing her own independent practice sooner.

"One of the most important lessons I learned was to not settle in any aspect of my life. I remember sitting in a lecture in dental school and thought I'm too scared to start my own practice and that owning my own office would never be a desire of mine. Fast forward ten years later, I wish I would have started my practice sooner instead of allowing my fear to limit me," she said.



SCAN TO
LEARN MORE

Andrea L. Jakob, Esq.

FOUNDER AND ATTORNEY

ANDREA L. JAKOB, PA.



About Andrea

Andrea Jakob is a seasoned attorney and the founder of Andrea L. Jakob, PA, specializing in estate planning, elder law, and probate matters. With over 30 years of legal experience and a personal connection to her field spurred by family tragedy, Andrea is deeply committed to providing empathetic, professional guidance. Her background includes a business degree from Boston University and a JD Law Degree from the University of Miami, enriching her practice with a blend of legal acumen and business insight.

Professional Journey

Admitted to the Maryland Bar Association in 1992, Andrea began her legal career in Baltimore, later moving to a warmer climate to serve a broader community. Her academic background, including a business degree from Boston University and a JD Law Degree from the University of Miami, equips her with a distinctive blend of practical and legal expertise. Since 2002, Andrea has honed her focus on estate matters, real estate, and probate, a testament to her unwavering dedication to aiding individuals in securing their future and legacy.

Community Engagement

Beyond her legal practice, Andrea actively engages with the community. She has shared her expertise as an adjunct professor at the college level, educating aspiring legal professionals, and as an instructor for Realtors, empowering them with legal knowledge. Additionally, she is a sought-after speaker and often presents informative sessions to various groups, private and public organizations, and at community events. You may even catch her speaking at the Broward County Library, sharing her insights on estate planning, probate, and elder law. Andrea is a regular contributor to magazines offering insights into her areas of practice.

Trusted Advisor

Andrea Jakob stands as a pillar of strength and reliability in the legal community, offering more than just legal advice. She provides a pathway to peace of mind for those navigating the complexities of estate planning, elder law, and probate. With Andrea at the helm, clients can trust in her expertise, compassion, and unwavering dedication to securing a brighter, more secure future for them and their loved ones.



SCAN TO
LEARN MORE

Lisa Faina

AGENCY OWNER
ALLSTATE INSURANCE



About Lisa

Lisa Faina, a respected South Florida insurance industry figure, has been a beacon of knowledge and reliability for over 30 years. Since making South Florida her home in 1989, Lisa's deep understanding of the community has enabled her to offer unmatched service levels. Her dedication was recognized nationally in 2019 when she was inducted into the Allstate Hall of Fame and, in 2021, received the Allstate Dick McKenna Award, a testament to her exemplary service to customers, community, and fellow agents.

Commitment to Service

Lisa's Allstate agency stands out for its consistent performance and dedication to helping customers navigate life's uncertainties. The agency's success is attributed to an unwavering focus on customer needs, adapting to industry changes, and providing expert guidance through various challenges. Building long-term relationships and delivering exceptional service has been the cornerstone of her business, with referrals serving as a powerful endorsement of her work.

Community Involvement

Lisa's dedication extends beyond insurance; she is deeply involved in supporting community initiatives. Her support for the Boy Scouts of America, highlighting her pride in her sons achieving the rank of Eagle Scout, reflects her commitment to youth development. Additionally, her work with Special Compass and the Krista-Maria Touch of Love Autism Charity showcases her dedication to enhancing the lives of individuals with disabilities, promoting inclusion, and supporting education and sports initiatives.

What Advice Would You Give a Young Person Starting Her Career?

Lisa offers sage advice for young women considering their career paths: "Insurance offers a rewarding avenue to not only achieve a stable income but to genuinely make a difference in people's lives. It's about more than policies; it's about community, support, and resilience. Always seek to understand the depth of your insurance portfolio, and don't hesitate to get a second opinion. Knowledge is power, and in our industry, it's the foundation of trust and success."



**SCAN TO
LEARN MORE**

Diana Cabassi

BUSINESS OWNER
SENIORS HELPING SENIORS
SOUTHWEST & CENTRAL BROWARD COUNTY



About Diana

Diana Cabassi, the owner of Seniors Helping Seniors in Southwest and Central Broward County, FL, exemplifies that impactful change doesn't always come with fanfare. Her work, characterized by humility and a steadfast commitment to service, significantly enhances the lives of seniors and their families. Diana's journey with Seniors Helping Seniors began over a decade ago, driven by a passion to make a difference in the lives of the elderly and their caregivers.

