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APRIL 2026

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# Spring Forward into Summer



April has arrived in South Florida, bringing with it longer days, warmer sunshine, and the unmistakable energy of spring. It's a season that reminds us how quickly things can grow and change, encouraging all of us to look ahead and make the most of the months to come.

Spring has long been associated with fresh starts and new possibilities.

After the cooler months of winter, April feels like an invitation to step outside, spend time with family and friends, and take advantage of everything our community has to offer. From neighborhood events to afternoons in the park, this time of year reminds us why South Florida is such a wonderful place to live.

In this month's edition, we're proud to present our Annual Summer Camp Guide, designed to help families start planning for the months ahead. Summer camps provide children with opportunities to learn new skills, build friendships, and create lasting memories. Whether your child is interested in sports, the arts, science, technology, or outdoor adventure, our guide highlights a wide variety of camps that offer something for every interest.

Planning ahead helps ensure that kids have a summer filled with discovery, creativity, and fun. Camps can give children the chance to explore new passions, gain confidence, and stay active while school is out. We hope this guide makes it easier for families to find the perfect fit.

As we move deeper into spring, take time to enjoy the longer evenings, the vibrant greenery, and the sense of renewal that this season brings. April is a wonderful reminder that exciting days are ahead.

Here's wishing you a fantastic spring and a summer full of great experiences.

Sincerely,

*Christy & Terry Jaillat*  
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Christopher Courter  
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# April



Aden Perry Hero Event

## April 1-9 PASSOVER

Wishing a happy Passover holiday to all of our Jewish readers. Passover is a Jewish holiday that commemorates the liberation of the Israelites from slavery in ancient Egypt. It is celebrated for seven or eight days, depending on the Jewish tradition. The holiday is marked by a number of rituals and customs, including the Seder. The Seder is a festive meal that takes place on the first night of Passover, during which the story of the Exodus is retold and special foods, such as matzo and bitter herbs, are eaten.

## April 3 ROCK THE PARK

This month's free, outdoor, live musical event will feature Garth Brooks & Shania Twain tribute artists, 'Ultimate Garth & That's So Shania.' Participants are encouraged to bring their blankets and/or lawn chairs to set on the lawn while they enjoy tunes outdoors. 7:00 pm - 10:00 pm at Pine Island Park, 320 S. Pine Island Road. For more info, call 954-452-2510.

## April 4 ROYAL EGG HUNT

The Royal Easter Bunny will hop onto Pop Travers Field to host the Annual Royal Easter Egg Hunt for children 3-10 years old from 10:00 a.m. SHARP (be sure to arrive early to find parking and be ready to go!). Children will be assigned to fields by age groups, (3&4, 5&6, 7&8, 9&10) to collect eggs on their own. Please bring a basket or bag. A special visit by the Royal Easter Bunny will be made. After the hunt, children and families will enjoy inflatables, games, and arts & crafts. Call 954-452-2510 for more info.

## April 5 EASTER

Christians worldwide will celebrate the resurrection of Jesus Christ, as described in the New Testament. The holiday is the culmination of Holy Week, following Good Friday, which commemorates Jesus' crucifixion. Easter is observed on the first Sunday after the first full moon following the spring equinox. Traditions include church services, festive meals, & egg hunts. Happy Easter to everyone celebrating, from all of us at Our City!

## April 11 ADEN PERRY HERO EVENT

This community race in Sunrise honors the life and heroic legacy of Aden Perry, who lost his life in a selfless act of service to others. The event brings people together for a 5K run or walk while raising money for the Aden Perry Good Samaritan and Scholarship Fund, which supports students through scholarships and educational programs. Participants can also donate school supplies for students in need and enjoy a family-friendly day with live entertainment, activities, and post-race celebrations. The event kicks off at 7:30 am. Scan the QR code to register or get more info.



## April 11 CANDY LAND EXPRESS'

The City of Plantation Parks and Recreation will be hosting a Candy Land Express at the Plantation Community Center from 10:00 am - 12:00 pm. There will be lollipops, chocolate, and gumballs galore! You can make your own chocolate, enjoy a bounce house, ride on a train, and more! \$8 per child. For more info, call 954-797-2180.



Royal Egg Hunt

## SHARE YOUR EVENT!



Scan the QR code to add it to our calendar.

# Calendar



## April 18

### RELAY FOR LIFE

Relay For Life is the world's largest volunteer-based fundraising event. For more than 37 years, communities across the world have come together to honor and remember loved ones and take action for lifesaving change. At Relay For Life, you'll find community members taking turns walking around a track lined with luminaria bags. You'll have the opportunity to cheer for local survivors (or participate as a survivor) in our first lap of the day. Caregivers of cancer patients (currently or previously diagnosed) will then be invited to join the Survivors. This month's event will be hosted at Plantation Central Park, 9151 NW 2nd St. Scan the QR code to register or learn more.



## April 22

### EARTH DAY

Earth Day encourages people around the world to support environmental protection and sustainability. Communities often celebrate with activities such as tree planting, park cleanups, recycling drives, and educational programs about protecting the planet. The day serves as a reminder of the importance of conserving natural resources and taking action to address environmental challenges like pollution and climate change.

## May 1

### ROCK THE PARK CONCERT - ALL FIRED UP

This month's free, outdoor, live musical event will feature Pat Benatar & Heart tribute artists, 'All Fired Up.' Participants are encouraged to bring their blankets and/or lawn chairs to set on the lawn while they enjoy tunes outdoors. 7:00 pm - 10:00 pm at Pine Island Park, 320 S. Pine Island Road. For more info, call 954-452-2510.

## May 2

### WATER SAFETY DAY

Dive into Safety! Make a splash and learn essential water safety skills with fun, interactive demonstrations for the whole family. Get creative with arts & crafts, and connect with informative vendors dedicated to keeping our community safe in and around the water. Plus, kids ages 4-15 can take advantage of FREE swim lessons! Pre-registration is required. Don't miss this fantastic opportunity to build confidence and crucial swimming abilities. 10:00 am - 2:00 pm at the Plantation Aquatics Center, 9151 NW 2nd Street. For more info, call 954-452-2525.

## May 7

### NATIONAL DAY OF PRAYER

The Clergy Coalition of Coral Springs and Parkland, in partnership with the Coral Springs Multi-Cultural Advisory Committee, will honor and celebrate the Annual National Day of Prayer. A designated youth representative from each congregation will deliver a brief prayer on behalf of their religious community, focused on our leaders, nation, and world peace. 7:00 pm at the Coral Springs Center for the Arts, 2855 Coral Springs Drive.

