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Broward Health is refreshing its brand with a new look and other updates that are being rolled out online, in its commercials, and at its facilities.

The health system's rebrand includes a new logo and updated mission and vision statements that serve as a guiding force for its nearly 11,000 employees and physicians.

While the system remains focused on providing quality care, you may notice the new brand reflects its commitment to providing the highest level of care and compassion to the people and community it serves and seeing you well into your future.

As the Broward Health system continues to expand its services and capabilities, here's what's happening at **Broward Health Coral Springs.**

New Leader

The hospital recently welcomed Kristen Z. Bowman as its new Chief Executive Officer (CEO). Before joining Broward Health, Bowman was most recently interim CEO at a hospital in Atlanta that is part of Georgia's largest non-profit healthcare system.

"Since joining Broward Health, I have been excited to see the commitment

and dedication of my team and just how deeply rooted the hospital is in the community it serves," said Bowman. "Joining the system as it reinvigorates its brand and refocuses on what matters most has been amazing."

Just a few months into her new role, Bowman's excited about what the future holds and plans to focus on providing specialty services needed by the community in the coming year.

Advanced Technology

Broward Health Coral Springs was recently one of the first hospitals in South Florida to adopt the AquaBeam Robotic System. This technology is used to perform aquablation therapy, a minimally invasive surgical treat-

Broward Health Vision

To be the champion for a healthier community.

Broward Health Mission

Exceptional care. Extraordinary compassion. Everyday excellence.

ment for benign prostatic hyperplasia, or enlarged prostate. This is a common condition for middle-aged and elderly men that negatively affects their quality of life.

Another common health condition is heart disease, which is currently the number one cause of death in the U.S. During National Heart Health Month, Broward Health Coral Springs reminds the community that in 2023 it opened its second cardiac catheterization lab, a state-of-the-art bi-plane lab, where two sets of images can be taken of the heart at the same time with just one injection of contrast. The new lab expanded the hospital's services to include transcatheter cardiac ablation procedures and services to diagnose and treat

neurovascular conditions.

Increased Capacity

To improve access to minimally invasive robotic surgery, the hospital recently added two new operating rooms. Looking forward, the hospital has 28 new patient rooms under construction that are expected to be completed in late 2024.

Future Enhancements

Plans are underway for the hospital to acquire additional technologies, including a new stereotactic biopsy machine for its Women's Center and a

new CT scan in the Emergency Department for timely stroke care. In addition, as part of its commitment to excellence, the hospital is pursuing a NICU Level III designation for its smallest patients and creating a hernia center of excellence.

"As we advance into 2024, we couldn't be more excited about starting this new chapter of Broward Health," said Bowman. "These investments and initiatives will help Broward Health Coral Spring achieve our bold new vision to be champions for a healthier community."

To learn more about Broward Health's rebranding, visit BrowardHealth.org/Brand.

For more information about Broward Health Coral Springs, visit BrowardHealth.org/CoralSprings.



Publishers, Shellie & Scott Farrugia

Spectator[™] Magazine

7660 NW 82nd Ter. • Parkland • FL • 33067

Publisher & Managing Editor Shellie Miller -Farrugia

Creative Director Scott Farrugia

Photography Scott Farrugia

Web, Social Media & email Marketing

Speedy-Designs Links Media

Distributed bv

US Mail & Baron Express 954-297-0731



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On the cover: Broward Health. See page 3.

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Let's Focus on Love!

February is a special time. On the facing page, we see that our connection styles have been changing with the times.

This issue is full of inspiration. We are so happy to focus on people who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic.

Businesses in our community are thriving! Broward Health in Coral Springs is making monumental changes to ensure the best care is available to all of us (see page 3). Challenge yourself or make a fun event for family and friends at SOFLO Ninja Academy (see pgs 8 & 9), work with the tremendous Rock and Roll Realtor as you find your dream home, and don't miss a minute of fun at the Florida Renaissance Fair! We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy February by offering love and service to friends and neighbors in our community.

