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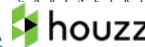
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CALENDAR

10 July 2019

HEALTH & WELLNESS

- 12 Best Alternative Medicine Center
- 12 Best Chiropractor
- 14 Best Cosmetic Dentist
- 14 Best Emergency Care
- 17 Best Eye Care Practice
- 17 Best General Dentistry
- 18 Best Internal Medicine Physician
- 18 Best Medical Supply & Therapy
- 21 Best Hospital
- 21 Best Orthopaedic Practice
- 21 Best Outpatient Care Facility
- 22 Best Pediatric Dentist
- 22 Best Physical Therapy
- 24 Best Surgeon for Costmetics
- 25 Best Personal Trainer
- 25 Best Pilates Studior

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- 26 Best Day Spa
- 26 Best Brows & Permanent Makeup
- 28 Best Hair Salon
- 28 Best Massage Treatment
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- 30 Best Nail Salon

CHILDREN'S SERVICES

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- 34 Best Dance Studio
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- 34 Best Summer Camp

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- 40 Best Pizza
- 40 Best Catering

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- 52 Best Window Tint

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AUTOMOTIVE

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Our City

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1st



China Art Now!- Xu De Qi, Xu De Qi's, Zhang Hong Mei and Yifei Zhou Exhibit

– Coral Springs Museum of Arts hosts “China Art Now!” Chinese artist Xu De Qi's, Zhang Hong Mei and Yifei Zhou Exhibit will be featured from July 1st through August 17. In 2018, at the Coral Springs Museum of Art, 2855A Coral Springs Dr., Coral Springs, FL 33065. For more details, contact (954) 340-5000 or www.coral Springsmuseum.org.

4th



Coral Springs Fourth of July Celebration

–Come out and celebrate Independence Day on Thursday, July 4 from 6 pm to 10 pm at Mullins Park, 10150 Ben Geiger Dr. Coral Springs, Florida 33065. Enjoy games, bounce houses, food and entertainment. The fireworks display will begin promptly at 9 p.m. The event is free, but there will be fees for food, bounce houses and games. Text 888777 with the Keyword CSFIREWORKS to receive text messages about the Coral Springs 4th of July Celebration. For more information, call 954-345-2200.



39th Citizens Police Academy – Citizens Police Academy is a 14-week

program consisting of one class a week on Thursday evenings from 6 pm to 9 pm. The class will be held on July 4th from 6 pm to 9 pm at the Coral Springs Police Department, 2801 Coral Springs Drive Coral Springs, Florida 33065. Any questions about the Citizens Police Academy can be directed to Debbie Hamilton at 954-346-1746 or dhamilton@coralsprings.org.



Camp Wild at Sawgrass Nature Center & Wildlife

– Unravel the mysteries in your own back yard this summer at Camp Wild! The camp will take place from July 4th through August 8th from 9 am to 3 pm at Sawgrass Nature Center & Wildlife Hospital, 3000 Sportsplex Drive Coral Springs. Camp Wild is a nature, science and environmental arts camp designed for children ages 6-12 years. For registration, call the Camp Director at (954) 752-WILD (9453) or email robin@sawgrassnaturecenter.org.

6th



Hugh Jackman World Tour 2019

– Hugh Jackman: The Man. The Music. The Show. performance will be held on July 6th at 7 pm at BB&T Center, Sunrise. Hugh Jackman performs hit songs from “The Greatest Showman”, “Les Miserables” and more from Broadway and film, accompanied by a live orchestra. For more details, visit www.thebbtcenter.com.

8th

Camp Shine – Camp Shine is a free therapeutic trauma recover program healing through the arts, for incoming 8th through 12th grades. The camp will be held from July 8th through July 18th from 9 am to 12:30 pm at Coral Glades High School, 2700 Sportsplex Drive Coral Springs, FL 33065. For more information or to register, visit www.shinemsd.org.

Kamp Kool – Summer is here! The City of Coral Springs offers a fun and exciting summer program for campers entering first through fifth grade. Activities include indoor and outdoor fun, like arts and crafts, sports, movies, special events and field trips! Teen Programs also available. The camp will be held from July 8 through July 26 from 8 am to 5 pm at Coral Glades High School, 2700 Sportsplex Drive, Coral Springs. For more details, visit www.coral Springs.org.

9th

Jeff Lynn's ELO – After returning this summer with their first extensive North American tour since 1981, Jeff Lynne's ELO (Electric Light Orchestra) is set to bring their outstanding live show to even more audiences with a 20-date summer 2019 tour. Their music is characterized by a fusion of Beatlesque pop, classical arrangements, and futuristic iconography. The trek, produced by Live Nation, will be making a stop at BB&T Center on July 9 at 8 pm. For more details, visit www.thebbtcenter.com.



Art Class: How to Draw a Portrait

– In this art class led by instructor Malgorzata Kawashima, students will learn the fundamentals of portrait drawing and sketch faces using pencils on paper. Art Class: How to Draw a Portrait will be held from 10:30 am to Noon at the Parkland

Library, 6620 University. Parkland Library card required to register. To register, visit www.cityofparkland.org/library or call (954) 757-4207.

12th



Designer Show Coral Springs

– Designer Show Coral Springs provides an opportunity to attendees to meet with wedding professionals who will provide them information regarding everything needed to plan a perfect wedding. Designer Show Coral Springs will display products like wedding dresses, groom wear, decoration, photography, cakes, jewelry, engagement rings, hair accessories and more. The show will take place on July 12 and July 13 from 9 am to 6 pm at Boca Raton Bridal South, 1331 N University Dr., Coral Springs. For more details, visit www.10times.com/designer-show-coral.

13th



Parkland Fishing Derby

– Cast your line for a great time at the Parkland Fishing Derby held at the Pine Trails Park fishing pier, 10555 Trails End, Parkland. The event will be held on Saturday, July 13th from 8 am to 10 am. Open to all kids ages 3-12, anglers can win awards for the biggest fish, smallest fish, and most fish caught each event. For more details, call 954-757-4105.

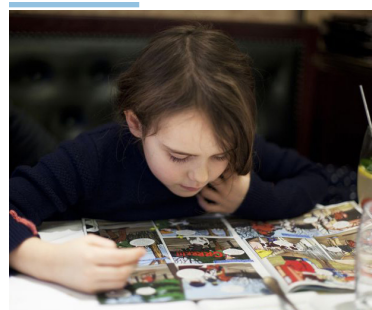
Yes Presents "The Royal Affair Tour"

– Yes is bringing their "The Royal Affair Tour" to Hard Rock Event Center at Seminole Hard Rock Hotel & Casino in Hollywood, on Saturday, July 13th at 6:30 pm. This best-of-British-rock show will also feature Asia with the return of founding member Steve Howe in a special performance, John Lodge of The Moody Blues, and Carl Palmer's ELP Legacy with guest vocals by Arthur Brown. For more details, visit www.seminolehardrockhollywood.com.



Elba Ramalho – Enjoy a live concert featuring "The Queen of Forró," Elba Ramalho. The Brazilian sensation is known for her traditional musical style mixed with rock, funk, salsa and Caribbean music. Her live show is a party filled with glitz and glamour you won't want to miss. The show will take place on Saturday, July 13th at 8 pm at The Pavilion at Seminole Casino Coconut Creek, 5550 NW 40th St, Coconut Creek. For more details, visit www.seminolecoconutcreekcasino.com.

15th

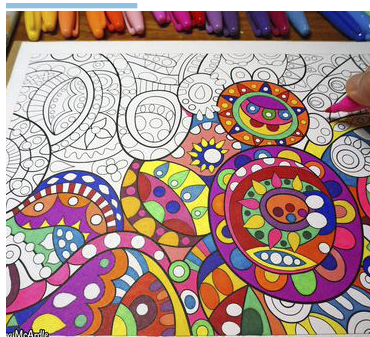


Teen Comic Book Class – A comic book class just for teens! Students will learn fine points of designing comics including character creation, storyboard design, drawing techniques and plot development. A lively discussion of the history of comic books and their characters adds to the fun. Ages 12-15. The Teen Comic Book Class will be held on July 15th from 9 am to Noon at Coral Springs Museum of Art, 2855A

Coral Springs Dr., Coral Springs, FL 33065. For more details, visit <https://coralspringsmuseum.org/>.

Parent Snack & Chat – Calling all parents of babies! Gather up your baby and come over to the Parkland Library for a relaxing morning of meeting and socializing with others with young babies. We'll have coffee, tea and breakfast snacks for you to enjoy. The event will be held from 10:30 am to 11:30 am at the Parkland Library, 6620 University Drive. To register, visit www.cityofparkland.org/library or call (954) 757-4207.

16th



Adult Coloring Book Art – Decompress and let your mind wander while enjoying this latest creative trend: coloring books for adults. We'll add some soothing background music and light snacks to create a little "me time" in your day. We will provide the supplies or you may bring your own. The class will be held from 10:30 am to Noon at the Parkland Library, 6620 University Drive. To register, visit www.cityofparkland.org/library or call (954) 757-4207.

19th

Air Supply – Enjoy the trademark sound of Air Supply, featuring the unique voices of Graham Russell and Russell Hitchcock. The pop-rock duo had a succession of hits worldwide, including "Lost in Love," "Every Woman in the World" and "All Out of Love." Purchase your tickets and see why Air Supply is one of the '80s most unforgettable pop groups. The concert will be held on Friday, July 19th at 8 pm at the Pavilion at Seminole Casino Coconut Creek, 5550 NW 40th St, Coconut Creek. For more details, visit <https://www.seminolecoconutcreekcasino.com/>.