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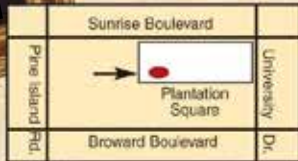
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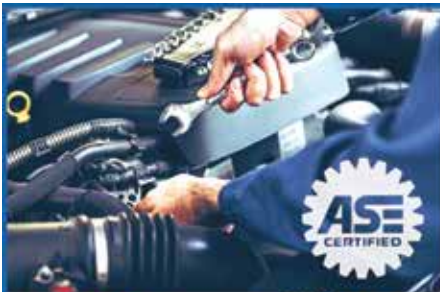
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# Owl Walk Raises Funds for Plantation Park Elementary

Plantation Park Elementary School students laced up for their annual Owl Walk on March 6, 2026, turning a fun day of school spirit and exercise into a meaningful fundraiser for the campus community. Held this month, the event brought students together in support of their school while encouraging families to contribute through the school's fundraising campaign.

Ahead of the event, school leaders shared that this year's Owl Walk had an ambitious fundraising goal of \$50,000. After the walk, public posts from the school and community supporters celebrated the event as "another successful Owl Walk" and noted that it raised important funds to support both the school and its students.

While I could not verify a final public total for how much was raised, the strong response from families and the school community made this year's Owl Walk a clear success. More than just a fundraiser, the event gave Plantation Park Elementary students a chance to come together, show their Owl pride, and help support programs and resources that benefit the entire school.



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# Relay For Life of Plantation, Weston, Davie, Cooper City UNITING TO END CANCER



On Saturday, April 18, 2026, the American Cancer Society's Relay For Life of Plantation, Weston, Cooper City, and Davie will bring the community together for an inspiring evening at Plantation Central Park. This meaningful event celebrates survivors, honors loved ones lost, and raises vital funds to support the fight against cancer through research, advocacy, and patient support.

Relay For Life continues to be one of the American Cancer Society's signature community events, uniting families, friends,

caregivers, and survivors in a shared mission of hope. According to the American Cancer Society, Relay For Life brings communities together to celebrate survivors, remember loved ones lost to cancer, and fight back by funding programs and services that help people prevent, detect, treat, and survive cancer.

This year's local event embraces a fun Western theme with the rallying cry, "Let's Give Cancer the Boot!" Guests are encouraged to wear their boots, flannels, and hats and enjoy an evening filled with food, music, raffles, a kids area, survivor and caregiver laps, and the touching Luminaria ceremony, which remains one of Relay's most meaningful traditions. The 2026 event is presented by UKG.

The Survivor and Caregiver laps will once again shine a spotlight on the strength, resilience, and support that define the cancer journey. As the sun sets, luminarias will illuminate the park in a moving tribute to those we have lost, those still fighting, and those who have survived. These moments

are a powerful reminder that Relay For Life is more than a fundraiser. It is a community coming together with compassion, purpose, and determination.

Funds raised through Relay For Life help the American Cancer Society continue its lifesaving work, including cancer research, patient support, and advocacy efforts that improve lives every day. Community members can sign up, donate, volunteer, or form a team to be part of the movement.

## Event Details

- ▶ Saturday, April 18, 2026
- ▶ 5:00 p.m. to 10:00 p.m.
- ▶ Plantation Central Park

Join us as we take action, celebrate hope, and work toward a future where cancer is no longer a threat. Game Over, Cancer!



Scan the QR code to learn how you can support the fight to end cancer





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# Exceptional Women of Broward

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March was Women's History Month, a time to honor the women who have shaped our communities, strengthened our families, and led with courage and conviction. Their varied accomplishments can evoke admiration and respect, encouraging the audience to value diverse paths and successes.

What unites these women is not simply professional

success. It is purpose. It is resilience in the face of challenge. During Women's History Month, we reflect on the progress made by generations of women who paved the way.

We are proud to celebrate these Exceptional Women whose dedication, vision, and heart continue to shape our community for the better.

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# VIVIAN FAZIO

FOUNDER  
FAZIO INJURY LAW

## ADVOCATING FOR CLIENTS WHEN THEY NEED IT MOST

Vivian Fazio is the founder of **Fazio Injury Law**, where she is dedicated to making sure every client feels seen, supported, and fiercely represented. From the first phone call to the resolution of a case, her focus is on delivering exceptional service and obtaining the best possible outcome. She and her team fight for clients during some of the most difficult moments of their lives, helping them secure medical care and compensation, so they can move forward after serious injuries.

## STRENGTH FORGED EARLY

A native South Floridian, Vivian grew up in Fort Lauderdale with a love of reading and a passion for athletics. As a young girl, she was dedicated to competitive gymnastics and later, during high school, competitive cheerleading. During this time, Vivian was diagnosed with scoliosis and had to wear a back brace for years. That experience shaped her deeply. Living with physical discomfort and feeling different at a young age taught her empathy, mental toughness, and resilience, qualities that continue to define her work today.



## LEADING WITH COLLABORATION AND RESILIENCE

Vivian describes her leadership style as collaborative and team-centered. She values input, encourages growth, and believes the strongest outcomes come from working together with respect and shared purpose. Even in the face of setbacks, she remains focused on problem-solving and learning.

The personal trait she credits most for her success is resilience. For Vivian, life's challenges are not roadblocks, but opportunities to stay true to your values, keep moving forward, and ultimately come out stronger on the other side.



## FAZIO INJURY LAW

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1580 Sawgrass Corporate Park  
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954-315-4702

225 Southern Blvd., Suite 101  
West Palm Beach, FL 33405  
954-495-9231



# DIANA M. CABASSI

PRESIDENT AND CEO  
SENIORS HELPING SENIORS® SOUTHWEST BROWARD

## A HEART FOR SERVICE

Diana M. Cabassi, President and CEO of **Seniors Helping Seniors® Southwest Broward**, leads her organization with a clear mission: helping older adults maintain independence while receiving compassionate support. She guides the company's vision, oversees daily operations, and makes strategic decisions that ensure the organization continues to serve families throughout Southwest Broward with care and professionalism.

Originally born in Perth Amboy, New Jersey, Diana moved to South Florida at the age of nine. From an early age, her generosity stood out. She remembers often giving away her own belongings to others, a reflection of the kindness and selflessness that would later shape her life's work.

## INSPIRED BY FAMILY VALUES

Diana credits much of her passion for helping seniors to her mother, who regularly cared for and assisted elderly individuals in their community. Watching her mother serve others with compassion left a lasting impression and inspired Diana to build a career centered on supporting older adults.

Today, that same spirit of care drives the mission of



**Seniors Helping Seniors® Southwest Broward**. The organization provides personalized assistance that allows elderly clients to remain safely in their homes while giving their families peace of mind knowing their loved ones are well cared for.