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God bless you and our troops,

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Generations of Love: From Suitors to Swipes

Inning

By Ashley Ferraro

Dating and marriage in America have evolved significantly over the past century. In the early 20th century, it was common for a man to woo his potential partner in a courtship ceremony, often taking place in the woman's family home. This seemingly archaic tradition evolved from public courtship rituals.

And how did the man meet this woman? Through family networks. organized social gatherings, or chance encounters in public places. It was often spontaneous and often filled with a sense of excitement and mystery.

Over time, these courtships evolved into what we now recognize as dates, with the man still trying to "win" the woman over. Most couples continued to meet in the same organic ways-grocery stores, train stations, and even in places of worship.

As women joined the workforce in larger numbers by the mid-20th century, the workplace became another setting where couples commonly met and eventually married. An office romance wasn't just something seen on TV.

Until the end of the 20th century, real-life romantic encounters were the norm. Then, in 1995, Match.com the world's first online dating site, was launched. For the first time, people could find a partner without leaving their home.

While online dating gained popularity, it wasn't entirely accepted by society until the last decade. In 2012, Tinder entered the online dating space, revolutionizing how people meet, date, and fall in love. With just a few clicks, thousands of singles are now available at your fingertips. Swipe right for yes and left for no.

Nowadays, it seems as if every eligible single has a profile on these platforms, making the dating pool incredibly large. A 2022 Pew study revealed that more than half of Americans under 30 have used an online dating service.

Despite some skepticism, many online dating relationships do result in marriage or other long-term partnerships. In today's fast-paced digital world, online dating is practical and convenient, which is difficult to beat.

However, modern dating apps also present new challenges. The abundance of choices can make decisionmaking difficult, and the impersonal nature of swiping can sometimes lead to a lack of genuine connection. Yet, as society and technology evolve, so too does our approach to finding love.

Some might argue that modern dating practices strip away the magic of love. In some ways, it can. The charm of chance encounters at a street corner, a cafe, or a movie rental store all diminished in favor of a few moments to swipe left or right based on a single photo.

However, the truth is that genuine connection is limitless, and there's no right or wrong way to find it. While dating rituals have significantly changed from our grandparents' courtship days to Gen Z's era of swiping, the pursuit of true love remains constant. It's the reason we exist and why humanity continues to prosper. Love has simply adapted and will continue to adapt, regardless of the unpredictable paths our world takes.

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Michael and Stephania (known to friends and family as Nia) Leichtenschlag are happily settled in Coral Springs with their beautiful daughter Galilea, who is seven months old. The family is completed by a chihuahua/dachshund pup named Pepper.

Michael is the Director of Marketing Operations at Ryder System Inc, and Nia is a Dance Educator and competition coordinator at Xpress Yourself Dance Studio. Nia also owns her own photography business Nia Creates.

Michael has lived in Coral Springs since 1995, save for 4 years of college at UCF. "Nia moved to Coral Springs in 2019 when we decided to move in together," he tells us. When asked about Galilea and her activities, Michael laughs and says, "Right now, she's learning how to stand, trying to walk, and saying 'Papa!"

Michael has been volunteering for Parkland Buddy Sports since 2015 and joined the board in 2016. He has played basketball all his life and got started with Parkland Buddy Sports because of the basketball program. Now he coaches for the basketball, tennis, soccer, football, and running programs.

Nia has been teaching dance for over 10 years. She grew up training in all styles but her main focus growing up was Jazz, Ballet and Contemporary. She is passionate about the arts and invests a lot of her time training her competitive dance team to be strong & technical athletes. Her students are a constant source of motivation and inspiration.

When asked about family time, Nia tells us, "We enjoy traveling, salsa dancing, cooking, hiking, visiting family and friends, trying out new restaurants, playing trivia games, and snuggling with our baby and our dog." She also adds that living in Coral Springs is wonderful, because it is close proximity to their families, and they love the wide variety of restaurants throughout the city.