A Story of Compassionate Matching

Diana's ability to listen and understand the deep-seated concerns of her clients sets her apart. A memorable instance involved a family facing the challenge of caring for a husband with dementia. Diana's thoughtful approach led to the pairing of the husband with a former US military man as his companion, reflecting her knack for making ideal matches. This not only provided the wife with peace of mind to attend a significant family event but also ensured the husband received care from someone with whom he could connect on a personal level.

Unwavering Support

Diana's success in matching families with the right companions stems from her intuitive understanding of both the emotional and practical needs of seniors. Her process involves a careful selection of healthy, active seniors who wish to serve as companions, ensuring a perfect fit that leads to lasting and meaningful relationships. This thoughtful consistency in her approach results in a high level of satisfaction among families, their loved ones, and their companions alike.

Trusted Advisor

Beyond matching companions, Diana has become a trusted advisor to families navigating the complexities of elder care. Her role often extends to being a liaison between adult children and their aging parents, offering guidance and support in various aspects of their care. Diana's compassionate, strategic thinking and decision-making skills have made her an invaluable resource to the community she serves.

In a world craving genuine connection and understanding, Diana Cabassi stands out as a role model. Her dedication to fostering communication and compassion within elder care showcases the profound impact one individual can have on the lives of many.



**SCAN TO
LEARN MORE**

Dr. Monique Gusmao Rodriguez

ACUPUNCTURE PHYSICIAN & FOUNDER
FIVE ELEMENT WELLNESS CENTER



About Dr. Rodriguez

Dr. Monique Rodriguez, AP, Dipl. Ac. is a board-certified (NCCAOM) and licensed acupuncture physician and founder of Five Element Wellness Center in Coral Springs and Weston. She also holds a certification in injection therapy and is licensed as a primary care physician in the State of Florida.

She obtained her bachelor's degree in molecular biology and biotechnology from Florida Atlantic University (FAU). Monique graduated from the Academy of Five Element Acupuncture in Gainesville, Florida, where she pursued her graduate studies in Acupuncture and Oriental Medicine. She advanced her studies at Pacific College of Health and Sciences in San Diego, completing her specialization in pain management with concentration in neurological disorders.

What Makes Five Element Wellness Center Unique

Five Element differs from other care providers because they have created and nurtured a culture that is centered around their patients. Every day, Dr. Rodriguez and her team focus on patient needs in the journey back to health and living life pain-free.

They have consistently delivered high-quality healthcare over the last 23 years and maintain a close relationship with their patients. In fact, they consider their patients to be part of their extended family.

Factors Contributing to Dr. Rodriguez's Success

The biggest factor that has contributed to her success is Dr. Rodriguez's passion for medicine and the great joy and fulfillment she gets from helping patients live life to the fullest. She also values her personal connection with the people she cares for. She is persistent and has a deep commitment to learning. Dr. Rodriguez knows that failure is part of the journey and maintenance of success and that "every setback is a setup for a comeback."

Something to Know About Dr. Rodriguez

One of Dr. Rodriguez's biggest accomplishments is being able to juggle her career, and family life. She has four children, including two beautiful daughters, who are now resilient, adults, a son who is almost done with high school, and her daughter Fenix, who is just six years old.



SCAN TO
LEARN MORE

FELDMAN & FELDMAN

COUNSELLORS AT LAW, P.A.

ELDER LAW • SPECIAL NEEDS LAW
ESTATE PLANNING & ADMINISTRATION



(954)227-7320

Member of
Florida, New York,
and New Jersey Bars

5491 N. University Drive • Suite 102
Coral Springs, Florida 33067

www.feldmanesq.com

Hiring a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

FROM THE STATEHOUSE



March UPDATE

By State Rep. Christine Hunschofsky

March is the beginning of Spring, and this year, it is also the end of the 2024 Legislative Session,

which began on January 9 and is scheduled to end on March 8. Session is a busy time when bills move through the legislative process and we work on presenting a balanced budget. Each State Representative is given seven bill slots to file legislation. Because of this limitation and the fact that Session is only 60 days long, we are not able to file all the bills we would like to and have to weigh carefully on what legislation we will carry.