## LEADING WITH COMPASSION

Diana describes her leadership style as supportive and mentorship-driven. She works closely with her team, helping employees develop their skills and grow professionally so they can succeed in their roles and provide the highest level of care to clients.

The personal trait she credits most for her success is selflessness.

Diana believes that approaching every interaction with love and understanding creates stronger relationships and better outcomes.

For Diana, the purpose of her work is simple yet powerful: caring for one another and strengthening the community through compassion.





# PAOLA OTALVARO

BUSINESS OWNER & MANAGER  
PIZZA LOVERS BISTRO

## CULTURE AND CUISINE

Paola Otalvaro, co-owner of **Pizza Lovers Bistro**, brings international perspective and entrepreneurial spirit to South Florida's dining scene. Originally from Cali, Colombia, she dreamed from a young age of exploring the world and experiencing new cultures.

At 21, she made that dream a reality, moving to Europe and living in Italy, Spain, and the Canary Islands for 20 years. Those years shaped her appreciation for language, culture, and, especially, food. Today, she shares those influences through **Pizza Lovers Bistro's** two locations in Weston and Plantation.

Paola credits much of her drive to her mother, a strong businesswoman whose passion and dedication left a lasting impression. Now a mother of two daughters herself, Paola hopes to pass along those same values of independence, confidence, and entrepreneurship.

## AUTHENTIC ITALIAN FLAVOR

At **Pizza Lovers Bistro**, authenticity is at the heart of the experience. Paola and her business partner, Salvatore Granata, who is originally from Sicily, have built a restaurant centered on traditional Italian flavor and quality. Pastas, pizzas, ravioli, desserts, and gelato



are all made in-house using fresh ingredients and non-GMO products.

Nearly all cheeses, flours, wines, and beers are imported from Italy, while vegetables, meats, seafood, and fish are sourced locally for freshness. The dough is made with high-quality Italian flour, prepared using traditional sour-dough methods, and rested for 48 hours to create a pizza that is light, flavorful, and easy to digest.

Beyond the food, **Pizza Lovers Bistro** offers a warm, welcoming atmosphere. The Plantation location features live music on Fridays, Saturdays, and Sundays. Both restaurants are pet-friendly, making them a community gathering place for families, friends, and their furry companions.



## CONTACT & LOCATIONS

**Weston**  
1691 Bonaventure Blvd  
International Plaza  
Weston, FL 33326  
(954) 314-7099

**Plantation**  
1860 N Nob Hill Rd,  
Pavilion Plaza  
Plantation, FL 33322  
(954) 306-3297

@pizzaloversbistro, Pizza Lovers Bistro  
[www.pizzaloversbistro.com](http://www.pizzaloversbistro.com)





# JESSICA VALENCIA, MD

PEDIATRICIAN  
CHILDREN'S MEDICAL ASSOCIATION

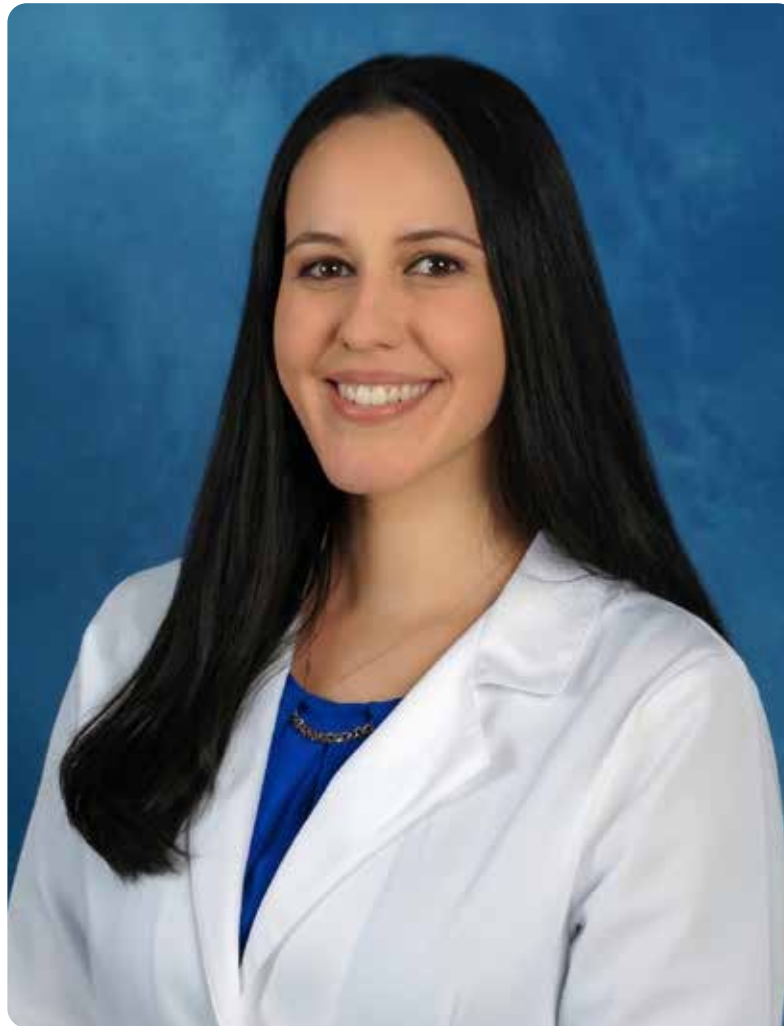
## CARING FOR CHILDREN THROUGH EVERY STAGE

Dr. Jessica Valencia is a board-certified pediatrician with Children's Medical Association, where she cares for patients from the newborn stage through young adulthood. Her work includes preventive care, promoting overall health, and diagnosing and treating a wide range of illnesses and conditions. For Dr. Valencia, pediatrics is not just a profession. It is a calling rooted in compassion, trust, and long-term relationships with families.

## A CHILDHOOD DREAM WITH DEEPER PURPOSE

Raised in Sunrise and proud to be a first-generation Cuban American, Dr. Valencia knew from an early age that she wanted to become a pediatrician. As a child, she loved visiting her own pediatrician and would pretend to be the doctor while waiting in the exam room, offering playful advice to her mother about sunscreen and bike helmets.

Her passion for medicine deepened through her close relationship with an aunt who had Down syndrome. That bond gave her an early understanding of empathy, inclusivity, and the powerful role a compassionate physician can play in a family's life.



## LEADING WITH EMPATHY

Dr. Valencia's approach to care is grounded in listening, patience, and making every family feel safe and understood. She gives each patient her full attention, ensuring parents and children feel comfortable asking questions and addressing concerns, even the most vulnerable ones. Her goal is for families to leave each visit feeling heard, empowered, and confident in the care they receive.