Nia was born and raised in Colombia. Michael works with Nia's sister, Nathalie, and went to Nathalie's wedding in Cali, Colombia back in November 2017. Michael says, "We both had the same flight and we met in the Miami airport the day before the wedding! We also got married in Cali, Colombia in June 2022. Colombian culture is very important to us - we visit Colombia every year and speak Spanish to our daughter."

Michael is a diehard Buffalo Bills and Buffalo Sabres fan and has been playing bass guitar for over 20 years. After graduating College with a degree in film, Nia started her photography business back in 2017. She primarily does dance photography, but also shoots headshots and portraits. She also loves to cook and is the chef of the house.

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Broward's Ultimate Fitness & Entertainment Destination

Broward County is about to witness an exhilarating fitness adventure as SOFLO Ninja Academy, a state-ofthe-art fitness facility and entertainment center inspired by the popular NBC competition reality show, American Ninja Warrior, prepares to make its mark. Although the initial fall launch was delayed due to city permitting and other considerations, the team is diligently working towards bringing this unique experience to the community soon.

The team extends a sincere gratitude to all current and future SOFLO families for their patience during the meticulous construction of the gym, ensuring the highest safety standards. The anticipation is unmistakable, and SOFLO Ninja Academy eagerly awaits the opportunity to welcome the community to the ultimate American Ninja training facility.

SOFLO Ninja Academy offers a cutting-edge training program that deviates from traditional fitness options. Expert coaches, including fan favorite R.J. Roman from the most recent season of American Ninja Warrior, are committed to providing a distinct athletic development path. From seasoned fitness enthusiasts to those new to athleticism, the gym's intricate obstacle courses challenge balance, agility, strength, and endurance.

But the excitement doesn't stop there. SOFLO Ninja Academy isn't just a fitness hub; it's an exceptional entertainment space. Ideal for hosting birthday parties for all ages, camps, corporate events, or team-building activities, the obstacle course promises unforgettable experiences. Whether it's an adult night out or a family visit, the gym invites everyone to push their physical and mental limits. The visionaries behind SOFLO Ninja Academy are Parkland residents, Leo and Mayda Gordon. Joining them on this exciting venture is American Ninja Warrior competitor, Vinnie Castranova (The Plumbing Ninja). In addition to their commitment to fitness and fun, SOFLO Ninja Academy proudly announces its collaboration with Make Our School Safe. Serving as the venue for a significant initiative, the academy will host the distribution of 275 bulletproof backpacks to the students of the Make Our School Safe clubs, contributing to a safer community and paying tribute to those affected by the tragic events at Parkland.

"Working with SOFLO Ninja Academy has helped make large MOSS events possible. Together we will continue to MAKE OUR SCHOOLS SAFE," says Lexi Simon, Director of MOSS Clubs.

Make Our Schools Safe, a 501(c)(3) national non-profit organization, is dedicated to safeguarding students and teachers within the school environment. Their mission empowers students and staff to actively participate in creating a culture of safety and vigilance, exemplified through the Make Our Schools Safe Clubs. Collaborating with high-level security advisors, the foundation imparts crucial survival information, ensuring preparedness during emergencies.

As SOFLO Ninja Academy diligently works towards opening its doors, Parkland and Coral Springs residents, irrespective of age or athletic background, are invited to join this exciting journey. The gym promises a fresh concept, a change of pace, and an invitation for all to become American Ninjas.

Stay tuned for updates on the opening date as the community eagerly becomes a part of the SOFLO family!

For more information. Visit www.sofloninja.com or call 954-876-1378. email: sofloninja@gmail.com. Facebook: sofloninja, Instagram: sofloninjaacademy, TikTok: sofloninja









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Head coach extraordinaire **RJ ROMAN** known for **"Shredding the Course"** is a 7x American Ninja Warrior veteran & made it to iconic stage 4 rope climb for \$1Million!