The following bills that I sponsored have been making their way through the process:

- HB 99/101 Social Worker Compact - which would make Florida a compact state and allow social workers in our state to also treat their patients in a compact state. This will help with our workforce shortage and provide a continuum of care for our residents.
- HB 285 Pub. Rec./Recording Notification Service which protects the personal information of people who sign up for the Property Appraiser's Owner Alert program or other recording notification programs.
- HB 1029 My Safe Florida Home Condominium Pilot Program expands the popular My Safe Florida Home Program to include condominium associations.
- HB 1049 Flood Disclosure in the Sale of Real Property requires the seller of residential real property to provide specified information to a prospective purchaser and specifies how such information must be disclosed.
- HB 1169 Coordinated Systems of Care for Children requires school districts to report certain students outcomes and mental health service funding annually to DOE.

Additionally, several bills were filed to address Property Insurance. One of these is HB 1213 Windstorm Coverage by Citizens Property Insurance Corporation, which would require Citizens to cover windstorm-only policies to help lower the overall insurance costs. Unfortunately, this bill, sponsored by Rep. Cassel and Rep. Roach and which I co-sponsored, was only presented as a workshop and did not get a hearing in committee. You can review all legislation, backup documentation, and appropriations at myfloridahouse.gov. We will be scheduling post-session updates throughout the district to let everyone know what happened and didn't happen during Session. Please sign up for our email newsletter by emailing us at HD095@myfloridahouse.gov to learn when we will be having those legislative town halls and for other updates.

- ▶ Thank you for allowing me the opportunity to serve you in the Florida House. My office is here to help wherever we can, so please reach out at 954-956-5600 or HD095@myfloridahouse.gov with any questions or concerns you may have. Additionally, you can follow my updates on Facebook at [@RepChristineHunschofsky](https://www.facebook.com/RepChristineHunschofsky), on Twitter at [@rephunschofsky](https://twitter.com/rephunschofsky), and on LinkedIn. As always, I look forward to hearing from you!

ANSWERS

E	L	L	G	N	A	T	J	I	L	L		
M	A	O	N	O	L	O	O	L	E	O		
U	P	L	O	A	D	E	D	K	I	N	D	
			L	O	W	E	R	T	E	A	S	E
W	H	I	Z	S	T	E	E	R				
R	O	P	E	D	S	A	P	S	G	T		
A	N	O	D	E	S		T	I	P	T	O	E
P	E	P		M	E	G		D	R	O	N	E
			S	O	N	I	C	I	C	E	S	
B	L	O	C	S		B	R	I	S	K		
A	U	R	A		A	L	A	R	M	I	S	T
S	T	A	R		V	E	T	O		N	E	O
S	E	L	F		A	T	E	N		G	A	P

4	6	1	5	8	9	2	7	3				
9	3	8	4	2	7	1	6	5				
5	2	7	6	1	3	8	4	9				
1	5	3	8	9	4	6	2	7				
2	7	4	3	6	1	5	9	8				
6	8	9	2	7	5	4	3	1				
8	9	6	1	3	2	7	5	4				
3	1	5	7	4	6	9	8	2				
7	4	2	9	5	8	3	1	6				



CORAL SPRINGS COMMISSION MARCH MESSAGE

Coral Springs is blooming with special events, activities, and opportunities for the community to come together and celebrate the many things that make our city so special.

The city is excited to sponsor and welcome back the annual Coral Springs Festival of the Arts, held at The Walk on Saturday, March 16, and Sunday, March 17 from 10 a.m. to 5 p.m. each day. The event will feature a professional, juried art show with hundreds of fine artisans and crafters. For additional information, including parking availability, visit csfoa.org.

The popular Hoppin' Into Springs egg hunt bounces back into the city on Saturday, March 23. This event is for Coral Springs residents ages 3 to 8 and pre-registration is required.

Other events taking place this month include Open Play Chess on Wednesday, March 6, Juice Box Jam on Thursday, March 21, and Game Night at the Den on Thursday, March 28. Information about all city events can be found at CoralSprings.gov/Events.