She credits her empathy and thoroughness as the traits that have most shaped her success. A graduate of Florida International University Herbert Wertheim College of Medicine and Nicklaus Children's

Hospital's pediatrics residency program, Dr. Valencia continues to make a meaningful difference in the lives of children and families throughout the community.



To learn more, call (954) 473-1101.





# FANIT PANOFSKY

CEO & OWNER  
CONTOUR DAY SPA

## A LEGACY OF WELLNESS

Since 1985, Fanit Panofsky has led **Contour Day Spa** with a vision rooted in wellness, service, and excellence. What began with her early career as a nail technician has grown into one of South Florida's premier destinations for self-care and rejuvenation. Today, she continues to guide the business with the same entrepreneurial spirit, helping shape a culture where self-care is recognized not as a luxury, but as an essential part of overall well-being.

## A PREMIER DESTINATION

Located in Plantation, **Contour Day Spa** is a 26,000-square-foot facility and one of the largest freestanding spas in the country. With a team of more than 65 professionals, the spa offers a wide range of services seven days a week, including hair and nail care, massage therapy, reflexology, hydrotherapy, body wraps, anti-aging facials, advanced skin care, medical esthetics, weight loss and wellness services, and detox treatments. The spa also offers specialized rituals, including a Mikvah for the Orthodox Jewish community and a private suite for Muslim women receiving hair services. Signature



experiences such as Journey to Eden and Milk and Honey Body Smoothing remain standout favorites for guests seeking renewal, relaxation, and a truly personalized spa experience.

## LEADING WITH PURPOSE

Fanit credits the spa's success to family values, resilient leadership, and a commitment to excellence. Beyond daily operations, she is passionate about inspiring the next generation of women leaders to pursue their entrepreneurial goals with confidence and determination. To learn more about **Contour Day Spa's** services or explore ways to connect, call (954) 472-7733.





# KIMBERLY MARTIN

EXECUTIVE DIRECTOR / OWNER  
KIDDIE ACADEMY

## FROM SURVIVAL TO SERVICE

Kimberly Martin is the Executive Director and Owner of **Kiddie Academy in Plantation**, where she leads with purpose, resilience, and heart. She oversees the overall leadership and success of the academy, ensuring the highest standards of quality, compliance, and developmentally appropriate practices. Just as importantly, she fosters a collaborative and inclusive culture built on strong partnerships with families.

Born in Pennsylvania and raised in South Florida, Kimberly grew up in poverty in a home affected by addiction and instability. Life was unpredictable, and she faced challenges no child should endure. Those early experiences forced her to grow up quickly and develop resilience beyond her years.

## BUILDING WHAT SHE NEEDED

When Kimberly became a young mother, she struggled to find the quality childcare her daughter deserved. Instead of accepting that gap, she chose to fill it. What began as a personal mission became a 35 year career in early childhood education. She advanced from classroom roles to school director,



earned her degree in elementary education, and ultimately became a childcare center owner.

Today, **Kiddie Academy** stands as a cornerstone of the community. With NAEYC accreditation and seven consecutive years voted Best Preschool, the program prepares children for lifelong academic and social success while supporting working families.

## LEADERSHIP ROOTED IN EMPATHY

Kimberly leads through servant leadership, guided by empathy, discipline, and clear expectations. Her defining trait is grit. She did not succeed despite her past. She

succeeded because she learned from it and refused to let it define her future.

Her story is proof that from chaos can come clarity, and from struggle can come strength.

**KIDDIE**  **ACADEMY.**  
EDUCATIONAL CHILD CARE





# DR. NOHORA RODRIGUEZ

INTEGRATIVE & BIOLOGICAL DENTIST  
FOUNDER, DESIGNING BEAUTIFUL SMILES

## A WHOLE-BODY APPROACH TO DENTISTRY

For Dr. Nohora Rodriguez, dentistry has never been just about treating teeth. It is about caring for people. As a Colombian-American dentist trained in both Colombia and the United States, she has built her practice around a powerful belief: the mouth is deeply connected to the overall health of the body.

This philosophy led her to specialize in integrative and biological dentistry, an approach that looks beyond symptoms to identify root causes. By treating each patient as a whole person, Dr. Rodriguez focuses on restoring balance and supporting the body's natural ability to heal.

## INNOVATION WITH INTENTION

At **Designing Beautiful Smiles**, care is both advanced and intentional. Dr. Rodriguez incorporates leading-edge techniques such as ozone therapy to promote healing and follows safe, specialized protocols for removing mercury fillings. Her focus on minimally invasive procedures allows her to preserve natural structures while delivering precise and gentle results.



Every detail of the patient experience is thoughtfully designed to support overall wellness, combining modern technology with a holistic philosophy.

## LEADING WITH PURPOSE AND COMPASSION

What truly sets Dr. Rodriguez apart is her connection with patients. She creates an environment where individuals feel heard, understood, and supported throughout their care. Her leadership style reflects empathy, purpose, and a commitment to redefining what dentistry can be.

For Dr. Rodriguez, a healthy smile is more than aesthetics. It is often the beginning of improved health, confidence, and quality of life.



Call for more: (954) 623-8253





# MERY LOPEZ-PALMA, ESQ.

ATTORNEY | FOUNDER & CEO,  
LAW OFFICES OF MERY LOPEZ-PALMA

CANDIDATE FOR STATE REPRESENTATIVE, DISTRICT 102

## INSPIRED BY FREEDOM

Mery Lopez-Palma's story is rooted in her family's escape from Cuba and their pursuit of opportunity in the United States. That journey shaped her deep respect for the freedoms guaranteed by the U.S. Constitution and inspired her lifelong commitment to civic engagement.

She has served the Republican Party in multiple leadership roles, including as a delegate in the 2000 Presidential race, Vice President of the Republican Club at the University of Central Florida, Southwest Ranches Precinct Committeewoman, and Chairwoman of special events for the Broward Republican Party. She led grassroots efforts to help elect President Donald J. Trump.

## LAW, LEADERSHIP, AND ENTREPRENEURSHIP

With over 22 years of experience, Mery is the founder and CEO of the Law Offices of Mery Lopez-Palma. Her firm specializes in probate law, real estate title closings, and landlord disputes. She helps clients with any and all real estate related legal issues. An accomplished entrepreneur, she also owns Vicky Bakery franchise in Weston/Sunrise.



## COMMITMENT TO COMMUNITY

Mery is also a Florida founder of 917society.org, an organization dedicated to educating students about the Constitution. She has helped lead efforts to distribute pocket Constitutions to schools and organized Broward County fundraisers to expand the program locally. She additionally serves as Broward Director for the Christian Family Coalition.

Married to Armando Palma and mother of four, Mery remains deeply engaged in community service. For her, leadership is grounded in faith, family, and a commitment to preserving opportunity for future generations.