20th



Iliza – Comedian Iliza is coming to Hard Rock Event Center at Seminole Hard Rock Hotel & Casino in Hollywood, on Saturday, July 20th at 8 pm. For more details, visit www.seminolehardrockhollywood.com.

23rd



Peaceful Pieces Jigsaw Puzzle Meetup – Put it all together with new and old friends during this relaxing morning of jigsaw puzzles. Enjoy snacks, listen to music, and get that sense of completion. The Meetup will be held from 10:30 am to Noon at the Parkland Library, 6620 University Drive. For more information, visit www.cityofparkland.org/library or call (954) 757-4207.

27th



Afternoon Film & Discussion: Free Solo – National Geographic Documentary Film's Free Solo is a stunning, intimate and unflinching portrait of the free soloist climber Alex Honnold as he prepares to achieve his lifelong dream: climbing the face of the world's most famous rock, the 3,000-foot El Capitan in Yosemite National Park – without a rope. The event will be held on

July 27th from 2 pm to 4 pm at the Parkland Library, 6620 University Drive. To register, visit www.cityofparkland.org/library or call (954) 757-4207.

Lionel Richie – Legendary artist Lionel Richie brings his "Hello Tour" to Hard Rock Event Center at Seminole Hard Rock Hotel & Casino in Hollywood, on Saturday, July 27th at 8 pm. For more details, visit www.seminolehardrockhollywood.com.



29th



Kids Self Defense – Kids Self Defense Class, radKIDS®, Inc. the national leader in children's safety, and will be held from July 29th through August 2, from 9:30 am to 11:30 am or 1 pm to 3 pm. The program strengthens family, encourages physical fitness, teaches realistic physical skills and core safety values to live by through its program. The class will be held at Coral Springs Charter School, 3205 University Drive, Gymnasium. For more details, visit www.coralsprings.org.

Arts, Books and Culture Discussion Group – Similar to a current events group, but focused on entertainment and culture, this lively discussion will cover topics like: What's on the bestseller list? What's big at the box office? What's trending in pop culture? Share your thoughts, listen to others, and get your culture fix as we chat. The group will be held on July 29th from 10:30 am to 11:30 am at the Parkland Library, 6620 University Drive. To register, visit www.cityofparkland.org/library or call (954) 757-4207.

Why Live With Pain?

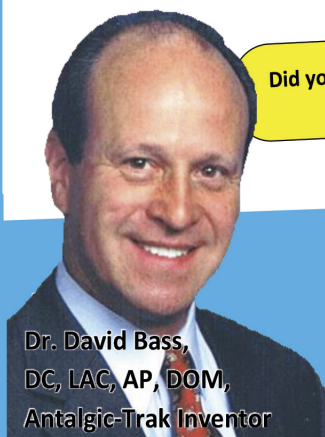


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Antalgic-Trak Inventor

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The Neck Back Pain Institute treats patients with a variety of spinal challenges. It is also the official training facility for doctors around the world who are seeking certification in the procedures and protocols of the Antalgic-Trak and its proprietary technique called KDM therapy or Kinetic Decompression Mobilization.

Dr. Bass completed his Doctorate of Chiropractic in 1978 and began his professional practice in 1979. His New York clinic grew to become one of the largest "solo" practitioner clinics in the Northeast United States treating between 275 and 325 patients per week.

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Dr. Colella's family-friendly practice welcomes patients age two and up. One way they make the patient experience more comfortable and anxiety-free is through the use of advanced dental technology. Incorporating these technologies greatly improves the diagnoses, procedures, and recovery times of each of our patient's treatment processes. For specialized

dental care in a clean, comfortable environment, there are few better places to turn than Dr. Colella.

Best Emergency Care

Broward Health North

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(954) 941-8300

BrowardHealth.org

Broward Health North's Emergency Department provides the latest in healthcare technology while keeping patient experience in mind. The 36,000 square foot facility features 53 universal treatment rooms combined with three dedicated trauma bays and a dedicated pediatrics area. A pediatric physician is available every day from 4pm-12am. Each treatment room is built with a sliding glass door that can be closed for patients seeking privacy. The trauma bays are strategically located next to the EMS entrance in the Level II Trauma

Center, as are two dedicated medical resuscitation rooms. An elevator only used to transport patients from the ER to Broward Health North's six state of the art operating suites stands just feet away from the trauma bays. The enhanced ER provides more support to the comprehensive stroke center, the cutting edge cardiovascular center and decontamination room. At Broward Health North you will find high quality emergency care 24-hours-a-day so you can get back to enjoying what you love.





Voted Best Emergency Room*



Thank you for entrusting us to care for you and your family. It is our honor to receive the 2019 Readers' Choice Award for the Best Emergency Room in Broward County.

We proudly feature:

- **53-private suites**
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- **Fast-Track program to quickly treat minor ailments**
- **Level II Trauma Services**

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201 E. Sample Road, Deerfield Beach

*Broward's Best Emergency Room as chosen by Readers' Choice 2019

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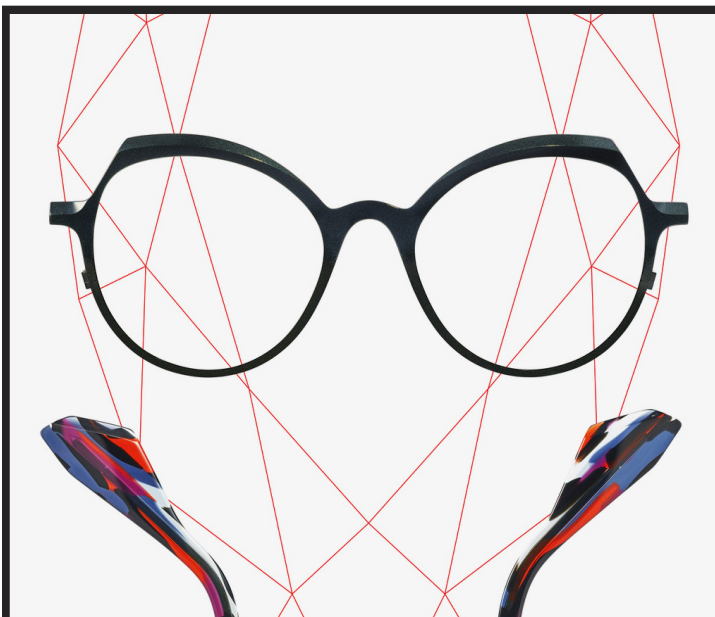
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*APPLIES TO INSURANCE ANNUAL MAX ONLY. MUST COME IN FOR TREATMENT AND FEES REVIEW. IF NO INSURANCE, THE TOTAL DISCOUNT LIMITED TO \$250-\$750 PER CASE. RESTRICTIONS APPLY. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT 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. ALL DOCTORS ARE INDEPENDENT CONTRACTORS. DOCTORS MAY NOT BE RECOGNIZED AS SPECIALISTS BY ADA OR FLORIDA BOARD OF DENTISTRY. *WITH APPROVED CREDIT.



Readers' Choice Voted Dr. Sonsky as Favorite Eye Care Professional AND Eye Contact West As Favorite Eyewear Store Optical



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Best Eye Care Practice

Eye Contact West Inc.

10657 Wiles Road
Coral Springs, FL 33076
(954) 753-4414

Eye Contact West Inc., a family owned and operated optometric practice in Coral Springs, offers exceptional eye care and an extraordinary collection of eye wear. They have unique product offerings, including non-prescriptions sunglasses and a skilled staff. Owner and optometrist, Dr. Austin D. Sonsky is proud to provide eyecare services, including annual exams, specialty contact lens evaluations, and office visits in Broward County for over 35 years.

The office prides itself in helping their loyal patients to see and be seen! Their unique product mix includes one of a kind frames from their own house brand, a wide range of sunglasses including Maui Jim, and specializes in independent eyewear such as Dita, Face a Face, and Theo. You may also find contemporary and designer brands for men, women, and children including Gucci, Dior, Fendi, Mont Blanc, and Converse. The team at Eye Contact West welcomes you to come into their optical boutique or to check them out online at www.EyeContactWest.com!

Best General Dentistry

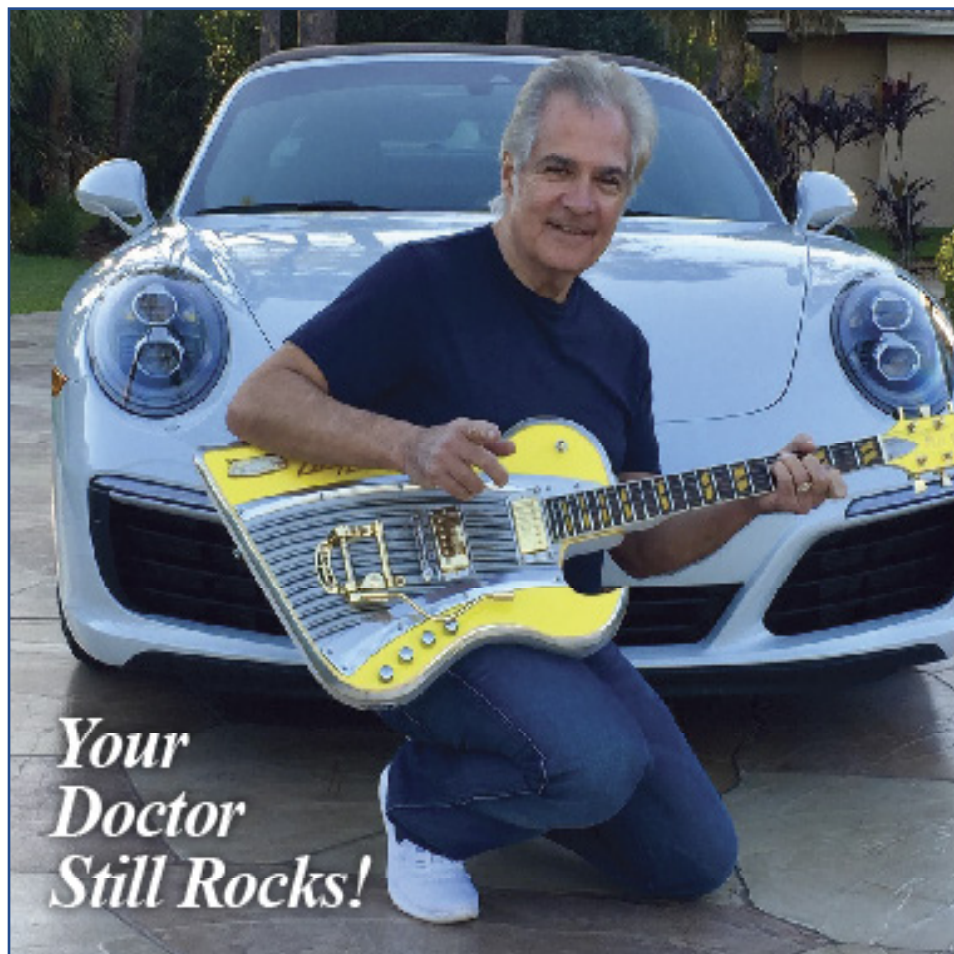
Smile Design

1605 N State Road 7, suite C, Margate
954-357-3413
SmileDesignDentalFL.com

Smile Design Dental patients have called the practice "state of the art" and commented that Smile Design provides "beyond customer service." These accolades are typical of the experiences at the Margate location. Smile Design's doctors provide quality dentistry in a relaxing and chic environment.

Patients who are anxious about visiting the dentist can let out a sigh of relief. The practice is built out with a spa-like ambience. They offer amenities like aromatherapy, noise canceling headsets to enhance patient relaxation and iPads. The practice also offers sedation dentistry options to help patients ease through dental procedures serenely – even for routine cleanings. Next time its time to go to the dentist, let Smile Design show you how enjoyable your trip to the dentist can be.




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and Confidence!*
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 Kati Franklin, M.S.N., A.R.N.P-BC
 Susan Halley, M.S.N., A.R.N.P-BC
 Danielle Linden, M.S.N., A.R.N.P-BC
 Gerri Seltzer, M.S.N., A.R.N.P-BC
 Pamela Szakacs M.S.N., A.R.N.P-BC
 Lori Drimmer, Office Administrator

The Waterway Shops
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 954.757.0140

Best Internal Medicine Physician

Dr. Robert Barbarite, MD

7541 FL-7, Parkland
 954-757-0140

Dr. Dr. Robert Barbarite's unsurpassed medical expertise and charismatic personality have made him a hometown favorite and a 9 time winner of the "Best Doctor" award. Known for his patience and compassion, Dr. Barbarite will take the time to explain the

illness or condition and the best way to treat it. Whether you have a medical problem or need a checkup, Dr. Barbarite and team provide first class care. Dr. Barbarite's patients are his best advocates. One remarked "Dedicated, thoughtful, concerned, are only a few of the descriptive adjectives that describe Dr. Barbarite. Dr. Barbarite is the doctor to see for primary care needs!

Best Medical Supply and Therapy

Total Medical Health Therapy

1877 W Hillsboro Blvd, Deerfield Bch.
 954-427-6606

TotalMedTherapy.com

Specializing in Physical Therapy for a variety of conditions the highly-trained clinical team utilizes a variety of evidence-based treatment and manual therapy techniques to create an individualized plan for each person. Total Medical Therapy is a leading practitioner in the treatment of Lymphedema. Although lymphedema is not curable, research shows physical and occupational therapy can dramatically decrease the symptoms allowing many individuals to return to enjoying your everyday activities. They also provide expert treatment for a broad spectrum of Women's Health



issues, TMD disorders and excel in compression therapy techniques.

Total Medical Therapy is the product of Mary Weinstein and her husband Howard, a former pro athlete. Mary has owned and operated a Florida based healthcare company for over 25 years. Being federally accredited and holding all the associated state licensing, Mary is dedicated to providing service at a very high level. Leading the way in Healthcare Provider services, she is an innovator in Compression Therapy as well as an educational advocate focusing on patient consideration and support.





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Cleveland Clinic
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Voted Best Hospital*



Thank you for trusting us with your healthcare and that of your family. We are proud to have received this award because it represents the people's choice. At Broward Health Coral Springs our dedicated team of over 700 doctors and over 1,000 employees are committed to meeting the healthcare needs of our community and providing an outstanding patient experience. From childbirth classes to advanced robotic surgical services, we are here for you for every stage of life — because you matter most to us!

To register for a FREE event, please call **954.759.7400** & select option 5 or visit **BrowardHealth.org/Events**.



3000 Coral Hills Drive, Coral Springs

*Broward's Best Hospital as chosen by Reader's Choice 2019

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Best Hospital

Broward Health Coral Springs

3000 Coral Hills Dr, Coral Springs, FL 33065
(954)344-3000

BrowardHealth.org

Broward Health Coral Springs is a 250-bed hospital located in the heart of Coral Springs serving the community for more than 30 years. A leader in addressing the healthcare needs of northwest Broward County, the hospital recently had a \$65 million expansion, the largest expansion in the history of the hospital and the City of Coral Springs. The expansion encompasses a new Women & Children's Hospital with private spa-like suites, state-of-the-art private rooms and surgical suites. It's Surgery Center is equipped with the most advanced robotic surgery capabilities. This is a statement of innovation, taking into account the latest technology and enhancing patient care. The hospital offers a full continuum of care, including general medical care, Women and Children's Hospital, including obstetrics & gynecology, Comprehensive Women's Center, Salah Foundation Children's Hospital, Neonatal Intensive Care Unit, Children's Emergency Room and a Pediatric Intensive Care Unit. Broward Health Coral Springs specializes in surgical services, including orthopedics, gen-

eral surgery, gynecology, gynecology/oncology, urology, colorectal, bariatric and other surgical specialties. Other services include emergency room services, outpatient imaging, rehabilitation services and a Primary Stroke Center. In addition the hospital offers a specialty summer camp for children with diabetes, as well as a Community Education Center with a full array of classes.

Best Orthopaedic Care

Total Orthopaedic Care

4850 W Oakland Blvd., Suite 201, Lauderdale Lakes
954-735-3535
www.TOC.md

Total Orthopaedic Care provides comprehensive orthopaedic and physical therapy services for both children and adults. From a child's broken arm to a total hip replacement, they offer superior care for all stages of life. Their orthopaedic surgeons include board-certified and fellowship-trained physicians that deliver the compassionate, focused care patients need to help get back to where they want to be.

Total Orthopaedic Care specializes in an array of specialties, including sports medicine, PRP therapy, arthroscopic surgery, joint reconstruction and more. To them medicine is

more than a career, it is a calling. The team has specialists for every aged patient from children to seniors. No wonder they were this year's Readers Choice!

Best Outpatient Care Facility

Cleveland Clinic Coral Springs Family Care Center

701 North University Drive, Coral Springs
www.ClevelandClinic.org
877-463-2010

Cleveland Clinic's newest South Florida facility opened last year in Coral Springs. The 73,000 square foot facility offers a wide range of specialty care and ambulatory surgical services in a state-of-the-art, modern environment. This compliments their Parkland primary care facility, which is only 2 miles away.

The facility boasts 40 exam rooms, 6 operating rooms, and 2 endoscopy suites along with high-tech imaging equipment. Our City readers love the convenient location, brand new facilities and the fact that they no longer need to go to a hospital for many procedures.

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www.TotalMedTherapy.com

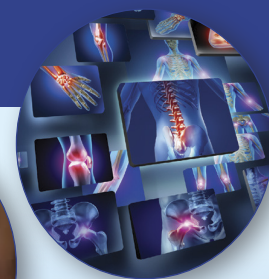
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Best Pediatric Dentist

Gentle Teeth & Braces

5221 N. University Dr., #102, Coral Springs

954-344-3932

GentleTeeth.com

The friendly dental staff at Gentle Teeth is truly what sets them apart from other practices. They strive to be a community focused dental practice. Gentle Teeth offers families a portfolio of dental treatments, all under one roof. These include general dentistry, routine checkups, cleanings, teeth whitening, wisdom tooth extractions, veneers, implants as well as braces and Invisalign.

The team at Gentle Teeth knows scheduling is often difficult, so they strive for convenience for the whole family by offering all dental services at flexible long hours. The practice accepts all dental insurances.

Best Physical Therapy

Therapies 4 Kids & T4K Adults

1750 N University D - Suites 105-107-109, Coral Springs

954-356-2878

Therapies4Kids.com

T4Adults.com

Physical therapy is health care that aims to ease pain and help patients function, move, and live better. Therapies 4 Kids and T4K Adults provides outpatient therapy services to meet the needs of its pediatric and adult patients.

Therapies 4 Kids provides exceptional care for exception children. It attends to cases involving orthopedics, sports injuries, neurological conditions and neuromuscular conditions. Because children's physical development and movement is closely linked to other aspects of their daily learning, physical therapy can be critical. By increasing a child's ability to control their own bodies through movement, they can develop confidence and enjoyment of physical play. Therapies 4 Kids' programs have resulted in life changing developmental gains and personal independence such as sitting, crawling, talking, walking and eating.

T4K Adults' team of dedicated doctors and therapists are committed to helping patients overcome disabilities and physical limitations. Doctors often recommend physical therapy for adults who have been injured or who have mobility and balance issues from an illness, disease or disability, as well as long-term health problems such as arthritis or osteoarthritis. The highly-educated, licensed physical therapists at T4K Adults use a variety of treatments to help patients build strength, improve movement, and strengthen skills needed to complete daily activities.



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**OurCity
READERS'
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The following disclaimer is required by the FDA: HCG has been used to treat many various health issues by the medical community for more than 50 years. However, the FDA has not approved HCG Therapy for weight loss, although it is tested and considered safe to use.

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2823 Executive Park Drive
954-659-7760

www.WestonCosmeticSurgery.com

Dr. Charles Messa is an internationally renowned, highly skilled plastic surgeon with a reputation for exemplary results and individualized, compassionate patient care.

Dr. Messa is a dual Board Certified Plastic Surgeon who has devoted his career to helping others through cosmetic plastic surgery. The dedicated physician derives his greatest satisfaction from seeing the affect his work has on helping patients look and feel better. His warm and compassionate mannerism enables patients to feel more comfortable and secure as they experience the benefits of plastic surgery.

Committed to creating "a more beautiful you," Dr. Messa offers a complete menu of cosmetic surgery procedures. Whether you are seeking to enhance your facial features, increase your breast size, or redefine your body's natural curves, Dr. Messa will provide you with beautiful, natural-looking results that improve your external appearance and emotional well-being.

The Weston Cosmetic Surgery Center was carefully designed, under the direction of Dr. Messa, to promote a clear reflection of aesthetic beauty with the look and feel of peaceful ambiance in its architectural and interior design. The state-of-the-art center is certified



by the American Association of Accreditation of Ambulatory Surgical Facilities, recognized nationally as the "Gold Standard" in accreditation.

Best Weight Loss Program

Slender Fit U

9600 W. Sample Road, Suite 208

Coral Springs

954-423-1376

www.SlenderFitU.com

With Slender Fit U you can get slim and skip the gym. Slender Fit U's medically monitored hCG weight loss program turns your body into a fat burning machine. Over the past ten years it has helped hundreds of patients lose weight and keep it off.

Patients will lose pounds and inches by taking a tiny dose of hCG and following a very specific low-calorie diet, eating real food including proteins, fruits and vegetables. Most Slender Fit U dieters report losing between one-half and two pounds per day without exercising. Generally, men lose more weight than women while on the program and women tend to lose more inches than men.

Slender Fit U does more than just help patients lose weight – it actually reshapes the body. Because you are losing excess fat, not muscle mass or tone, you do not end up with saggy skin after completing the Slender Fit U program. Upon completion, you will also have reset your metabolism and corrected the hypothalamus resulting in permanent weight loss. Slender Fit U will help you modify your relationship with food and eating, resulting in easily maintained, long-term weight loss. In fact, 90% of patients

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Having a hard time getting into shape? Are your workouts falling flat? Is it harder to lose pounds than it used to be? Corey Quinn, founder of Quinn Total Fitness can help you achieve your goals. In fact, he guarantees it. He trains clients both at their homes and at his private studio. He also offers targeted programs for youth athletes.

Corey has 22 years of experience in personal training. He is licensed and insured with a bachelor's degree in nutrition and certifications from A.C.E., U.S.W.F. and G.M.P.. The readers of Our City have seen the results. Now it's your turn!

Best Pilates Studio

Laura's Ultimate Pilates

7873 University Drive, Parkland • 954-575-2121

LaurasUltimatePilates.com

If you want to get in the best shape of your life, the "ultimate" transformation can be sculpted at Laura's Ultimate Pilates. Experience the power of Pilates and feel better about your looks, body, and health with help from expert Laura Simoncini and her professional staff. The results are truly amazing – improved posture, shrinking waistline, long lean well-toned legs and sculpted arms.

Laura's Ultimate Pilates is an award winning, state-of-the-art full equipment studio. Try one of their many classes, such as Reformer/Tower Combo, Reformer Cardio Interval and the "Ultimate". Also available are Pilates for Youths, Pilates for Golf, and Equestrian Pilates. They offer your choice of group, semi-private or private classes to keep you fit and youthful looking. Laura's Ultimate Pilates is the true fountain of youth for your body!

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954-346-0805

Mona's Clothing is a beautiful, locally owned, boutique that offers trendy selections without hurting your pocketbook. What sets Mona and her staff apart is the personal shopping experience they provide their customers. They pick out items for you to try on. Mona's offers clothing for girls as young as 4 all the way up to elegant outfits for seniors.

Best Day Spa

Camilla Day Spa

Coral Square Mall (by Macy's Men), Coral Springs

(954) 753-1124

CamillaDaySpa.com

Camilla Day Spa is committed to providing their guests a full complement of services - it's head to toe pampering including nails, massage, hair, waxing, threading, just to name a few. The Spa cares for both the planet and the local Coral Springs community as well by supporting local High School DECA chapters and the academic successes of local students.

Camilla Day Spa staff is committed to providing their guests a relaxing and enjoyable experience

every time they visit. They have been providing award winning services to their guests and the local community for more than 15 years in their Coral Square Mall location.

Best Brows & Permanent Makeup

Body & Brow Bar

9838 W Sample Rd., Coral Springs

954-580-5055

BodyBrowBar.com

Body Brow Bar is a Rejuvenation and Reconstruction Spa that specializes in Eyebrows. At Body Brow bar you will find the exclusive 6D Eyebrow Microblading technique and personalized treatments for your needs.

Each individual skin, brow, lash is different. At Body Brow Bar, they take an individual approach to ensure that each customer will have the best quality treatment that will suit her needs. In addition to brows and lashes, Body Brow Bar offers a full suite of spa services including facials, microdermabrasions, waxing services, permanent makeup and more. It is no wonder the readers of Our City voted them their favorites.



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Best Hair Salon

Incognito Hair Salon

1750 University Drive, Coral Springs
954-755-4247

IncognitoHairSalon.com

South Florida movers and shakers have been going to Incognito Hair Salon to get the latest in hairstyles and color. Not only do the artists at Incognito keep up with the latest trends, they are usually the first to introduce them to South Florida. Whether a client wants a subtle color change or something to keep people talking, Incognito can provide it. Celebrating 28 years in business, the Salon's philosophy is that an individual's hair is like a work of art: intricate, sophisticated and extraordinary. The Artists at Incognito approach each guest like a canvas. Their artists can customize a formula that is perfect for anyone; whether she wants to emphasize her natural color or would like a brand-new hue. Incognito is a L'Oreal Platinum Elite Salon and exclusively uses L'Oreal products, including INOA, a new odorless permanent hair color that contains no ammonia and is gentle on the scalp. The salon is set up for color, it contains 3 walls of windows to provide natural light for the colorist to give clients the perfect hue. You can be sure heads will turn when they see your beautiful color. Gift certificates are available for holidays, birthdays, anniversaries and more.

Best Massage Treatment

Massage Envy

2878 University Drive, Coral Springs
954-757-3689

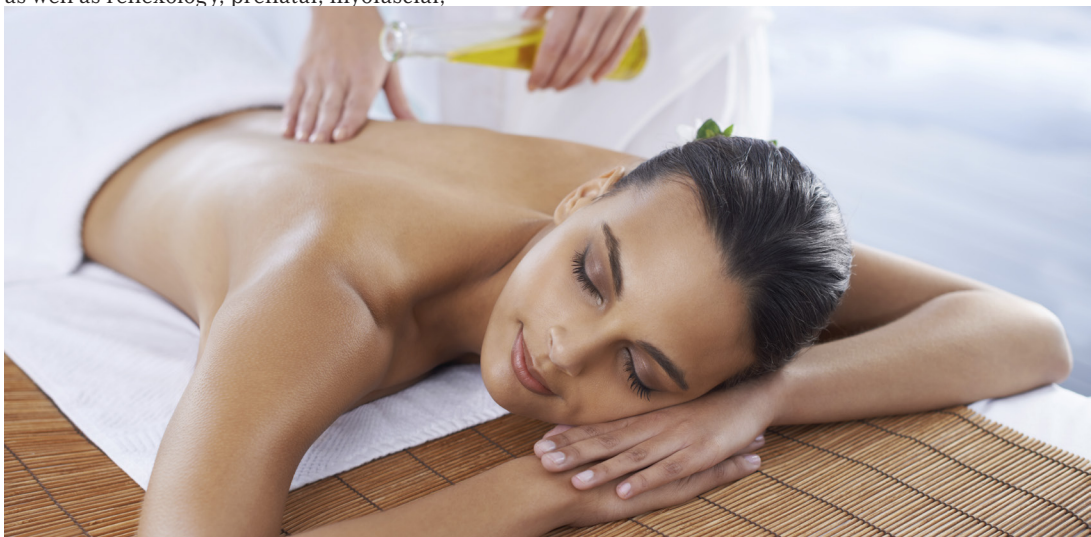
MassageEnvy.com

Feeling a bit stressed? Muscles sore? It may be time to head to Massage Envy for a restorative massage or a total body stretch. For over ten years, Massage Envy Coral Springs has been serving the health and wellness needs of the community with its complete menu of professional, affordable and convenient massage services. It offers customized 60, 90, and 120 minute therapeutic and relaxing massages, as well as reflexology, prenatal, myofascial,

oncology, sports, and geriatric massage. Special options such as Hot Stone Therapy, Aroma Therapy, and Deep Muscle Therapy may be added to any session.

Massage Envy therapists are professionally educated, state-licensed, insured, and carefully chosen for their exceptional talent and expertise. All are experts at helping to reduce stress, easing tight muscles, and relieve pain. Clients leave feeling relaxed and with long-lasting relief.

Massage Envy is also the number one provider of professional skin-care services in the United States. Highly trained and experienced estheticians are available for a variety of customized facial services as well as Chemical Peels and Microderm Infusion.





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954-575-1732
www.SziroJewelry.com

Sziro Jewelry is a family-owned business with over 100 years of jewelry expertise. They offer professional and personal guidance with custom design, jewelry and watch repairs and diamond shopping, as well as gift selection for weddings and all occasions. Our City's readers commented about their large selection of fine jewelry and watches. They can also create

custom designs and perform lasting repairs from their in-house manufacturing shop. All of the manufacturing and repairs take place in-house. This creates a worry free, one stop shopping experience.

Best Nail Salon

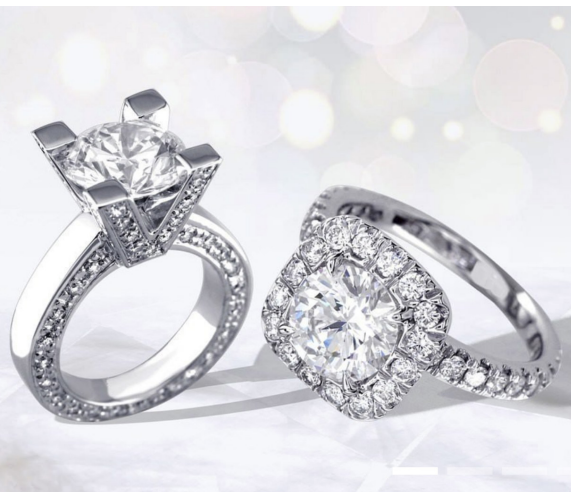
Venetian Nail Spa

2868 N University Dr, Coral Springs
954-340-9499
VenetianSalon.com

Venetian Nail Spa was opened in 2001. Their goal is to provide the highest quality of Nail Salon and Spa services, offering environmental lifestyle products to each of our clients under the highest standards of business ethics. Venetian's purpose is to create a beautifully, unique group of nail spas in markets that will attract people who are looking to have an enjoyable spa experience. Venetian Nail Spa began as a dream of a few dedicated individuals. We nurtured this dream, shared it with others, and built a thriving center committed to the health and wholeness of the community. We offer our guests numerous therapies, treatments, products and nail services that embody the healing traditions of many cultures. Our aim is to provide all guests with impeccable service through experiences that nurture the

body, mind & spirit.

Venetian Nail Spa is committed to helping you capture the tranquility of serenity and dedicated to the enhancement of your natural beauty. With dozens of stores nationwide, we are excited about watching our vision continue to grow through our nail spas.

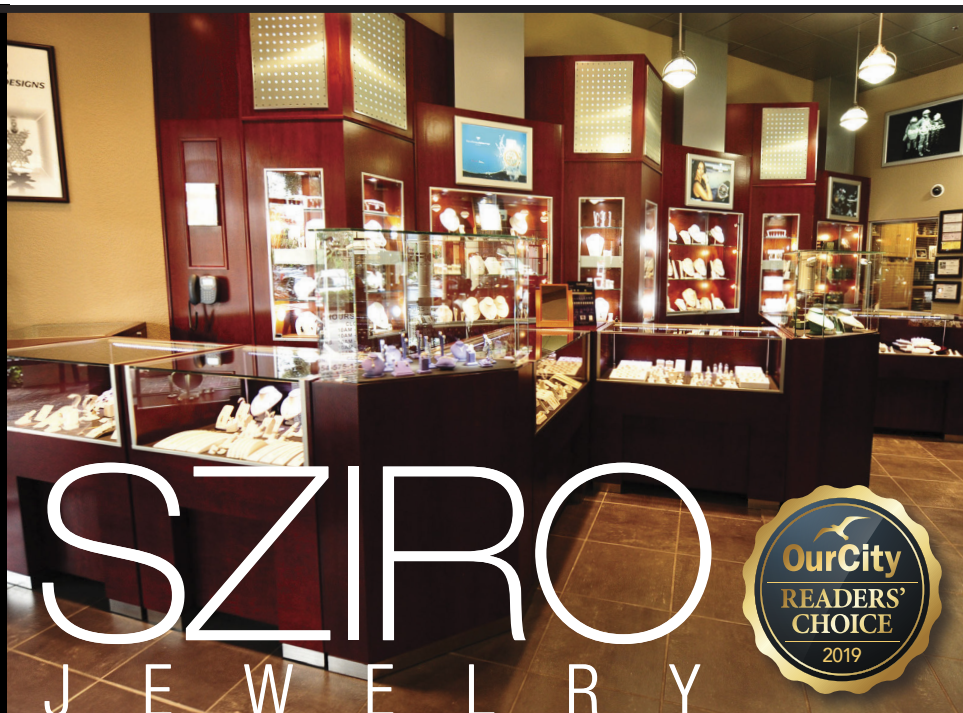




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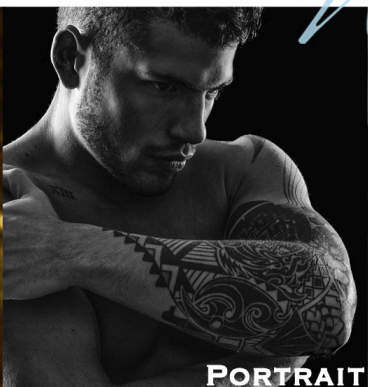


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Best Music School

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SchoolOfRock.com

School of Rock Coral Springs is a haven for aspiring musicians who love rock n' roll. Based on the belief that live performance is the most fun and effective way to teach an instrument, School of Rock gets kids playing on stage as quickly as possible. The classes are tailored to all age groups and levels of proficiency. Instructors are passionate about creating a legacy of music by helping students succeed.

Because music is more than a solo act, School of Rock teaches kids to play alone and as part of a group. This approach promotes accountability, speeds up the learning process and fosters an inclusive community of rockers. In addition to refining their overall skill and proficiency as musicians, students learn what comes with being part of a band: teamwork, collaboration, and the fun of sharing incredible experiences with others.

School of Rock offers lessons on guitar, bass, keyboard, drums and vocals. Students learn, absorb and perform iconic hits from some of history's greatest rock and roll performers, including The Rolling Stones, The Beatles, Van Halen, AC/DC, Led Zeppelin and many more. At School of Rock, students learn music skills and enjoy epic experiences that will last a lifetime.

Best Preschool

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954-684-5437
KiddieAcademy.com

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ATTSunriseMMA.com

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American Top Team has assembled a highly motivated team of certified Black Belts, World Champions, and UFC professionals as instructors, to help ensure your child becomes the very best they can be! The level of training you will receive at ATT is unparalleled anywhere in the country. The Instructors at American Top Team view every child as a champion. In fact, their motto is committed to building champions on and off the mats. There are programs for every age, beginning at age 3.



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Best Asian Cuisine & Happy Hour

Red Ginger

9710 W. Sample Road, Coral Springs

954-752-1850

RedGingerRestaurant.com

Come wine, dine and be dazzled by the taste of exquisite and delectable Chinese dishes - each one masterfully prepared. Everything from appetizers to the sushi bar items are created with an unfaltering sense of perfection in mind. And while you're there, be sure to check out the lounge - a luxuriant yet casual spot to kick back and unwind with refreshing cocktails

from the bar. Whatever you're looking for, Red Ginger Asian Bistro has got it all - whether it's the contemporary décor that lends an urbane, big city atmosphere to the space, or the artfully prepared and presented dishes that will be sure to compete for your senses in a sublime, gustatory deluge. This is casual dining at moderate prices; the menu is extensive and there is something for everyone.

If it's a girl's night out you are aiming for, don't miss Wine Down Wednesdays! There are Ladies' specials at the bar and every bottle of wine (750ml) is ½ off! Guys can catch the game on the high definition television screens at the bar. Bring your appetite, there are plenty of top notch dishes to go with those top shelf drinks including fare such as sushi, salads and Chinese specialties.

Best Breakfast

Dyan's Country Kitchen

9100 Wiles Road, Coral Springs

954-755-7590

DyansCountryKitchen.com

With their expanded dinner menu Dyan's Country Kitchen won Best All Around Restaurant last year with favorites including Asian Sesame Crusted Salmon and Seared Ahi Tuna. This year they reclaim an award they have won many times before, Best Breakfast. Their great food and service make them one of the busiest restaurants in town. As their slogan says, "A Great Place to Eat, A Great Place to Meet".

Breakfast at Dyan's is clearly a specialty and it is an all day affair. Beside traditional breakfasts like The Kitchen Skillet, pancakes or bagels and cream cheese you can get specialties like an Avocado Benedict or a Challah French Toast with Toasted Almonds. Maybe you would like some Matzo Brie with Applesauce or some Cheese Blintzes.

You can also get N.Y. style deli sandwiches with freshly made potato chips and a BLT that can't be beat. Come in and taste why Dyan's has been an area favorite since they opened in 2006.

Dyan's will also cater any size event offering the same great food brought to your location. Anytime you want a great meal, stop by or give Dyan a call and place an order. You won't be disappointed!





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Best Chicken Wings

Pizza Brew

8075 W. Sample Road, Coral Springs
954-346-6969
Pizza-Brew.com

Pizza-Brew delivers the goods, literally. As its name implies, Pizza-Brew delivers pizza, and even beer and wine to your door, but it's the wings that have readers raving. Known for their gluten free, healthy-style wings which are always baked instead of fried, Pizza-Brew dishes out portions of 8, 12, 24 and 35 wings in flavors including barbecue, teriyaki, sweet chili and roasted garlic barbecue, and spice factors ranging from mild to TNT. Also try the new flavors, lemon pepper.

Add some bleu cheese or ranch to dip these fall-of-the-bone beauties in, and you'll see why Pizza-Brew has been a Reader's Choice winner for best wings for six consecutive years. All of Pizza-Brew's menu items, which also include specialty pizzas, salads, stromboli, calzones and desserts, are available for pick-up or delivery. Pizza-Brew opens at lunchtime, and doesn't close until midnight on weekdays and 2 a.m. on weekends, for all of your late night hankerings.

Best Cuban Cuisine and Bar

Little Havana Bar & Grill

6240 Coral Ridge Dr #100, Coral Springs
954-510-1099
LittleHavanaRestaurant.com

Little Havana has taken its proven recipes from North Miami and brought them to Coral Springs. "It's a family business, started in North Miami by my father, Jorge Sr.," said Jorge Alvarez Jr., who manages the one of their restaurants. "This is the food we grew up with, that our parents and grandparents brought from Cuba. However, we've found that most of our business is from other cultural groups. Once they try our cuisine, they're hooked." The prices are just as good as the meals.

For lunch, you can choose from nine offerings, including shredded beef, roast pork, ground beef and their famous lamb shank.

For dinner, diners could choose a pork fillet simmering in a tangy tamarindo sauce or breaded fish that's broiled with a cilantro sauce or Little Havana skirt steak, prepared in a light parsley oil sauce. With each dinner, priced between \$7.99 and \$15.49, guests get an individual loaf of homemade, crusty Cuban bread. "A lot of people come here with the misconception that Cuban food is similar to Mexican food," Alvarez said. "Actually, there's very little in common. Mexico has a lot of regional dishes and some of them can be quite spicy. Cuban cooking doesn't blast your taste buds. The flavor comes from marinating and the combination of foods and spices." Little Havana has a full bar and a great Spanish sangria. Their wines come from Spain, Argentina and Chile, as well as the United States.





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Kilwins.com

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best for all your sweet tooth needs! Take a walking tour the store!

Kilwins specializes in gift giving items with out-of-this-world gift baskets, chocolate platters, chocolate boxes, and customized orders. They take orders for special occasions and party favors. With over 1,000 chocolate molds they can make party favors for holidays and special events, including baby showers, birthdays, graduations, sports parties, anniversaries, weddings and so much more.

Come on in and share the chocolate experience with us at Kilwins Coral Springs, it is sure to bring a smile to your face.

Best Italian Restaurant

Marola's

929 N. University Dr., Coral Springs
954-796-0544

www.MarolasCoralSprings.com

Marola's owner, Carol and Raul Oliveros, has been cooking for South Florida for the past 28 years! He learned the art of cooking at a young age, by working with several professional European chefs in New York, and soon became a 4 star chef. Co-owner & Head Chef Diego Cruz has been cooking in South Florida since 1985. With that much experience, it's no wonder Marola's is our Readers' Choice.



In addition to exceptional Italian food, our readers made sure to mention the friendliness of the staff. Dishes on the top of our favorites list include Osso Buco, veal chop and eggplant parmesan. Make sure to save room for dessert!



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Best Mexican Restaurant

La Bamba Mexican & Spanish Restaurants

5452 W Sample Rd, Margate
954-978-6377
LaBamba123.com

La Bamba Mexican & Spanish Restaurants tell the story of the American Dream. In the early 1980s, the Molina Family humbly came from El Salvador to the United States with the dream of making a future for the family. In 1988 the hard work, diligence and dedication paid off as the

first restaurant opened in Inverrary, Lauderhill, employing most of the 12 brothers and sisters of the Molina Family. The family grew even stronger as the siblings began to work together at this first location.

It has been the desire of the Molina Family to honor God through these Restaurants as they recognize His hand in making La Bamba Mexican & Spanish Restaurants what it is today. Together with passionate dedication from the Family, a fantastic hard working staff as well as loyal, supportive guests, La Bamba Mexican & Spanish Restaurants are a thriving entity providing great food in a fun family atmosphere to the citizens of South Florida.

Best Pizza Restaurant

All Star Pizza

6560 State Road 7, Coconut Creek
954-429-3990
All-Star-Pizza.com

All Star Pizza is a family-owned and operated business that has been in operation since 1995. They must be doing something right! They offer true New York style pizza made with a wonderful, crispy, yet chewy crust, delicious homemade sauce, and the best tasting cheese available. They also have a full Italian menu where you can expect interesting and delicious



meals. Be sure to check out the All-Star Combo, a hearty combination of chicken parmesan, stuffed shells, and eggplant parmesan.

If you want good food, wonderful pizza, calzones, subs, salads or wings, all at a low price, then make sure to visit All Star. They also offering catering for events large and small.

Best Catering

Pepperoni Grill

9174 Wiles Rd., Coral Springs
954-345-1604
MyPepperoniGrill.com





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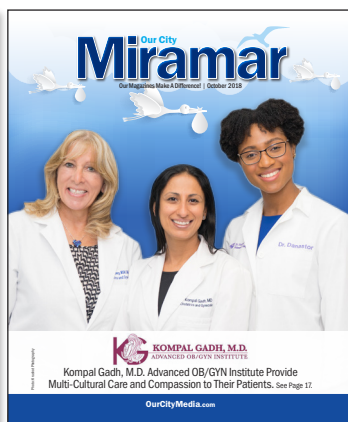
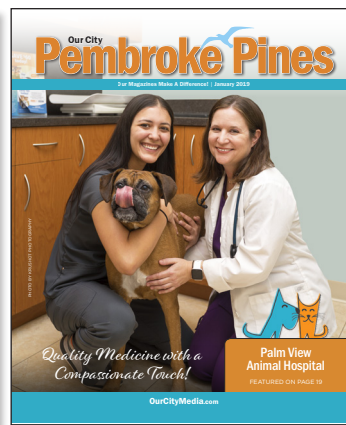
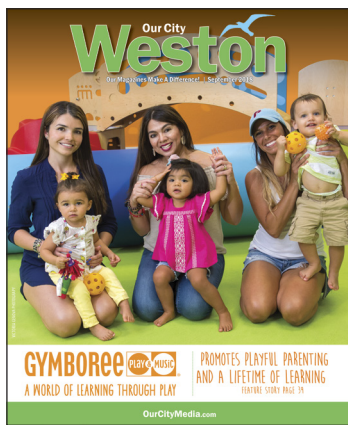
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Abstract

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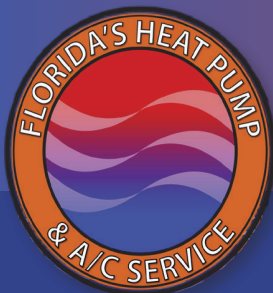


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"Our work has had many expressions in the community, always aiming at helping the poorest and those most in need," said Major Keith Biggers, Area Commander for The Salvation Army of Broward County. "As society's needs change, The Salvation Army in Broward has the ability to respond locally to shape and modify our services to meet the needs of Broward County citizens." The main facility is located at 1901 W. Broward Blvd. in Ft. Lauderdale. There are also thrift stores in six locations (Fort Lauderdale, Hollywood, Tamarac, Margate, Pompano Beach, Pembroke Pines) that help provide funding. There is a homeless shelter, Community & Worship Center and Adult Rehabilitation Center in Fort Lauderdale, as well as a homeless shelter in Hollywood. Find Bargains at Wacky Wednesdays Located on State Road 7, the Family Thrift store #320 in Margate has been open for approximately 30



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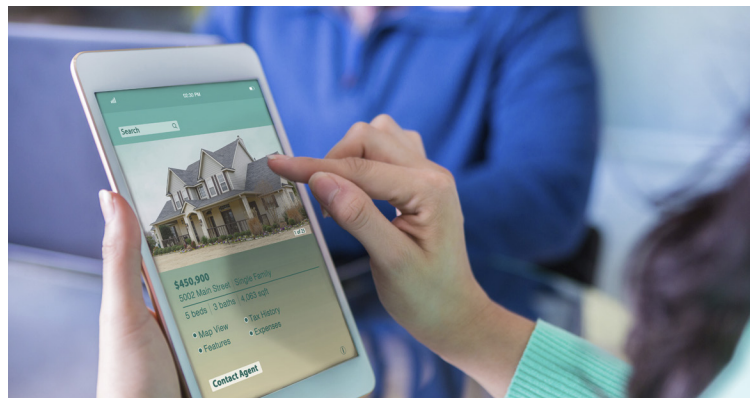
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Keyes.com

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VanessaSellsFL.com

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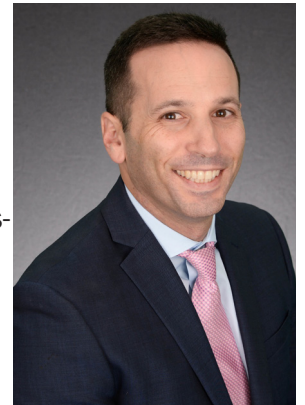


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In August of 2008 he joined a top performing Insurance franchise. Kyle was the Managing Partner from 2009 until 2014. During this time Kyle was awarded top honors and helped the office be in the top 1% of the entire company. In 2015, Kyle joined John Galt Insurance in Fort Lauderdale as the Vice President of Sales.



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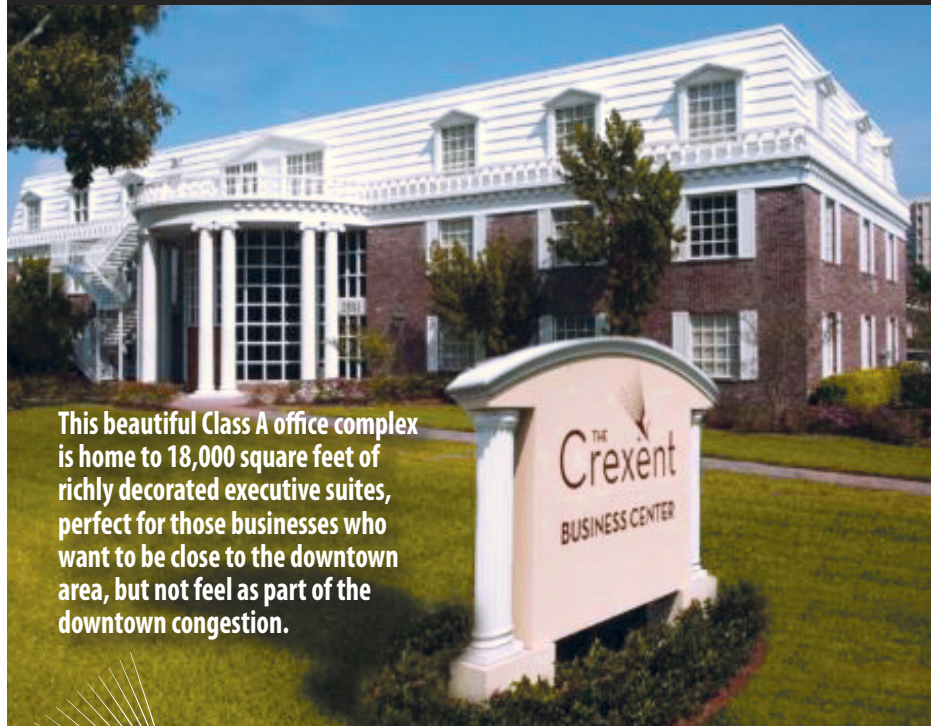
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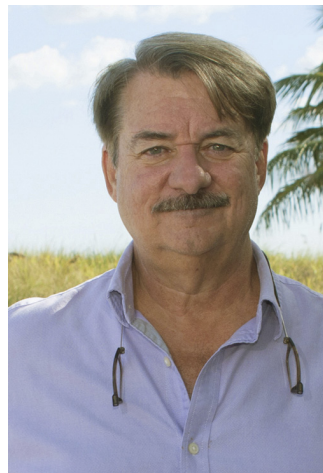
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Entocort 3mg	100	\$130.00
Januvia 100mg	84	\$260.00
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Abilify 5mg	84	\$140.00
Colcrys 0.6mg	100	\$110.00
Ventolin 90mcg	600 ds	\$80.00
Vytorin 10mg/40mg	90	\$155.00
Xifaxan 550mg	100	\$170.00
Asacol 800mg	300	\$250.00
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Janumet 50mg/1000mg	168	\$330.00
Lumigan 0.01%	9 ml	\$80.00
Flovent HFA 110mcg	360 ds	\$160.00
Jardiance 25 mg	84	\$416.00
Retin-A Cream 0.05%	40 g	\$80.00
Vivelle-Dot 50mcg	24 patches	\$125.00
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Best Charity

Gateway Community Outreach

291 S.E. 1st Terrace, Deerfield Beach
954-725-8434
GCOfFlorida.org

Gateway Community Outreach helps address the needs of the hungry and homelessness in the community. The Gateway mission is to safeguard and protect our most vulnerable community members by providing food, housing assistance, referrals and intensive case management to those in need of emergency aid. Their goal is to feed the hungry, prevent homelessness and help clients reach self-sufficiency.

They assist over 30,854 clients each year with a staff of 4 and nearly 300 volunteers. Through 8 satellite locations Gateway provides food and emergency assistance to prevent homelessness through the utilization of our Federal EFSP and Foundation grants.

Their successful program utilizes a case management system, consisting of a 90-day plan to connect clients with services and referrals (e.g.) food, bus passes, baby needs, gift cards for clothing, rent/mortgage and water bill assistance.



Best Community Support Program

Camp Shine MSD

5645 Coral Ridge Drive, Suite #446 Coral Springs
www.ShineMSD.org
833-Shine-MSD

It is during our darkest moments that we shine the light. Following the tragic mass shooting at Stoneman Douglas High School, two drama students, Sawyer Garrity and Andrea Peña, channeled their pain and anger into writ-

ing an original song called Shine. What started as a personal healing journey quickly grew into an anthem met with an overwhelming response from Parkland and around the world. Sawyer, Andrea, their families, and friends realized the power of healing through artistic expression, and the positive impact the arts have in inspiring hope & unity in the aftermath of tragedy.

With that in mind, Shine MSD was born to raise relief funds for victims & their families and to provide mental health programs centered around the arts at Stoneman Douglas High School and Parkland.

Camp Shine is a ground-breaking summer program designed and run by leading national creative arts therapists, developed specifically for the MSD students and the Parkland community. The focus is on fun and storytelling through a variety of art forms, allowing students to find therapeutic value in activities they are excited about like storytelling, painting, songwriting, photography, drama, lyric analysis, graffiti and street art.



Best Cultural Event

World Fest

6200 Royal Palm Blvd, Margate
954-34401063
CoralSprings.org/living/events/WorldFest

The annual event at the Sportsplex in Coral Springs is a celebration of the diverse cultures that make up the community. People from all around enjoyed ethnic foods, live entertainment, arts and crafts and fun activities for children of all ages.

The non-stop entertainment took the stage at 11:00am and didn't stop till 6:00pm. A special treat was Kid's World, sponsored by Baptist Health South Florida and Family Central, which offered activities and arts & crafts for the kids.

The free event is held annually each April at the Sportsplex. Food and rides cost a few dollars but are well worth the fun!

Best Free Event

Winter Wonderland at The Walk

2600-2920 N University Dr., Coral Springs
954-753-9500
<https://www.facebook.com/TheWalkCoralSprings>

This annual holiday celebration gets better every year! Hosted by The Walk at University, Winter Wonderland puts a South Florida spin on classic holiday traditions. Little ones met with Santa as well as enjoyed train rides, crafts, games and face painting. Music was omnipresent and holiday cheer was had by all while still giving back to the community with the annual Toys for Tots Drive. Brimming with fountains and bustling with activity, The Walk is the ultimate social sanctuary to gather with family and friends to shop, dine and unwind. It is a place where fashion, food, style and life come together in a lush, tropical setting. With its distinctive atmosphere and wide range of fine dining and casual fare, it's no wonder that The Walk is a favorite to so many people of all ages.

Best Park

Calypso Cove

6200 Royal Palm Blvd, Margate
954-974-4566
Margate.com/528/Calypso-Cove

With a lap pool, two 30-foot water slides, and an aquatic playground with a zero-entry beach, Calypso Cove sounds more like something families would find at Disney World than in our own backyard. The Margate waterpark is the newest edition to the area's incredible parks.

The water park has daily camps throughout the summer for kids ages 6 to 16, along with group and private swim lessons. Margate residents get discount rates on most services, but have no fear, everything is open to the general public. So, if you want to relax under the shade of an umbrella while the kids have the time of their lives, head over to Calypso Cove!



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MESSAGE FROM THE MAYOR

Parkland Update



MAYOR CHRISTINE HUNSCHOFSKY

It is hard to believe that another school year is already ending. May was the month of Mother's Day, First Communion, high school graduations, college graduations, and proms. It is always so nice to see so many happy faces with families and friends celebrating these special moments. Now as we head into June, we have more high school graduations and 5th grade celebrations. These are beautiful times when we see our children grow and mature, yet these moments pass so quickly that we must remember to treasure them.

Thank you to all the teachers, administrators, staff, and volunteers for everything you do throughout the school year for our students. For all of the students, we are extremely proud of you and wish you the best of luck whether you are moving on to work, gap years, internships, college, high school, middle school, beginning elementary school, or moving on to your next grade. Have a wonderful and safe summer!

As we end the school year, Parkland has many programs and activities during the summer for everyone to enjoy, including Kids and Teen Camps, our Fishing Tournament, summer reading programs and a whole lot more. Please visit the city website at www.cityofparkland.org to find out more about the activities and events going on throughout the summer. Also, if you have not already done so, please sign up for our E-blast, which is a weekly email that is sent out highlighting what is going on in the City. You can sign up at www.cityofparkland.org/notifyme

Additionally, Eagles' Haven, "a community wellness center created solely

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and mindfully for the MSD/Eagles community giving current, future, and former students, parents, family members, and faculty one responsive and nurturing place to call or drop in for any supportive service or wellness needs," will continue to be open on weekdays 9:00am-7:00pm and weekends 10:00am-4:00pm throughout the summer. Feel free to stop by and check it out. You can see what activities they have going on by visiting their website at www.eagleshaven.org or by calling them at 954-618-0350.

Finally, Father's Day is Sunday June 16. Thank you so much to all the Dads out there for all you do for your families and our community. We appreciate you! Father's Day can also be a difficult day for those who have lost their fathers and for those fathers who are missing their children. Please be mindful of one another and check in on your friends who may be hurting.

I wish everyone a safe and wonderful summer. May you have plenty of time to relax, refresh, and spend quality time with your families. Time moves by so quickly and life can change in a minute so take the time to appreciate the moments. As always, feel free to reach out to me at any time at chunschofsky@cityofparkland.org with your questions or comments. I look forward to hearing from you!

Coral Springs Update



MAYOR SCOTT J. BROOK

Happy Independence Day to all! I hope you will join me for the City's Fourth of July celebration at Mullins Park. There will be dazzling fireworks and entertainment for the entire family. The festivities begin at 6 p.m. on Thursday, July 4, with games, bounce houses, food and entertainment. The fireworks display begins at 9 p.m. Entry to the event is free, but there are fees for food, games and bounce houses. Parking is available for a \$3 fee at the Coral Springs Gymnasium and at the main Mullins Park/

Center for the Arts parking lot. Sign up to receive alerts about the event by texting the keyword CSFIREWORKS to 888-777.

I want to remind our MSD/Eagles community that the Eagles' Haven community wellness center remains open seven-days-a-week this summer, with hours Monday – Friday 9 a.m.- 7 p.m. and weekends, 10 a.m. to 4 p.m. There is so much to do and experience, and most importantly, it's free! Check out their website www.eagleshaven.org for class offerings and schedules.



July 10, 2019 will mark our City's 56th anniversary. What started off as acres of bean fields, turned into a master planned community, attracting more than 128,000 residents, who proudly call Coral Springs home. With so much development and business growth taking place, we will always remember what is most important – where our City began and where it is headed in the future – ensuring it always remains a great place to live, work and raise a family.

The City's Multi-Cultural Committee have announced the theme of this year's International Dinner Dance – Celebrating Colombian Culture! The annual event will take place on September 28th at the Heron Bay Marriott. It features dinner, dancing and live entertainment. Tickets are limited, so be sure reserve your seats today online at www.coralsprings.org/dinnerdance.

Hurricane season is upon us and it is important for residents and businesses to be prepared. If you have not signed up for our City's emergency notification system, ALERT Coral Springs, I encourage you to do it today! The system allows for citizens to opt-in to receive time-sensitive notifications via phone call, text messaging and email. The new system will replace the City's Code Red by January 2020. To register, visit www.alertcoralsprings.org.

Last month I had the privilege of hosting office hours at City Hall on multiple occasions. One of those was geared toward veterans to learn more about what our City can do to assist them and their families. This type of communication and interaction is so important, and I appreciate our residents taking the time to meet with me one-on-one.

If you would like to schedule an appointment to speak with me, please call (954) 344-5906, or if you have an issue you would like to bring to my attention, email me at sbrook@coralsprings.org.

Please free to contact me on my cell phone at (954) 696-7599. Thank you for your interest in OUR City!

Your Friendly Mayor,
Scott Brook
City of Coral Springs

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Margate Police Update



CHIEF JON SHAW

The U.S. Department of Justice defines Community Policing as a “philosophy that promotes organizational strategies, which support the systematic use of partnerships and problem-solving techniques, to proactively address the immediate conditions that give rise to public safety issues such as crime, social disorder, and fear of crime.”

The Margate Police Department is and has for many years been a huge enthusiast and participant of the Community Policing Philosophy. Our goals

include, but are not limited to citizen and property safety, establishing new working partnerships with other city departments, county, state and federal agencies, homeowners associations and members of the private sector.

If you are new to our social media forums, you should get a good sense of “hometown feel” just by scrolling through our feeds, reading the stories, commenting and learning about what we are doing on a daily basis. From preschool aged children when we make our visits to teach them about what we do at the police department to larger scale events such as Trunk or Treat; our first one was held in 2018 and what a hit that was! The ultimate take-away was hearing from residents how they felt so safe being able to bring their children to trick or treat in a safe environment surrounded by those who protect and serve them 24 hours a day. These are our reasons why we do what we do. The interactions with families, those who have businesses, travel through or just come to our city to enjoy lunch at a local restaurant, is the motivation that our department has in order to keep community policing alive and well. Within the past two years, the Margate Police Department has taken this philosophy to a whole new level. From the inception of our Facebook and Instagram pages, to just recently partnering with RING Neighbors App., we are continuing to seek out the best opportunities and formats to best meet the needs of the citizens in our community.



We have learned through conversations with our residents and those who live in surrounding communities, even more so in the past few years that our community loves to engage with members of our department as much as we love to engage with them! Partnering with different neighboring agencies and members of our community help us develop solutions to problems and increase the trust that citizens have in the officers that serve them each day. Every few months we hold an event that takes place around the country- Coffee with a Cop. Law enforcement agencies from around the U.S. gather with the residents that live within their jurisdictions for “Coffee with a Cop.” What’s the mission? “To improve trust and build relationships – one cup of coffee at a time.” These events have no hidden agenda or schedules. It’s simple...Let’s chat...Let’s have a cup of coffee (or two)!

National Night Out, which has been consecutively put on for the last 18 years by our department, continues to grow in attendees and attractions that we offer! From local and federal law enforcement and military branches to local vendors and small “mom and pop” businesses, our event creates an environment that is welcoming to all! We offer crime prevention tips, music, activities for families and kids of all ages, fire department demos, and much more!

The Margate Police Department takes great pride in our community policing philosophy and continues to grow as an agency in an effort to educate, inform, communicate and work with our residents to keep our community safe! We thank our unrelenting neighborhood crime watch groups, civic organizations, our watchful residents and business owners who call us when they see suspicious activity.

If it wasn’t for you, Margate wouldn’t be the place that we all love to call to home! #mpdproud

Margate Update



MAYOR ANTHONY N. CAGGIANO

So many great things are happening in Margate. Our Fourth of July Parade & Fireworks display was attended by an amazing crowd, thank you. Our Fire Department has made all of us proud again by winning another ALS (Advanced Lifesaving Championship) in a State Tournament. Margate Middle School’s Vocabulary.com three-peat North American Championship is something that we can all be proud of...I cannot be happier, personally and

for our City.

Sam May, our previous City Manager, retired in June. He helmed the City’s top executive position for almost 3 years and I just want to say, “Thank You.” His 30 years of extraordinary service will not be forgotten any time soon.

Cale Curtis our new City Manager and Robert Lorenzo our new Fire Chief are poised to propel our City into the future. With their youthful exuberance, great things are anticipated.

Speaking of our youth, please continue driving safely because our children are out in the streets playing. Broward County Schools reopen on August 14th. If you haven’t taken your children to your City of Margate water park, Calypso Cove, what are you waiting for?

Hurricane season is entering its most active period and residents must be prepared for it. Don’t wait until the last moment to prepare, because the critical items to protect your family will be gone. The early bird gets the supplies and at the right price.

Calypso Cove Open Daily

The City of Margate’s Calypso Cove Aquatic Facility, located at 6200 Royal Palm Boulevard, is open daily from 10 a.m. to 6 p.m. until August 16th.

For just \$4 per person, residents four years old and over can spend an entire day swimming, sliding and splashing around at the City’s water park. The admission fee for children who are three years and under is \$1.

Calypso Cove features two water slides with a plunge pool; a zero-depth, beach entry pool with water sprayers, and a play structure; and a six-lane lap pool. Complimentary umbrellas and lounge chairs are available. Concessions available for purchase. For more information, visit margatefl.com/CalypsoCove.

Get Disposal Tips from Waste Wizard

The City of Margate Department of Environmental and Engineering Services has launched the Waste Wizard search tool on its webpage to help residents determine the best method for disposing household items.

Ever wonder if a pizza box is recyclable? What’s the proper way of disposing fluorescent bulbs? How do you get rid of old clothing? Should shredded paper be placed in a paper bag and stapled before putting it in your recycling cart?

The Waste Wizard, available at margatefl.com/wastewizard, allows users to type in any keywords and get disposal tips. From aluminum cans to zip lock bags, the intuitive search tool helps the public determine what items go into the recycling bin or the trash can.

For more information about the Waste Wizard, please call Malena Zarate in DEES at (954) 972-0828.

I’m taking a much needed break to spend time with my son and daughter-in-law who have just given me my first grandchild...a healthy and beautiful little girl who I’m joyfully holding in my arms! More to come next month!



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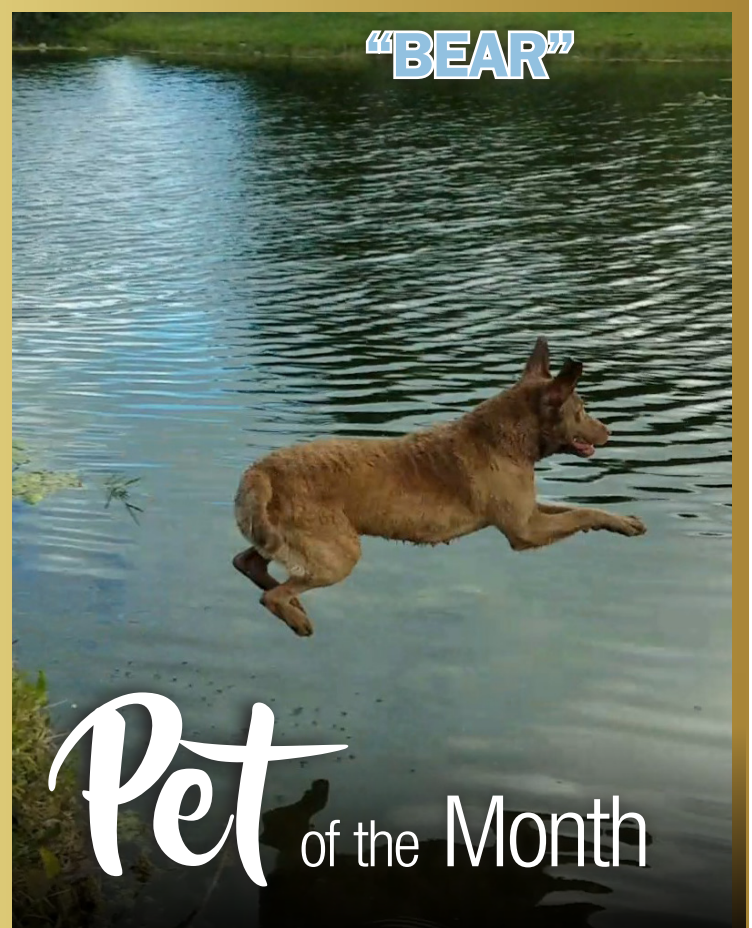
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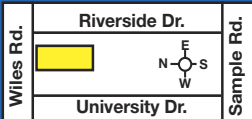
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