This March, as we honor Irish American Heritage Month, we invite you to be part of our year-long "Taste the Heritage" campaign. Throughout the month, we'll be taking a culinary journey to explore the rich traditions, flavors, and stories behind Irish cuisine. Make sure to follow the city's YouTube Channel.

Finally, March is Women's History Month. A time to honor and celebrate the remarkable contributions, achievements, and resilience of women throughout history. This month encourages us all to appreciate the diversity and strength of women's experiences and the vital role they continue to play in shaping our communities and inspiring future generations to strive for gender equality and empowerment.

This month's Commission Meeting will take place on Wednesday, March 6 and Wednesday, March 20 at 6:30 p.m. As always, the public is invited to attend Commission meetings. The meetings are aired on CityTV, Blue Stream Channels 25, 25.7, 725 and on AT&T U-Verse channel 99.

- If you would like to schedule an appointment with any of your City Officials, please call 954-344-5911. Make sure to follow Coral Springs on Instagram, Twitter and Facebook. Mayor Scott Brook @CSCCommissioner1, Vice Mayor Shawn Cerra @CSCCommissioner2, Commissioner Nancy Metayer Bowen @CSCCommissioner3, Commissioner Joshua Simmons @CSCCommissioner4, and Commissioner Joy Carter @CSCCommissioner5.

American Pressure Clean

Schedule Your Fall Service Now!

1-Story Special

\$159⁵⁰

INCLUDES Roof - Exterior Walls
Window Frames & Screens
Driveways - Sidewalks Gutters -
Patio/Pool Deck

Good on up to 3,000 sq. ft. of combined surface area to be cleaned. Exp. 3/31/24

2-Story Special

\$179⁵⁰

INCLUDES Roof - Exterior Walls
Window Frames & Screens
Driveways - Sidewalks
Gutters - Patio/Pool Deck

Good on up to 3,000 sq. ft. of combined surface area to be cleaned. Exp. 3/31/24

\$49⁵⁰

INCLUDES **Walkway - Driveway
Sidewalk - Swale**

Additional fee may apply for 3 car garage driveways & corner lot. Exp. 3/31/24

\$49⁵⁰

INCLUDES **Most Pool Decks
& Patios**

Up to 500 sq. ft. Exp. 3/31/24

American Pressure Clean CALL TODAY! **Residential Only**
Licensed & Insured

954-562-5821

BMWsurgeons.com

SEE US BEFORE GETTING
BMW SERVICE
ANYWHERE ELSE!

SAME QUALITY REPAIR, LESS COST!! - BMW CERTIFIED TECHNICIAN

WE WILL BEAT ALL OTHER PRICES FOR
FULLY AUTHORIZED BMW SERVICE

REGULAR
TIRES

STARTING @
\$94

\$99

OIL SERVICE SPECIAL
FULL SYNTHETIC OIL

WITH THIS
AD ONLY

FRONT OR
REAR BRAKE
INCLUDING BRAKE
PADS, ROTOR, SENSOR

STARTING @
\$450

954-376-0885

707 STATE ROAD 7
MARGATE, FL 33063

OurCity
READERS'
CHOICE
2023



PARKLAND UPDATE

By Mayor Rich Walker

When we celebrate the success of Parkland, we are in large part underscoring the excellence, hard work, and visions of the women who live and work in our thriving City.

March is Women’s History Month, and a perfect opportunity to celebrate the groundbreaking efforts of women who lead as heads of corporations and small businesses, entrepreneurs, and educators, as parents and guardians, and as community members who tirelessly serve the community.

Many of the schools located in Parkland, our BSO-Parkland District, and Parkland City government are led by women. The Parkland Library – one of few city-run libraries in the state – was founded by a Parkland woman. And women are the strategic minds behind many of our flourishing small businesses in real estate, finance, physical fitness, legal services, and health and wellness, to name just a few.

A glance at our Parkland Chamber of Commerce membership will show that approximately half of the 200-member businesses are either owned by women or have women in top leadership roles. As a matter of fact, the community of women leaders in Parkland is so robust, a group called Empowering Women was created three years ago, as part of the Chamber, to serve as a community forum. Empowering Women will hold a luncheon at the Parkland Golf and Country Club on March 13.

While the City’s powerhouse community of women includes those who lead publicly or in high-profile arenas, it also includes those who take on leadership roles behind the scenes, in quieter, multifaceted areas that are not always widely known.