★ MERY ★  
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# MICHELE GALATOVICH

PEDIATRICIAN  
CHILDREN'S MEDICAL ASSOCIATION

## A CALLING WORTH RETURNING TO

Dr. Michele Galatovich is an outpatient pediatrician at Children's Medical Association, where she cares for children and supports families through every stage of growth and development. For her, pediatrics is especially meaningful because it allows her not only to care for individual patients, but also to build lasting relationships with entire families and watch children grow and thrive over time.

## STRENGTH THROUGH LIFE'S CHALLENGES

Raised in Palm Bay, Florida, Michele describes herself as a shy, nerdy child who was deeply supported by her family and close friends. Although her family did not have much, her parents always encouraged her to believe she was capable of anything.

A defining moment in her life came when she lost her mother just two weeks before leaving for college. The loss changed the course of her young adult life and shook the confidence she had in pursuing medicine. Instead of following her original plan, she chose a different path. It was not until her thirties that she found the courage to return to school and fulfill her



dream of becoming a physician.

## LEADING WITH ENCOURAGEMENT AND DETERMINATION

Dr. Galatovich describes her leadership style as supportive and empowering. She values helping colleagues grow while giving them the freedom and autonomy to succeed on their own. She believes strong leadership comes from encouragement, not micromanagement.

The personal trait she credits most for her success is her stubbornness, a quality that has helped her persist through challenges and keep searching for solutions when obstacles arise.

Her message to readers is simple and heartfelt: do not let fear keep you from taking risks. Sometimes those leaps of faith lead exactly where you were meant to go.



To learn more, call (954) 473-1101.





# YVETTE GONZALEZ

## RN, MSN, APRN, FNP-BC

NURSE PRACTITIONER  
SAGE WELLNESS & MEDSPA

### A HOLISTIC APPROACH TO WELLNESS

Yvette Gonzalez is a dedicated nurse practitioner and the driving force behind **Sage Wellness & Medspa in Plantation**. With a passion for both holistic health and aesthetics, she provides personalized treatments designed to enhance confidence and overall well-being. Whether patients are seeking weight management, hormone balancing, or advanced aesthetic procedures, Yvette's approach focuses on helping individuals feel strong, balanced, and radiant from the inside out.

### EXPERTISE BACKED BY COMPASSION

Yvette's success is rooted in her commitment to safe, customized, and results-driven care. With extensive experience in both healthcare and aesthetics, she continuously stays at the forefront of innovative therapies that support long-term wellness.

Under her leadership, **Sage Wellness & Medspa** has become a welcoming sanctuary where patients can comfortably pursue their health and beauty goals.



Her genuine care and attention to detail are reflected in the many success stories of clients who have regained confidence and vitality through her guidance.

### INSPIRING CONFIDENCE THROUGH CARE

At the heart of Yvette's work is a belief that true transformation begins within. She encourages patients to prioritize their health, embrace self-care, and invest in their overall well-being.

For Yvette, the most rewarding part of her work is helping individuals feel their best, both physically and emotionally. Through her expertise and compassionate approach, she continues to empower her

patients to live healthier, more confident lives.



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# DEBRA VENTURA

CERTIFIED LUXURY HOME AGENT  
TOMMY CRIVELLO REAL ESTATE GROUP

## DEEP ROOTS IN SOUTH FLORIDA

Debra Ventura has spent her life immersed in the South Florida community she now proudly serves as a luxury real estate professional. Having grown up in the region, she spent much of her childhood playing sports and enjoying the vibrant lifestyle that makes South Florida such a special place to live. Today, that lifelong connection gives her a unique perspective when helping clients navigate the local real estate market.

As a real estate professional, Debra works closely with buyers and sellers to help them achieve their goals, guiding them through each step of the process with insight, dedication, and attention to detail.

## INSPIRED BY FAMILY VALUES

Debra credits much of her outlook on life to her mother, whose positive spirit and love of life left a lasting impact. Those values continue to shape how Debra approaches both her career and her role as a mother to her two children.



She strives to raise them with the same strong character, optimism, and sense of purpose that her mother instilled in her.

## PASSION FOR HELPING FAMILIES

For Debra, the most rewarding part of real estate is connecting families with the homes where they will build their lives. Watching clients settle into a community and grow alongside neighbors and friends is what makes her work truly meaningful.

She describes her leadership style as collaborative and example-driven. With a strong work ethic and positive attitude, she values teamwork and believes collective success comes from reliability, vision, and dedication.

Above all, Debra is grateful to serve the community where she was raised and where she chose to raise her own family.



**Debra Ventura**  
Real Estate Professional  
cell: 850-294-1685  
[www.DebraVentura.com](http://www.DebraVentura.com)





# ANDREA L. JAKOB

ATTORNEY / FIRM FOUNDER  
ANDREA L. JAKOB, PA

## A MISSION ROOTED IN COMPASSION

Andrea L. Jakob is an attorney specializing in Estate Planning, Probate, and Elder Law. Her dedication is to help families feel safe, organized, and prepared for life's uncertainties. As the founder of JakobLegal, she prioritizes providing peace of mind by guiding clients through complex legal decisions with clarity, empathy, and exceptional service. For Andrea, estate planning is not just about documents; it's about building lasting relationships based on trust.



## COMMUNITY COMMITMENT

Andrea regularly speaks at events hosted by the Broward County Library and local community and religious organizations, educating families about the importance of planning both during life and beyond. Her goal is to empower people with knowledge so they can face the future with confidence rather than uncertainty.

## LEADING WITH HEART

Andrea describes her leadership style as leading by example and treating her staff like family. Her greatest strength is her genuine desire to help others succeed

## A DEFINING TURNING POINT

Originally from Baltimore, Andrea studied at Boston University before earning her law degree from the University of Miami. A deeply personal tragedy early in her life significantly influenced her career path. Having experienced the anxiety and fear that families often face during difficult transitions, she made a conscious decision to focus her legal work on protecting those who need guidance the most. She approaches every client with professionalism, respect, and heartfelt compassion.

in their future. She understands that taking the first step toward estate planning can feel overwhelming. However, once clients walk through her doors, they discover that the process is simple, clear, and stress-free, often wondering why they waited so long.





# DR. IMANI SANDERS

PEDIATRICIAN  
CHILDREN'S MEDICAL ASSOCIATION

## CARING FOR CHILDREN WITH PURPOSE

Dr. Imani Sanders is a primary care pediatrician at Children's Medical Association, providing medical care for patients from birth through young adulthood. Her work centers on preventive well-child visits, diagnosing and treating illnesses, and supporting families as they guide their children's health and development. She is passionate about helping children thrive so they can grow into healthy, successful adults.

## A CALLING SHAPED EARLY

Born and raised in New Jersey, Dr. Sanders grew up in an active family and enjoyed a range of activities, from Girl Scouts and basketball to competitive dance and public speaking. Her path toward pediatrics became clearer in high school while volunteering with the Child Life Team at a local children's hospital.

One especially powerful experience involved caring for an infant hospitalized with shaken baby syndrome. Holding that child and listening as a physician explained the diagnosis and plan of care left a lasting impact. It deepened her desire to become a pediatrician who could combine compassion with clinical reasoning to care for vulnerable children and support families during difficult moments.



## LEADING WITH FOCUS AND COLLABORATION

Dr. Sanders leads with a collaborative and proactive mindset, believing quality healthcare depends on teamwork and the willingness to step forward when something needs to be done. She leads by example, valuing the strengths each team member brings to patient care.

She credits compartmentalization and focus as the traits that have contributed most to her success. By staying fully present with each patient and not allowing outside challenges to shape her care, she is able to provide thoughtful, attentive support.

Dr. Sanders also wants families to know that pediatricians understand how overwhelming today's

health information can be. Her goal is to offer guidance grounded in evidence-based medicine so parents feel informed, supported, and confident in their decisions.



To learn more, call (954) 473-1101.



# Sun, Smiles & SUMMER CAMP



Summer is almost here, and it's time to plan for fun, active days ahead. From sports and outdoor adventures to arts and STEM, summer camp offers something for every child to explore and enjoy. Beyond the excitement, camps help kids build confidence, make new friends, and discover new passions. Inside this guide, you'll find great local options to make this summer unforgettable.



## Camp ART-rageous

[www.campartrageous.com](http://www.campartrageous.com)

**954-445-7272**

If your child has a passion for drawing, painting, and crafting creative masterpieces, then Camp ART-rageous is their ideal summer destination! Directed by professional artists, this camp is a haven for young creatives eager to explore their artistic capabilities. Each week offers campers the exciting opportunity to experiment with various mediums, while gaining inspiration from learning about renowned artists and innovative techniques. Designed for children ages 5-13, Camp ART-rageous is more than just an art camp—it's a community where every day is a new adventure in creativity.

## Camp Chameleon

[www.CampChameleon.com](http://www.CampChameleon.com)

**954-815-9054**

Marking its 16th anniversary, Camp Chameleon takes pride in offering a summer filled with outdoor fun at Markham Park. The camp promotes the joy of outdoor activities and instills an appreciation for nature among children aged 6 to 15. Emphasizing physical activity, Camp Chameleon introduces campers to a range of non-competitive sports, fostering a healthy lifestyle. The camp counselors are dedicated to creating an inclusive atmosphere that encourages participation in group games, creative projects, and the building of friendships through special activities.

## Camp Explorer

[www.CreativeChildLearningCenter.com](http://www.CreativeChildLearningCenter.com)

**954-796-0081**

Camp Explorer offers a vibrant summer experience for children in kindergarten through fifth grade, designed to ignite curiosity and foster a love of learning. Each day, campers embark on exciting field trips to explore local attractions, immersing themselves in the beauty and diversity of their surroundings. The camp features a special sports week, alongside a variety of engaging activities including cooking, art, and science projects.

## Florida Children's Theatre

[www.FLCT.org](http://www.FLCT.org)

**954-763-6882**

Florida Children's Theatre serves as an educational center for theatre arts serving children and families across South Florida. The oldest documented children's theatre in the state of Florida, FLCT was founded in 1952 by two mothers in a garage. The theatre quickly grew to be the first children's theatre organization to perform at Parker Playhouse, the Broward County Main Library Theatre, and Dillard Center for the Arts. Each summer, FLCT hosts a vibrant summer camp for children interested in theatre at the Fine Arts Theatre at Broward College Central Campus in Davie. The summer camp is open to children in grades 2-10 and will feature productions of Honk, Jr. and Alice in Wonderland, Jr..



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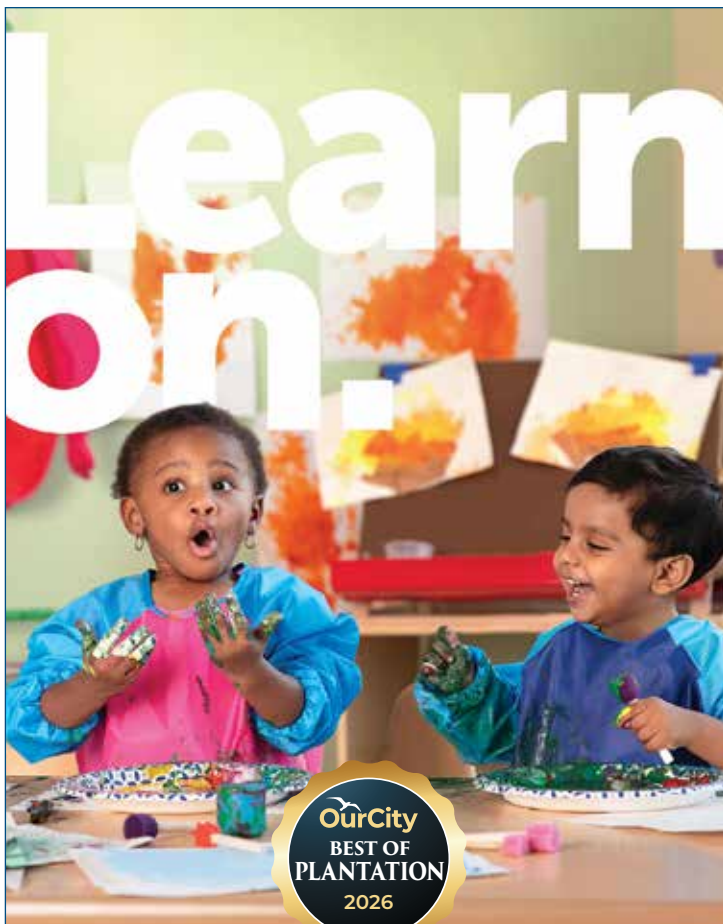
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## International Dance Academy

[www.DanceIDA.com](http://www.DanceIDA.com)

**954-476-4419**

At International Dance Academy's summer ballet camp, campers of all levels learn ballet skills while working for an impressive, end-of-camp stage production, complete with costumes and stunning set design. In addition to ballet, camp activities include choreography, jazz, stretch and strengthening, yoga, voice training, and arts and crafts.

## John Wai Martial Arts Camp

[www.johnwaimartialarts.com](http://www.johnwaimartialarts.com)

**954-382-2228**

John Wai Martial Arts Camp delivers a unique blend of fun, meaningful learning, physical activity and personal development with its Summer Camp Program, tailored for children aged 5 to 12. This camp distinguishes itself as an exceptional option among the usual summer offerings. John Wai Martial Arts has been a key part of the community for 27 years, teaching children martial arts and valuable life skills.

Their summer camp extends this mission, aiming to develop not just skills in martial arts but also in life's broader lessons. The camp's schedule is filled with a variety of activities.

## Camp Live Oak

[www.CampLiveOakFL.com](http://www.CampLiveOakFL.com)

**954-563-4880**

Camp Live Oak presents an enriching summer experience with its focus on environmental and marine science. Each week, campers delve into captivating environmental themes, embarking on a journey of discovery and learning. The camp's diverse schedule includes a wide array of activities, ensuring something new and exciting for every day of the week.

From field trips that explore the natural beauty of the surroundings to on-site adventures that bring the thrill of discovery, and guest speakers who share their knowledge and passion, Camp Live Oak promises a comprehensive camp experience. Additionally, the camp is thrilled to incorporate the Science of the Sea program at Birch State Park, enhancing its marine science curriculum.

## Premier Martial Arts

[www.premiermartialarts.com](http://www.premiermartialarts.com)

**954-217-6006**

Premier Martial Arts stands at the forefront of martial arts instruction, committed to empowering students of all ages with the skills and discipline necessary for life's many challenges. Boasting a cadre of highly skilled and experienced instructors, the school offers a diverse selection of classes, including karate, kickboxing, Krav Maga, and more.

Its comprehensive curriculum and tailored approach to teaching ensure that each student receives the attention and guidance needed to accomplish their personal goals. From mastering complex techniques to enhancing self-confidence, Premier Martial Arts is dedicated to fostering an environment where students are motivated to achieve excellence both on the mat and in their daily lives.



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## Camp Nova

www.USchool.Nova.edu

954-262-4506

Camp Nova offers a summer packed with fun, laughter, and new friendships for campers from kindergarten to grade 11. At the heart of the experience are Shark Camp and Minnow Camp, delivering traditional day camp joy.



For those with specific interests, Camp Nova's specialty camps like Droboats, Marine Science, Sports, and Musical Theatre provide unique adventures. The Summer Scholars program also enriches students with targeted learning in Reading, Math, Foreign Languages, Writing, and Language Arts, all in a supportive setting. Join us for a summer where memories are made, and passions are pursued.

## Soref JCC Summer Camp

www.sorefjcc.org

954-792-6700

Soref JCC Summer Camp is the ultimate destination for an unforgettable summer of fun, friendship, and adventure! Open to children ages 3 months to 14 years, our camp offers a safe and secure environment across two convenient locations in Plantation and Coral Springs. Campers enjoy exciting weekly field trips, engaging activities on our expansive 16-acre campus, and access to top-notch facilities, including a pool, gym, and sports fields.

With luxury coach transportation available between campuses, kosher meals provided, and even an optional

Orlando trip, every detail is designed for an amazing summer. Join us for a season of discovery, laughter, and lifelong memories!

## Camp Woodland

www.campwoodlandfl.com

954-921-1497

Since its inception in 1983 at C.B. Smith Park, Camp Woodland has established itself as a premier summer day camp for boys and girls aged 5-16. With a deep-rooted mission to enrich young lives, Camp Woodland fosters friendships, new experiences, and cherished traditions within a secure setting.

At Camp Woodland, campers are encouraged to explore, gain self-confidence, and learn the importance of empathy and kindness towards others. More than just a camp, Camp Woodland is a FAMILY in the truest sense, dedicated to ensuring every camper feels a profound sense of belonging, happiness, and acceptance from the moment they step inside. Join us for a summer filled with meaningful connections and joyful discoveries.



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# WHY KIDS NEED PHYSICAL CHALLENGES MORE THAN EVER

by John Wai

Ask most parents what they want for their children and the answers are usually the same. Confidence, discipline, good character, and the ability to handle challenges in life.

But the environment kids are growing up in today looks very different from the one many parents experienced. Technology has made life more convenient and comfortable, but it has also reduced many of the natural challenges that once helped young people develop resilience.

Many kids spend hours on screens, spend less time outdoors, and often avoid situations that push them outside their comfort zone. While comfort may feel good in the moment, growth almost always comes from challenge.

Children need physical challenges, not just for fitness but for the lessons those challenges teach.

When kids face something difficult and learn how to work through it, they begin to develop confidence, focus, and emotional strength that carries into every part of their lives.

One of the biggest misconceptions about confidence is that it comes from praise. In reality, confidence is built through effort and accomplishment. When a child works hard to learn a new skill and eventually improves, they gain a genuine sense of belief in themselves.

Sports are one of the best environments for this. Whether a child is playing soccer, swimming, wrestling, gymnastics, or martial arts, they learn that improvement comes from effort and consistency.

Martial arts training in particular has become increasingly popular with parents because of the combination of physical challenge, discipline, and mental focus it develops in kids.

Disciplines such as Muay Thai, Brazilian Jiu Jitsu, and Mixed Martial Arts are combative styles and are among the most practical and realistic forms of self-defense training, taught in a structured environment where safety, control, and respect are emphasized.

In Brazilian Jiu Jitsu, kids learn how to control positions and solve problems under pressure. In Muay Thai, they develop coordination, balance, and precision through strikes like kicks, punches, and knees. MMA-style

training allows students to combine skills from multiple disciplines.

Beyond the techniques, kids also learn how to stay calm when things become difficult, control their emotions, and respect their training partners.

Finding the right professional martial arts academy is important. A strong program with experienced coaches creates a structured environment where kids are guided, challenged, and supported as they grow.

Over time, many children begin to see their coaches as mentors who encourage

discipline, build confidence, and help young students learn how to handle challenges both on and off the training floor.

In today's world, giving kids opportunities to face healthy physical challenges may be one of the most valuable things we can do for their development.

**John Wai, a Plantation resident, Brazilian Jiu Jitsu Black Belt, and Professional Fight Coach, has operated John WaiMartial Arts in Plantation for 28 years. Visit [johnwaimartialarts.com](http://johnwaimartialarts.com)**



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# The “NO-DRAMA” Parent Conversation

## 3 Questions to Ask ASAP

by Andrea L. Jakob, Esq.

If you’re an adult child with aging parents, you’ve probably had this thought at least once:

“If something happened... would I even know what to do?”

Not in a spooky, morbid way—more in the real-life way.

Like: Where are the documents? Who do I call? What needs to happen first?

Good news: you don’t need an hour-long “end-of-life” talk to start getting organized. You can start with three simple questions that open doors (without setting off alarms).

### 1) “Where do you keep important documents—and how would I find them?”

This is the question that saves families from frantic scavenger hunts later. In an emergency, you don’t want to be guessing where the will is—or whether there’s a safe deposit box key hidden in a coffee can.

Natural follow-ups (keep it practical):

Is there a safe or lockbox at home? Where’s the key?

Do you have a safe deposit box? Which bank? Who else can access it?

Where is your most recent will or trust stored?

Is there a secure master list of accounts/passwords/PINs?

### 2) “Who are the key people I should know how to contact?”

When something happens, it’s not the moment you want to be digging through a phone trying to find “that one banker” or “the attorney you used years ago.” A short contact list now is priceless later.

**Natural follow-ups:**

- Who’s your main contact at the bank or financial institution?
- Who is your attorney/estate planner?
- Who is your primary care doctor—and are you comfortable with me speaking with them if needed?
- Is there a financial advisor, accountant, or insurance agent we should include?

### 3) “If something happened suddenly, what would you want me to know or do first?”

This one is gentle—but powerful. It opens the door to bigger conversations (healthcare wishes, financial preferences, housing decisions) without making it feel like a formal meeting.

**Natural follow-ups:**

- Do you have a healthcare proxy or power of attorney set up?
- Are there bills or recurring payments that would need immediate attention?
- Is there anyone you’d want notified right away?
- What’s one thing you’d want handled exactly the way you’d handle it?

### A gentle way to bring it up (without making it weird)

If you’re thinking, “My parents will shut this down immediately,” try this framing:

“Hey, I’ve been trying to get more organized about my own stuff, and it made me realize I should probably know a few basics about yours too. Mind if I ask a few quick questions?”

Most parents actually appreciate the initiative—and it rarely stays a short conversation (in a good way).

# Life is constantly changing— Have you updated your Estate Plans?

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(PICTURED ABOVE ARE ANDREA L. JAKOB, ESQ. AND ERIKA GARAY, ESQ.)

# Pet of the Month



“Zuzah”

This is Zuzah and she is the sweetest little girl. I don't know why she was sticking her tongue out at me, but that's just part of her silly personality!  
Zuzah is a Plantation native and is so much fun.



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## ■ MESSAGE FROM THE MAYOR



## PLANTATION UPDATE

by Nick Sortal

### Central Park fountain

The City Council approved expenditures for a new aeration fountain at the primary Central Park lake.. Cost is just under \$69,000. The prior fountain had stopped working. Replacing it matters not just for the looks.

Aeration improves water quality by increasing dissolved oxygen levels. This supports fish population and beneficial bacteria, breaks down organic matter, reduces muck accumulation, and limits the buildup of harmful gases such as hydrogen sulfide and methane. In addition, a functioning fountain helps control algae growth and reduces unpleasant odors.

### Consultant to evaluate trash

The city has hired a consultant to help us evaluate what we would want in a new trash contract. The city has a franchise agreement with WM (formerly Waste Management) that expires Sept. 30, 2028. Council members indicated the subsequent trash contract will go out for bid.

The consultant will evaluate and make a recommendation to the City Council on the most efficient and sustainable method to collect solid waste going forward, e.g. the Pay As You Throw (blue bag) system or a cart system. They will also help us with the bidding process. Public input will be part of the evaluation.

### Independence Day fireworks:

The City Council approved a contract for July 4 fireworks after a brief discussion about switching to drones. Traditions, environmental and noise concerns were weighed. Popular fireworks provider Zambelli Fireworks MFG Co. will be paid \$45,000 in 2026.

The contract is for two years, but the city can choose to discontinue after one.

A quick comparison by the Parks and Recreation Department stated that a drone show would be shorter and cost around \$70,000 or more, depending on the number of drones used. Council members agreed to reconvene the discussion for the 2027 celebration.

### 'Bring Back the Buzz'

Three City Parks and Recreation staffers presented their 2026 initiative to the city's Sustainability and Resilience Advisory Board recently.

Called "Bring Back the Buzz," the campaign's goal is to preserve and cultivate pollinator habitats throughout the city.

### HCA Westside expansion

HCA Westside Hospital is expanding. The Council approved a site plan modification to allow a 99,000 square foot vertical expansion to the existing south tower of the medical center at 8201 W. Broward Blvd.

Currently, the hospital has 250 beds, with 26 at the outpatient surgical center. The proposed three-story expansion would allow for an estimated 104 additional beds. This addition is the first of many, officials say.

Contact Mayor Nick Sortal via  
[Mayor@plantation.org](mailto:Mayor@plantation.org)

# PUZZLES

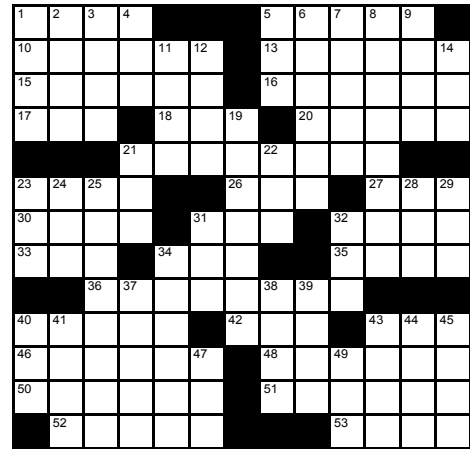
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SCAN  
ME FOR  
ANSWERS



## Across

- 1 Chilled
- 5 Ivan and Nicholas, e.g.
- 10 Number puzzle
- 13 Eastern salute
- 15 Andean animals
- 16 Solemn promise
- 17 Stately tree
- 18 Hawaiian garland
- 20 Heavenly hunter
- 21 Vinifies
- 23 Something to stop on
- 26 Dance bit
- 27 Garden tool
- 30 Norse war god
- 31 Place
- 32 After bible or corn
- 33 Children's game
- 34 Theologian's subject, briefly
- 35 Between ports
- 36 Gershwin did one in blue
- 40 Once more
- 42 Musical gift
- 43 Watch chain
- 46 Royal family member
- 48 Mexican dish
- 50 Brigand
- 51 Gas saver
- 52 Vendettas
- 53 Biblical prophet



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## Down

- 12 Consumer
- 14 Game pieces
- 19 Urge
- 21 Quagmire
- 22 Chow down
- 23 Period
- 24 Rhoda's TV mom
- 25 Sick headache
- 28 Bullfight cheer
- 29 Pilot's in-flight announcement
- 31 Vigor
- 32 Dark horse
- 34 Rotten
- 37 Yoga practitioner
- 38 Expletive
- 39 Sturdy cart
- 40 Police directive inits.
- 41 Tennis's Steffi
- 43 Grange
- 44 Medley
- 45 Four-posters
- 47 French connections
- 49 Biz degree

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## Kiss Me, I'm Irish

The City of Sunrise celebrated St. Patrick's Day at the Sunrise Senior Center.



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