Attention: Buyers and Sellers

By Joe Kohn

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I am not your average real estate professional. I am Joe Kohn, and you will notice the difference from the moment we speak. Contact me today, and I will personally guide you through the entire process of buying or selling your home. We can also schedule an appointment to view any property you have found on platforms like Zillow, realtor.com, or any other social media site

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JOE KOHN - Joe is a distinguished real estate attorney who has made a lasting impact on the South Florida legal landscape for more than 20 years. His expertise encompasses a wide variety of real estate matters. His unwavering commitment to excellence and client satisfaction is what sets Joe apart from other agents in South Florida.

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Family Orthopaedic Care

Aging Knees?

By Dr. Brandon C. Maisel

Knee osteoarthritis is a common pathology affecting millions of Americans. The cause of osteoarthritis is multifactorial. It may be genetics, mechanical wear and tear, increased inflammation, increased body mass or all the above. Dr. Maisel describes it as "you are born with brand new tread on your tires (knee cartilage) and as you put more miles on that tread, it wears down." Regardless of the cause of knee osteoarthritis, it can be very painful. Currently, our office provides a wide variety of treatment options to tackle the problem. Muscle weakness, more specifically quadriceps weakness may result from osteoarthritis. Formal physical therapy offered here at Gelb Sports Medicine and Orthopedic Center is the first step to pain reduction. Subsequently, the patient will develop a home exercise program to maintain their strength. In conjunction with therapy, prescribed anti-inflammatory medication and injections will be offered. We provide corticosteroid (cortisone), viscosupplementation and platelet rich plasma injections. All injections may be performed under ultra-sound guidance to ensure accurate placement. Cortisone injections will offer more immediate relief within 3-5 days post injection. If the above measures fail, we will progress to viscosupplementation otherwise known as "gel" injections. Viscosupplementation injections main component is hyaluronic acid. Hyaluronic acid will increase the lubrication and shock absorption within the knee joint. Lastly, regenerative medication is becoming a leading form of treatment for musculoskeletal ailments. Platelet rich plasma is derived from your own blood, concentrated in a syringe and injected into the knee joint. Platelet rich plasma or PRP can offer cartilage protection and reduction in inflammatory markers. Dr. Maisel will work with you at every stage to ultimately obtain pain relief from osteoarthritis! class treatment for a variety of South Florida patients - including University of Miami Hurricanes athletes.

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Parkland P-Rec

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC – 10559 Trails End (located inside Pine Trails Park)

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade Find a local unit at www.beascout.org

i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options Soccer - Ages 3 - 12 Flag Football - Ages 4 - 13 Baseball - Ages 3 - 7 Indoor Basketball - Ages 5 - 12

www.i9sports.com 954-227-9955 (M-F, 9am-8pm)

Important Numbers

_	
Aquatic Complex	(954)345-2121
City Hall in the Mall	(954)344-1828
Coral Springs Gymnasium	(954)345-2107
Cypress Park Pool	(954)345-2109
Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
Sportsplex Tennis Center	(954)344-1840
Parks and Recreation	(954)345-2200
Parks Field Conditions	(954)344-1187



www.MySpectatorOnline.com 15



Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com. See ad and article on

Basketball

PARKLAND REC BASKETBALL www.parklandbasketball.com or call the hotline (954) 227-0989.

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING Football Contact: 786-236-0948 or info@parklandrangers.com Cheer contact: 786-236-0948 or cheer@parklandrangers.com.

Flag Football

PARKLAND FLAG FOOTBALL For more info, see www.parklandflag.com

Lacrosse

PARKLAND REDHAWKS For more info go to www.parklandlacrosse.com

BUZZARDS MEN'S LACROSSE CLUB For more info contact Mike at 954-540-8970 or visit

Soccer

PARKLAND REC SOCCER For more info, visit www.parklandsoccer.net

PARKLAND TRAVEL SOCCER CLUB For more info. see www.parklandtravelsoccer.com or email Info@parklandtravelsoccer.com

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL Is an accredited, college-preparatory, independent, nonsectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or www.NBPS.org See page 7.

SUMMIT ACADEMY CHARTER SCHOOL K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, www.summitacademy.org.

Soflo Ninia Academy

Discover The Excitement Of American Ninja Training At Our Fitness Center For All Ages and fitness levels! For more info. See SoFloNinja.com or call 954-876-1378. See article and ad pages 8-9.

Parkland P-Rec

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park)For more info please call 954-757-4105.

Special Needs

PARKLAND BUDDY SPORTS Find out about league offerings and activities. www.ParklandBuddySports.com See page 19.

CHALLENGER BASEBALL LEAGUE Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

THE FRIENDSHIP JOURNEY

adults with special needs, while creating awareness and sensitivity. *For more info, contact* hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade Find a local unit at www.beascout.org

Adult Softball

For more info. contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

i9 Sports - Youth Sports Leagues

- Saturday Only Soccer - Ages 3 - 12 Baseball - Ages 3 - 7

www.i9sports.com 954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	.(954)757-1910
P-REC	(954)757-4105

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- 3. Please consult your tax advisor about the deductibility of interest. 4. Estimated closing costs range from \$450 to \$3,693, which includes, but not limited to, appraisal, flood determination and settlement fees. Additional fees may apply and vary based on collateral location and loan amount 6.49% APR will be fixed for the first 12 months (introductory period). After the introductory period, the interest rate will be variable and based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or
- 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity. 8.25% APR is variable, includes a .50% margin and subject to change based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.
- 7.00% APR is a fixed rate for 60 month term. Maximum term available 120 Months (35 month maturity option available in the state of Georgia). APR quoted is accurate as of March 6, 2023 and is subject to change at any time. Interest only payments with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

actary units interest only payments with obstantian interest, principal and any applicable resolute as a manual balance. 5. We may pay some or all of the third party fees you must pay in connection with opening this Credit Line (collectively "Closing Costs") based on creditworthiness, the amount and term of the Credit Line, and the property location. Closing costs vary by state. In Georgia, for Credit Lines of \$250,000 or less with a 35 month term, we will pay all Closing Costs; otherwise, we will pay Closing Costs up to \$750. For Credit Lines of \$250,000 or less in AL, FL, NC, SC and VA, we will pay all Closing Costs. However, for all Credit Lines of \$250,000 or less, if the appraisal cost exceeds \$160, you are responsible for paying all amounts over \$160 for the appraisal. For Credit Lines greater than \$250,000, we will pay Closing Costs up to \$1,800 in Florida, up to \$1,300 in Virginia, up to \$800 in Alabama, and up to \$750. For Carolina and South Carolina. Should you close your Credit Line within 30 months from the anniversary date of the Credit Line closing, you must reimburse us for all Closing Costs paid by us on your behalf. The requirement to reimburse us for any Closing Costs paid by us on your behalf shall be waived if you keep your Credit Line opened for at least 30 months. The reimbursement of Closing Costs provision does not apply to Credit Lines originated by North Carolina residents. We will not pay any amounts towards Closing Costs for any renewal, extension or refinance of the Credit Line. Member FDIC. Equal Housing Lender.



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FIXED RATE

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VARIABLE RATE⁴



Bridging Communities Through Parkland Buddy Sports: A 20 plus -Year Journey of Growth & Inclusivity

Co-written by Wendy Zipes Hunter and Ken Webster

In the heart of Parkland, Florida, a story of compassion, growth, and community has been unfolding for over the past two decades. What started as a small initiative has now blossomed into a thriving program that brings families together from all corners of southeast Florida. The driving force behind this remarkable evolution? The dedicated members of Parkland Buddy Sports and their tireless efforts to foster inclusivity.

Over the years, the board of directors has played a pivotal role in expanding the reach of Parkland Buddy Sports. Their vision extended beyond local boundaries, reaching out to high schools in the tri-county region of southeast Florida. This strategic outreach aimed to attract student volunteers seeking to make a positive impact on the lives of the families with children who have special needs that the program serves.

One shining example of this collaboration is the partnership with Coral Springs Charter High School and its passionate teacher, Mickey Singer. As an advocate for community engagement, Mr. Singer made it a priority for his National Honor Society students to volunteer with Parkland Buddy Sports. Year after year, these students have proven to be exceptional volunteers, bringing enthusiasm and dedication to the program.

Looking towards the future, the Parkland Buddy Sports team envisions fostering and developing more relationships like the one with Coral Springs Charter High School. The goal for 2024 is to create new partnerships with high schools throughout the region, encouraging more students to become actively involved in making a difference in the lives of those with varying abilities.

Many board members have been with the program for over 15 years, passionately supporting the expansion of programs and special event offerings. Their dedication has been instrumental in making Parkland Buddy Sports the vibrant community it is today.

While initially focused on providing community service hours for high school teens, Parkland Buddy Sports emphasizes that the opportunity to volunteer is open to individuals of all ages. They actively seek adult volunteers eager to give back and make a meaningful contribution to the community either by way of time, talent or financial support.

The true magic of Parkland Buddy Sports lies in its diverse and committed volunteers, representing 60 plus local schools. These volunteers are the heartbeat of the program, infusing it with a spirit of inclusivity and kindness. The lessons learned during their time with Parkland Buddy Sports are carried forward by these young volunteers, who go on to spread the mission of inclusivity as they venture out into the world, making it a better and kinder place for all.

For more information about how to get involved with Parkland Buddy Sports, please visit our website www.parklandbuddysports.org.

We are always interested in registering new volunteers and welcoming new families to serve. Donations of time or money are gratefully received.





By Dr. Rosemarie Rutecki

Have you ever wondered why, despite your best efforts, some goals seem just out of reach? The answer might lie not in your capabilities or resources but in where you're directing your focus.

Motivational powerhouses Tony Robbins and Les Brown have long preached a vital, yet often overlooked, principle: the power of focusing on the outcome rather than the immediate tasks at hand. This shift in perspective could be the key to unlocking your true potential.

Tony Robbins, a master of personal transformation, once said, "Setting goals is the first step in turning the invisible into the visible." This insight highlights the importance of having a clear vision of what you want to achieve. When our eyes are set on the outcome, our actions gain purpose, and our decisions become strategic. It's not about the daily grind or the hurdles in our path; it's about keeping our eyes on the prize.

Les Brown, a beacon of inspiration, echoes this sentiment. He advises, "You have to be willing to allow the person you are today to die so that you can give birth to the person you are meant to become." This profound transformation is only possible when we focus on the ultimate outcomes we desire rather than getting bogged down by the immediate challenges.

Let's explore how this outcome-focused approach can revolutionize various aspects of our lives:

1. Personal Goals: Imagine you're learning a new language. Instead of getting frustrated with daily vocabulary drills, envision conversing fluently in a foreign country. This vision keeps you resilient and determined, guiding you through personal growth.

2. Work and Career: Think beyond your daily to-do list

4. Romance a

in the workplace. What's the bigger picture? Aligning your efforts with your career aspirations turns everyday tasks into stepping stones toward your professional dreams.

3. Health and Physique: Picture your ideal state of health and fitness. This vision will motivate you through challenging workouts and days of temptation, helping you maintain consistency and perseverance.

4. Romance and Relationships: In relationships,

focus on the long-term vision for your partnership. Working through conflicts becomes easier when you see them as opportunities to strengthen your bond.

5. Wealth and Financial Goals: Financial success is a marathon, not a sprint. Keeping your financial objectives in sight makes you make more informed and impactful decisions, leading to long-term prosperity.

As Tony Robbins and Les Brown teach us, it's about envisioning the future we want and aligning our actions to make that vision a reality.

Adopting this approach empowers you to move beyond day-to-day challenges and toward a future of success and fulfillment.

So, are you ready to change your focus and change your life?

Hi! I'm Dr. Rosemarie Rutecki, and I'm a functional medicine practitioner. I specialize in transforming your gut health in 30 days or less, boosting your energy levels, and harmonizing your hormones for optimal well-being.

You can find me at drrosemarierutecki.com



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Famous Village Returns to Quiet Waters Park

The clock is ticking and every second brings you closer to a bygone era when Lords of the Realm donned tunics, stockings, broad-brimmed hats, and puffed sleeve shirts, and their Ladies showcased era garb like laced gowns, strapped dresses, petticoats, cloaks, and aprons. Get ready for the 32nd annual Florida Renaissance Festival returning February 3rd and running through March 24th, 2024 at the beautiful Quiet Waters Park in Deerfield Beach.

This one-of-a-kind festival features eight consecutive themed weekends, starting February 3. Each weekend promises a look at a legendary time when Pirates, Vikings, evil villains, and unsung heroes ruled the kingdom. While costumes are not required, thousands of people wear historical clothing to immerse themselves in the true spirit of the renaissance period.

The Florida Renaissance Festival is produced by nationally acclaimed Bobby Rodriguez Productions who creates an entertaining and cultural experience for adults and children alike. "For more than 30 years the Festival has been a most unique event," said Rodriguez. "It is one of the most anticipated events in South Florida, and each year it gets better with new and different activities and entertainment." Explore artisan markets, savor delicious food, and immerse yourself in a world of merriment.

Step into an adventure, where myths and history collide! It's a magical journey that blurs the lines between fantasy and fact. New this season is the Adrian Empire, a living history encampment that will be doing live steel fighting on the tournament field twice daily. Also new is Pirates Creed, a high energy duo of musical buccaneers that will be performing in the Biergarten.

A popular returning attraction is Knights. This stunt show combines trick riding, vaulting, chariot racing, and death-defying feats.

The Jackdaws Trio delivers contemporary and traditional Irish Rock with driving melodies and relentlessly aggressive lyrics, while the alluring full run Washing Well Wenches will be at a pit where women rule, and men drool over their stunning good looks!

Enjoy the earthier aspects of humor with the Splattertime Players, a duo of adventurous storytellers, who return for a full run in the Mud Pit.

The faire is full of shows and rollicking events, including Masala Music and Dance, Moonie the Magnificent, a juggler,

ropewalker, and an in-your-face comic, Les S. Moore specializes in "now you see it, now you don't, Knightwings featuring master falconer Ash Cary, Tam Tam Congo – is a troupe of dancers and drummers, straight from the Ivory Coast of AFRICA. This year's Living History Encampments: The Ottoman Empire include Royal Artillery, Merchants of Brittany, and Pirates of Tortuga Bay.

Themed Weekends are as follows:

Feb. 3-4 Cauldron of Chaos: The Rise of the Wizards

Feb. 10-11 Star-Crossed Lovers: Romance and Love Letters

Feb. 17-18 Odin's Wrath: Vikings, Dragons, and Trolls... oh my!!

Feb. 24-25 Steampunk & Time Travelers: The Spirit of Invention

March 2-3 Lord of the Ring: A Battle Royale

March 9-10 Scoundrels of the High Seas: The Pirates Be Coming...

March 16-17 Shamrocks & Shillelaghs: A Leprechaun's Shenanigans

March 23-24 Into the Woods: A Fairytale Finale

Prices range from \$32 for adults and \$14 for children (ages 6 to 11 years of age). Children 5 and younger are free. Special seasonal passes are available for \$160 (adults) and \$70 (children). Group ticket rates are also offered. ***During opening weekend only, Girl Scouts and Boy Scouts (age 18 and under) will have free entrance to the festival while wearing their scouts' uniforms or their troop t-shirt. In addition, kids ages 6 to 11 years old will enjoy free entrance during the opening weekend only. Everyone is required to pay the \$1.50 Broward Parks entrance fee at the festival's box office to attain admission receipt for front gate entrance.

For tickets and more information visit: www.ren-fest.com; Find us on Facebook or follow @FlaRenFest on Twitter and Instagram. Or call 954-776-1642. See ad on back cover.



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