This month, as you think about women in history, take a moment to look around you. The breadth and depth of the accomplishments of women locally and in the City of Parkland are tremendous. In many ways, Parkland’s 61-year history has been shaped by women, who continue to champion our quality of life and fuel our spirit of community.

If you would like to share your thoughts or if you have questions or comments you would like to share, I would love to hear from you. I can be reached via e-mail at rwalker@cityofparkland.org or via cell phone at (973) 390-1453. Of course, I am frequently available monthly at Parkland businesses and love to talk with residents there. I encourage you to visit the City’s website cityofparkland.org and click on the social media icon that you prefer, to ensure that you stay informed on events and helpful information.

Rich Walker

Pet of the Month



“Eddie”

Meet Eddie! Our nervous rescue has become the best loving (with trusted friends only) dog ever. He’s very communicative but not obnoxious. Loves cats but sad they run away from him. So lucky we found him. Great demeanor. Such a “cool cat” and he knows it. **ADOPT, DON’T SHOP!**

ENTER TODAY AND MAKE YOUR PET FAMOUS!

Your Pet Could Be Our Pet of the Month!

Every month OUR CITY MEDIA randomly picks a pet of the month winner.

Send Pet’s: Best Picture, Name and about fifty words describing why they’re so special!

Include: Your Name, Email, Phone, and City of Residence.

Email entries to: anna@ourcitymedia.com

GOOD LUCK!



DISTRICT 96 UPDATE

By State Representative Dan Daley

There are days and events that are seared in collective memory for those that live through them. In our nation's history, the mention of Pearl Harbor, the assassinations of President Kennedy and Martin Luther King, Jr., or 9/11 instantly

brings to mind where one was and what they were doing when they heard the news. There are local incidents with the same impact. The shooting at Marjory Stoneman Douglas High School on February 14, 2018 is one such incident for South Florida, especially for everyone living in Broward County at the time. I don't think there are very many Broward County residents who weren't impacted either directly or indirectly by that day. They were either a part of the Marjory Stoneman Douglas High School family as a student, an alum, a parent, a faculty or staff member, a first responder, or they know someone who was involved, or know someone who knew someone impacted in some way. We commemorated the sixth anniversary of that day a few weeks ago, but it remains on my mind daily.

As a legislator, I honor the memory of those we lost by working on bi-partisan legislation to prevent the tragedy like the one at my alma mater from ever happening again. I'm not acting alone; I'm working alongside the parents, Stand with Parkland, and other organizations advocating for common sense gun safety legislation and preventative measures. We are all striving to keep our days ordinary, so that we don't have any more tragedies that will be seared into memory like that horrible day six years ago.

During this Legislative Session, I've filed bills to address mental health needs as well as Jaime's Law, HB 145, which will mandate background checks for ammunition sales, and HB 903, a requirement for mass casualty preparedness training for teachers. This training requirement is based on a program currently offered for educators at Indian River State College called Future Educators Response to Emergency Situations (FERTES).

FERTES aims to develop an "emergency preparedness mindset" in future educators so that they are empowered to meet their responsibilities for safety and security in tandem with education. The goal of FERTES is not to make teachers first responders, but rather to ensure that they understand how to plan for, prepare, and react as effectively as possible to a mass casualty incident. The bill would authorize the Department of Education to create a curriculum similar to FERTES that would be a course requirement for new and existing teachers. This approach will help ensure that new educators are getting potentially lifesaving safety training before beginning their career. For existing teachers, it allows for this program to take place as in-service training.

While we certainly ask our educators to do a lot, it's on all of us to keep our kids safe – and by providing additional training resources, HB 903 is a step in the right direction.

Dan Daley
(954) 905-5503

- ▶ Dan Daley represents District 96, parts of Coral Springs, Tamarac, Sunrise, and the Florida Everglades in the Florida House of Representatives.

DR. BRAKES
Complete Auto Center
WE DO IT ALL!



1000'S OF SATISFIED CUSTOMERS
PROFESSIONAL SERVICE AT A FAIR PRICE

General Repairs ■ Tires & Alignment ■ Computerized Diagnostics ■ AC Service ■ CV Axles & Front End ■ Brakes ■ Suspensions ■ Tunes ups ■ Engines ■ Electrical



954-345-7887

CORAL SPRINGS AUTO PLAZA

11590 WILES ROAD • CORAL SPRINGS

(South East of Coral Ridge Drive)

www.DrBrakesUSA.com



See Our 5 Star
★★★★★
Reviews on
YELP and Google



FAMILY OWNED AND OPERATED SINCE 1995



LIC#AR1041

OurCity Media

READY TO ADVERTISE?



Call Your Our City Media Representative Today!

ADRIENNE COLLINS

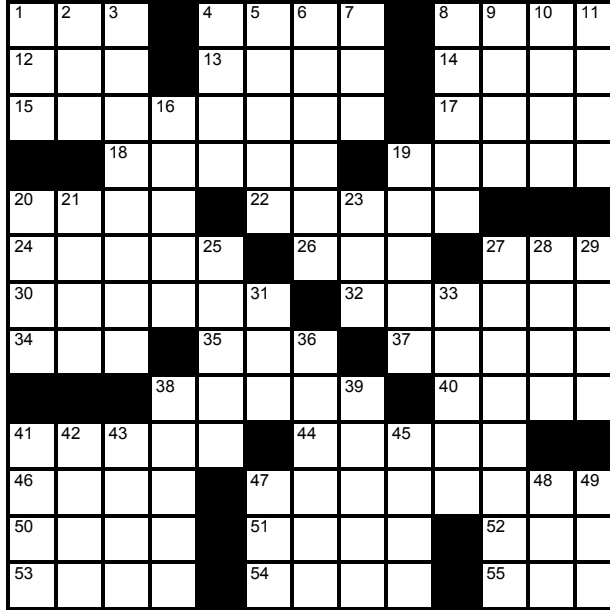
954-817-2259

adrienne@ourcitymedia.com

PUZZLES

Across

- 1 Wing
- 4 Pesky insect
- 8 Actress
Clayburgh
- 12 Former Chinese
leader
- 13 ___ contendere
- 14 Margarine
- 15 Transferred
computer files
- 17 Benevolent
- 18 Take down, like a
flag
- 19 Badger
- 20 Hotshot
- 22 Guide
- 24 Lassoed
- 26 Pine juice
- 27 Certain police-
man, briefly
- 30 Battery terminals
- 32 Walk softly
- 34 Liveliness
- 35 Ryan of *The
Women*
- 37 Pilotless aircraft
- 38 Type of boom
- 40 Frosts
- 41 Coalitions
- 44 Invigorating
- 46 Nimbus
- 47 Scaremonger
- 50 Asterisk
- 51 Presidential
power
- 52 Modern

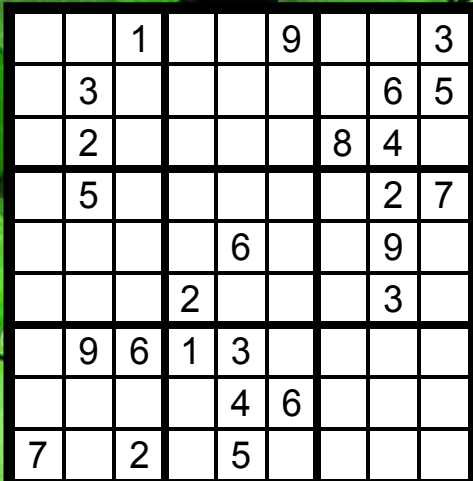


Copyright ©2024 puzzlejunction.com

- 53 Ego
- 54 Solar disk
- 55 Opening
- 8 Comedian
- 9 Pelvic arches
- 10 Camera part
- 11 Miner's quest,
the mother ___
- 16 Exuded
- 19 Lukewarm
- 20 Cloak
- 21 Sharpen
- 23 Do lunch
- 25 Displays, for
short
- 27 Christmas
decoration
- 28 Departed
- 29 Golf pegs
- 31 DC bigwig
(Abbr.)
- 33 Optical device
- 36 Fowl part
- 38 Feather boa
- 39 Packing box
- 41 Fresh or
saltwater fish
- 42 Banjo kin
- 43 Spoken
- 45 Pressing need
- 47 Actress Gardner
- 48 Adriatic, for one
- 49 Summit

Down

- 1 Flightless bird
- 2 Cat hangout
- 3 All-day sucker
- 4 Make like a
beaver
- 5 Lymph glands
- 6 Sirens, e.g.
- 7 Wool weight
unit



Got News?



OurCityMedia
WE CONNECT COMMUNITIES™

Send Us Your Story!

Do you have news or a story that needs to be told? We are on the lookout for exceptional individuals who are making a positive impact in our community. And we are always eager to learn about the amazing things happening in our local schools and community organizations. Be a community reporter and help us shine a spotlight on the great people and events that make our community so special.

Don't hesitate, send us your story today!
editor@ourcitymedia.com

In Home Music Lessons

- No Contracts
- No Enrollment Fees
- Lessons For Children & Adults



- Piano
- Voice
- Guitar
- Violin
- Brass
- Woodwind
- Drums
- & More



Website

EliteMusicInstruction.com
954-749-4059



Facebook Reviews



READER'S CHOICE FOR BEST PLUMBING SERVICES

PLUMBING REPAIRS • LOCATE LEAKS • WATER HEATER • REPAIR TOILETS

plumbing experts inc. **OPEN 7 DAYS**

FAMILY OWNED & OPERATED
24/7 EMERGENCY SERVICE
E-Schedule → plumbingexperts.com

SERVICE CALLS AVAILABLE • SAT. & SUN. 9:00AM-4:00PM AT NO EXTRA COST

AS SEEN ON TV

10% OFF
Any Plumbing Work!
100% Satisfaction Guaranteed!
www.PlumbingExperts.com
Thank you South Florida for nearly 50 years of your business!

Not valid with other offers or prior services. Limit one coupon per service call.

\$8800 OFF
Cleaning any sink, toilet, laundry or sewer drain.
Save Until You Need Us

Not valid with other offers or prior services. Limit one coupon per service call.

\$8800 OFF
Any new Garbage Disposal
Save Until You Need Us

Not valid with other offers or prior services. Limit one coupon per service call.



\$6800 OFF
Any new Toilet
Save Until You Need Us

Not valid with other offers or prior services. Limit one coupon per service call.

\$10000 OFF
Any new Water Heater or Tankless Heater

Not valid with other offers or prior services. Limit one coupon per service call.

\$8800 OFF
Any new Water Sewer Lines
By State-Of-The-Art equipment. Up to 12 FT.
Save Until You Need Us

Not valid with other offers or prior services. Limit one coupon per service call.

50% OFF
Second Toilet Repair
Save Until You Need Us

Not valid with other offers or prior services. Limit one coupon per service call.

TUNNEL EXPERTS
We dig tunnels under buildings & houses to replace water or sewer lines. No need to leave your home!
WE DO NOT Cut Your Floors



South Florida's **800-988-5514**
BIGGEST & BEST Licensed & Insured
CFC1427238 CGC1508546

www.PLUMBINGEXPERTS.com

OurCityMedia

954.306.1007

400 Sawgrass Corporate Parkway • Suite 200C • Sunrise, FL 33325

400 Sawgrass Corporate Parkway, Suite 200C
Sunrise, Florida 33325

POSTMASTER PLEASE DELIVER IN HOME AS SOON AS POSSIBLE

*****ECRWSEDDM***

Postal Customer

PSRST STD
US POSTAGE
PAID
MIAMI, FL
PERMIT #4002

DENTISTRY & BRACES FOR THE WHOLE FAMILY

Braces & Invisalign® - Crowns & Implants - Cosmetic Dentistry

**SATURDAYS
& EVENINGS**

**ACCEPTING
MEDICARE**



T E E T H
Gentle
B R A C E S

FREE
WHITENING

WITH
EXAM (D0150)
CLEANING (D0110)
X-RAYS (D0210)

\$95
(\$600 Value)

\$1000
OFF



**DENTAL IMPLANT
AND CROWN**
WITH BOARD CERTIFIED
SPECIALIST

\$500
OFF



**YOUR PERFECT
SMILE IS WAITING!**

invisalign

954-437-7077

12251 Taft Street, Suite 301
Pembroke Pines, FL 33026

954-217-0288

2751 Executive Park Drive,
Suite 204 Weston, FL 33331



Pembroke Pines | Kendall | Coral Springs/Parkland | Weston

www.GentleTeeth.com

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT.