

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

MARCH | APRIL | 2022

TAMARAC SPRINGS FORWARD

Tam-A-Gram is the official publication of the City of Tamarac, Florida.

Reader questions and comments are welcome. Please send your comments to:

Public Information Office
 Attn.: Tam-A-Gram
 7525 NW 88th Ave.
 Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at PIO@Tamarac.org.

CITY COMMISSION:



Michelle J. Gomez
 Mayor
Michelle.Gomez@Tamarac.org



Mike Gelin
 Vice Mayor, District 2
Mike.Gelin@Tamarac.org



Marlon Bolton
 Commissioner, District 1
Marlon.Bolton@Tamarac.org



Elvin Villalobos
 Commissioner, District 3
Elvin.Villalobos@Tamarac.org



Debra Placko
 Commissioner, District 4
Debra.Placko@Tamarac.org

CITY MANAGER:

Kathleen Gunn

PUBLIC INFORMATION OFFICE:

Eunicia Baker, Editor
 Greg Rosenberg, Contributor
 Monique Johnson, Contributor



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IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500
ADA Coordinator/Accessibility.....	(954) 597-3600
Voice	1 (800) 955-8770
TTY	1 (800) 955-8771
Citizen Hotline.....	(954) 718-1800
(Activated During Emergencies)	
Building Services.....	(954) 597-3420
Building Inspections, Building Permitting	
and Inspection Results	
City Clerk's Office	(954) 597-3505
City Manager's Office.....	(954) 597-3510
PIO (Media).....	(954) 597-3523
Community Development.....	(954) 597-3530
Code Enforcement.....	(954) 597-3425
Business Revenue.....	(954) 597-3537
Financial Services.....	(954) 597-3550
Purchasing.....	(954) 597-3570
Customer Service	(954) 597-3590
Fire Rescue (Non-Emergency)	(954) 597-3800
Human Resources.....	(954) 597-3600
Job Line	(954) 597-3615
Risk Management.....	(954) 597-3613
Mayor and Commission.....	(954) 597-3460
Parks & Recreation.....	(954) 597-3620
Community Center.....	(954) 597-3620
Caporella Aquatic Complex.....	(954) 597-3660
Caporella Fitness Center.....	(954) 597-3661
Social Services	(954) 597-3642
Transit/Shuttle Bus	(954) 597-3649
Police/BSO Tamarac District (General).....	(954) 720-2225
(Non-Emergency)	(954) 764-4357
Public Services.....	(954) 597-3700
Engineering.....	(954) 597-3712
Recycling & Trash Hotline	(954) 597-3740
Utilities (Water)	(954) 597-3750
Billing Inquiries	(954) 597-3590
Utilities (Leaks, Breaks, etc.).....	(954) 597-3750
Water Treatment Plant.....	(954) 597-3775
(Available 24/7 for after-hours utility emergencies)	
SERVICE PROVIDERS:	
Florida Power & Light.....	(954) 797-5000
Waste Management.....	(866) 684-3142
Comcast Cable.....	(954) 252-1937
Library (Tamarac Branch)	(954) 765-1500
Post Office (Tamarac Branch).....	(954) 722-3152

TAMARAC SPRINGS FORWARD

Welcome to springtime, Tamarac! We're excited to bring in the spring months with a colorful and exciting array of community events and activities for all ages. It's also the time of year we encourage you to perform seasonal safety check-ups at home, and to get outdoors to take-in the scenery at our beautiful City parks.

March is Women's History Month, a time to highlight contributions of women to history and society. In Tamarac, we recognize and celebrate the remarkable women in all walks of life who lead and positively impact our City.

Spring is also tax season. April 18 is the deadline to file your 2021 tax return. For your convenience, the Volunteer Income Tax Assistance (VITA) Program has set up shop in Tamarac. Volunteers are available to provide assistance to income qualified tax filers at Tamarac Community Center, 8601 W. Commercial Blvd., and Tamarac Recreation Center, 7501 N. University Dr.

We also celebrated a few recent community highlights. In February, the Tamarac City Commission presented proclamations to five 2022 Black History Month Honorees, recognized as modern-day trailblazers (pictured to the right). We ended the month with our annual community celebration of African American culture and achievements (more on page 12). In January, the Commission outlined City goals and priorities for the year at the annual strategic planning session.

Let's stay connected! For information about Tamarac's events, activities, updates and resources, follow the "City of Tamarac" on Facebook, Twitter, Instagram and Nextdoor. You may also visit us online at www.Tamarac.org.

¡VEA NUESTRA PAGINA WEB EN ESPAÑOL!
Visit www.Tamarac.org.

Desplácese hacia abajo hasta la parte inferior de la página. Haga un clic en "Herramientas del sitio" y luego seleccione el idioma deseado en la parte superior de la pantalla.



Mayor Michelle J. Gomez pictured with **Dr. Francine Baugh-Stewart**, Principal of Millennium 6-12 Collegiate Academy.



Vice Mayor Mike Gelin pictured with **Charles B. "Chuck" Morton, Jr.**, Retired Chief Assistant State Attorney, Broward County, 17th Judicial Circuit.



Commissioner Marlon D. Bolton pictured with **Patricia Parkins**, Tamarac Community Volunteer.



Commissioner Elvin Villalobos, pictured with **Aneatra King**, Community Engagement Specialist, Broward County Public Schools.



Commissioner Debra Placko pictured with **Dr. Sherine Brown**, Internal Medicine Specialist, HCA Woodmont Hospital.

FROM THE CITY COMMISSION



Commission Editorial Mayor Michelle J. Gomez

Springtime is finally here. Flowers are blooming, the sun is shining, and the birds are preparing their nests for the season. Many people are also inspired to work on their “nests” and take on home projects during this time. Luckily, we’ve got the resources to help you get them done right.

Our City’s website is an excellent resource for those planning a home project. You can get information on permitting, including whether you need one or not, how to fill one out, and how to track your permit by navigating over to Tamarac.org/How-Do-I and choosing one of the links listed. The page also includes links for reporting code violations and reporting complaints.

Spring is also a great time to work on your wellness goals. You can do that by joining me for free fitness classes at my Move With the Mayor series. This month features a free body sculpting class on Saturday, March 12, at Water’s Edge Park, 7508 NW 61st St. Class begins at 10:30 a.m. and will be led

by instructor Gazelle. Next month, you can Zumba with us on Friday, April 29, at Tamarac Sports Complex (Field 5), 9901 NW 77th St. The free class begins at 6 p.m. and will be led by instructor Maria.

I hope you’ll also join us for the upcoming Let’s Move Tamarac Wellness Event on Saturday, April 23. This event will offer attendees a chance to learn ways to improve their health, while enjoying some fun surprises with other members of the community. For more details, please visit my Facebook page ([Facebook.com/MichelleJGomezMayor](https://www.facebook.com/MichelleJGomezMayor)).

Planning to do some spring cleaning? Be sure to mark your calendars for the next household hazardous waste (HHW) and old electronics (E-waste) event happening in Tamarac on Saturday, May 7. The event is from 9 a.m. to 2 p.m. at the Public Services Complex, 6011 Nob Hill Road.

Looking forward to a busy and productive spring with you!

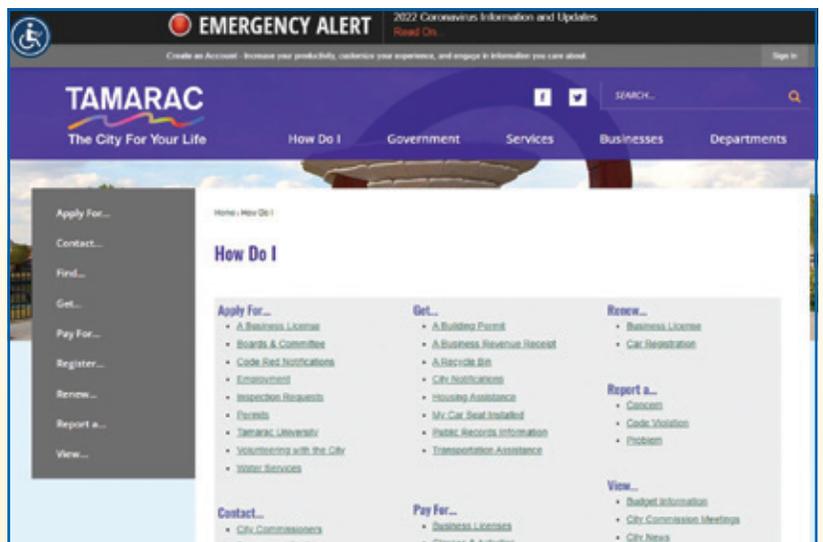
MOVE WITH THE MAYOR

Saturday, March 12 @ 10:30 a.m.
Waters Edge Park

Saturday, April 29 @ 6 p.m.
Tamarac Sports Complex



Scan this QR Code with your smart device for the latest Commission initiatives outlined on the Tamarac Events Calendar.



Visit the City’s “How Do I” webpage for resources about permitting and more.



Commission Editorial Vice Mayor Mike Gelin, District 2

It's been a busy time in Tamarac! In January, I traveled to our State Capital to advocate for Tamarac's legislative agenda and bring back tax dollars to fund infrastructure projects and improvements to our park system. I also met with our state representatives Dan Daley, Anika Omphroy and Patricia Hawkins-Williams to discuss Tamarac's legislative priorities. I hope to update you in the next quarter.

Also, my wife, Shaheewa Jarrett and I, were honored and humbled to be recognized for our community contributions by the Florida Panthers, our region's National Hockey League team. My wife was recognized as a seasoned attorney and founder of several impactful non-profit organizations serving Broward County. I was recognized for contributions as a small business owner and as a Tamarac City Commission member,

advancing, and supporting policies that create opportunities for underserved populations and enhance community safety.

During Black History Month, I was pleased to recognize and honor retired Assistant State Attorney Charles "Chuck" Morton, Jr., the first African-American appointed to that position in Broward County.

For many, the height of the pandemic raised awareness about the difficult decisions women make as working moms, spouses, caregivers and friends. In March, during Women's History Month, I pay tribute to all of the great women in Tamarac that make this City outstanding.

TAMARAC RUN CLUB
Every Monday, Wednesday, Friday @ 7 p.m.
Tamarac Sports Complex



Social media image from the Florida Panthers' 28 Days of Black Excellence recognition.



Scan this QR Code with your smart device for the latest Commission initiatives outlined on the Tamarac Events Calendar.



Vice Mayor Gelin pictured at the Florida State Capital.

FROM THE CITY COMMISSION



Commission Editorial Commissioner Marlon Bolton, District 1

Neighbors and friends, I hope that my message finds you in the best of health. For the last two years, we have been in a global pandemic, which has been quite challenging. All of us have had to adjust to a new way of life; attending meetings virtually, staying a considerable distance from each other and staying home during some of our favorite times of the year. I want you to know how encouraged I am by your resilience and strength.

Rest assured that we will continue to fight COVID-19 together. That is why I continue to speak regularly with our County Mayor, Michael Udine, to ensure that the City of Tamarac continues to receive its fair share of County resources. Through collaborative efforts of the City of Tamarac, Broward County and CDR Maguire Health and Medical, we were able to launch a drive-thru testing site here in our very own City, which allowed our residents to know whether they were affected by this terrible virus.

The pandemic left many residents unemployed, struggling to pay bills, facing lingering health challenges and more. That is why I was compelled to distribute Thanksgiving turkeys

and supermarket gift cards to residents who needed them. The initiative was funded by the City, in partnership with Winn-Dixie Supermarket, who sponsored groceries, and Tapatia Supermarket, who donated gift cards. I also purchased gift cards from personal funds.

While the City paid for most of the initiative, I am glad the efforts took place. This sent a strong message to our residents that we take care of our own in difficult times; and that is exactly what we will continue to do as long as I am your Commissioner. To that end, if you know neighbors in need, please encourage them to reach out to my office.

You have heard how passionate I am about transparency and accessibility, but actions speak louder than words. For this reason, I have launched my **Mobile Office Initiative**. On the fourth Wednesday of every month, you can now meet me at **Mainlands Park**, 4509 Monterey Dr., Tamarac, FL, from 4 p.m. until sundown. There, we can discuss any community concerns or compliments that may be on your heart, one-on-one.

It continues to be my pleasure to represent you. Until next time, please stay safe.

Marlon D. Bolton, Commissioner, District 1



Scan this QR Code with your smart device to learn more about my work.



Commission Editorial Commissioner Elvin Villalobos, District 3

As the worst of the COVID-19 pandemic falls further behind us, the work of keeping our citizens healthy and safe goes on. Nowhere was that work more evident than at the Tamarac Sports Complex, where dedicated healthcare workers provided the best services possible. Thank you to CDR Maguire Health and Medical, and all the staff who did such a phenomenal job providing exceptional COVID-19 testing services to our community and beyond.

Speaking of dedicated staff, I'd like to give a huge shout out to all the City's employees, who work tirelessly and often without recognition, to make sure our public services continue to run smoothly and efficiently. I have been continually and greatly impressed with this group of inspiring men and women and their work ethic, skills and abilities. I am thankful for the upstanding work they do each day.

I was proud to partner once again with the OneBlood organization to coordinate a blood drive during Valentine's week. I encourage everyone to stay involved with local health initiatives. Our healthcare providers need our continued support.

I would like to say thank you to Fran and other residents who take time out of their day to do a quick picker-upper. I have seen so many of you doing this. It does not go unnoticed.

If you'd like to stay-up-to-date with local nonprofit activities, please reach out to me at my office for more information.

I wish you all a Happy St. Patrick's Day, a blessed Easter, and an ongoing successful and happy 2022.



CDR Maguire Health and Medical team working at Tamarac's Drive-Thru COVID-19 Testing Site.



Commissioner Elvin Villalobos at Tamarac's COVID-19 Drive-Thru Testing Site at Tamarac Sports Complex.



Fran, a Tamarac resident, helps keep her neighborhood litter-free.

Scan this QR Code with your smart device to watch the "I Love Tamarac" video.





Commission Editorial Commissioner Debra Placko, District 4

Greetings! I had the honor of meeting two wonderful young ladies from Tamarac, with great futures ahead. Please join me in applauding them both. Here's why!

Recently, I had the pleasure of being asked to judge the American Legion Department of Florida High School Oratorical Scholarship Program Speech Contest. The winner of this first step in the contest is Nurfat Ishaque, a 10th grader from Boyd Anderson High School. This amazing young woman is now eligible to compete in the next phase of the contest, which comes with a shot at winning the grand prize, a \$25,000 scholarship. I congratulate Nurfat and wish her the very best as she progresses in the competition.

The second outstanding young woman I met is Giana Faye Manns. Giana was born in Tamarac and has attended Tamarac Elementary since kindergarten. Through the years, she has developed a love for reading, painting, and arts and crafts. Plus, this young scholar has earned the "A" Honor Roll throughout her studies.

In 2021, Giana took the Florida State Assessment Test and earned a perfect score. She was the only student at her school to accomplish this, prompting Florida's Governor, Ron DeSantis to honor her with a letter recognizing this scholastic achievement.

Nurfat and Giana surely have promising futures ahead. I look forward to witnessing their upcoming achievements.



Nurfat Ishaque (center) and Commissioner Debra Placko (second from right), pictured with contest judges and Alan Cohen, Department of Veterans Affairs and Rehabilitation Chairman.



Giana Faye Manns receiving a City of Tamarac Proclamation from Commissioner Debra Placko.

TAMARAC IS SAFE AND PEOPLE KNOW IT

Tamarac's 2040 Strategic Plan is the roadmap of how the City sets, plans and executes major goals that establish us as a premiere community to live and work in the present-day and future. Six goals were introduced in March 2020. Here is a closer look at our progress with **Strategic Goal #2: Tamarac is Safe and People Know It.**

Local Law Enforcement

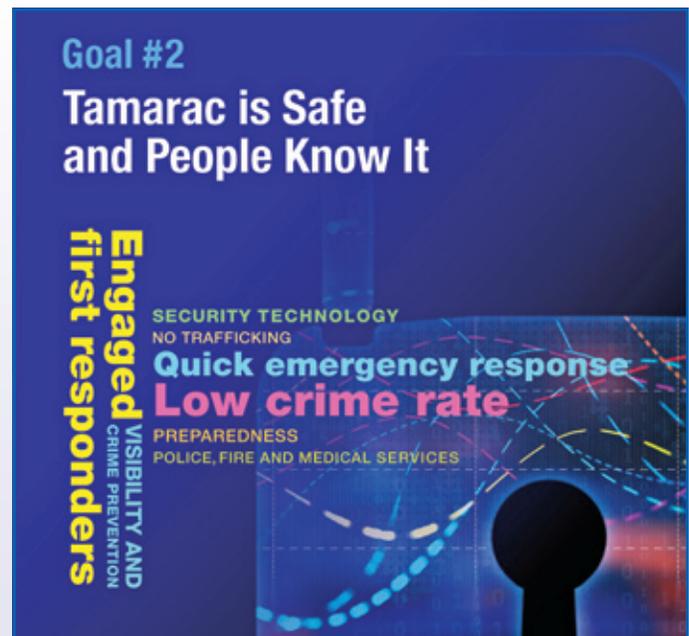
- Broward Sheriff's Office - Tamarac District filled vacancies, assigned deputies to zones and increased visibility and positive resident to deputy engagement.
- BSO continued utilization of the Real Time Crime Center, to monitor and proactively respond to crime trends and immediate threats.
- Preliminary BSO-Tamarac data shows a 20% reduction in crime in 2021.
- The City conducted its first Law Enforcement Services Survey to evaluate resident feelings about the quality of BSO-Tamarac's services.
- In alignment with the City Commission's Vision Zero Goal, BSO launched its Aggressive Driving Unit (more on page 8).

Security Technology

- Significant progress has been made in the implementation of Phase I of Tamarac's Security Master Plan, which includes facility and park access controls, along with security camera installations to enhance staff and visitor safety.

Fire Rescue and Emergency Medical Services

- Completed construction of Fire Station 36.
- Tamarac Fire Rescue (TFR) and agencies from five surrounding cities became Broward County's first municipalities to participate in the new Closest Unit



- Response Program to ensure the fastest response times in participating jurisdictions.
- Fire prevention staff collaborated with the American Red Cross to install more than 400 smoke detectors citywide.

Emergency Preparedness and Response

- TFR, in collaboration with the Florida Department of Health, vaccinated more than 2,000 community members when COVID-19 vaccines became available in March 2021.
- Through strategic infrastructure improvements, the City continues to update and enhance preparedness for hurricanes and other local emergencies. Additionally, TFR actively reviews emergency preparedness plans and trains City staff in all departments in proper emergency procedures.

NEW BSO AGGRESSIVE DRIVING UNIT ROLLS INTO TAMARAC

Aggressive drivers, beware! In February, Broward Sheriff's Office (BSO) - Tamarac District introduced its Aggressive Driving Unit to crackdown on this dangerous traffic offense.

"Aggressive driving has no place in Tamarac or any of our Broward County roadways. It's one of our biggest concerns," said Captain Jeff Cirminiello, of BSO's Tamarac District. "In 2022, we're cracking down on aggressive driving by increasing traffic enforcement staff and strategic operations in the most frequently impacted areas."

Tamarac's target areas for this new focus will begin with major thoroughfares such as Commercial Boulevard, McNab Road, University Drive, Rock Island Road, Bailey

Road and Southgate Boulevard. BSO-Tamarac's Aggressive Driving Unit will consist of approximately six deputies, with at least one active during each shift. This unit will incorporate use of unmarked vehicles. The Aggressive Driving Unit will work in conjunction with the Tamarac District's Traffic Unit, which is also fully staffed to continue its regular traffic enforcement.

Cirminiello says the BSO-Tamarac Aggressive Driving Unit strives to enhance roadway safety by identifying, targeting and citing offenders. BSO will also continue working closely with Tamarac's Mayor and Commissioners to identify and implement roadway improvements to ultimately reduce the ability to drive aggressively.

"Our goal is to make Tamarac the safest City for motorists in Broward County," said Cirminiello.

To contact BSO-Tamarac District, call (954) 720-2225.



MEET TAMARAC'S NEW FIRE CHIEF

In a unanimous vote, the Tamarac City Commission appointed Mike Annese as Tamarac Fire Rescue's (TFR) new Fire Chief on Feb. 23.

Most recently, Annese served as Acting Fire Chief from September 2021 - February 2022. The 24-year Tamarac Fire veteran began his career with the City in 1998, as a firefighter/paramedic. He's held several roles in the department, including Deputy Chief, Battalion Chief, Fire Lieutenant and Rescue Supervisor.

Under his leadership, TFR joined Broward County's Closest Unit Response Program, which allows any available and equipped vehicle within two minutes of an emergency to respond regardless of the agency's jurisdiction. He was integral in TFR's efforts to administer more than 2,000 COVID-19

vaccines to Tamarac residents. He was also instrumental in maintaining the department's distinguished status with the Commission on Fire Accreditation International and Class 1 rating with the Insurance Services Office.

"It is an honor to serve the City of Tamarac and the fire department as Fire Chief," said Annese. "I want to thank the men and women of Tamarac Fire Rescue who work tirelessly every day to keep our community safe. I look forward to continuing the excellent performance and service that Tamarac residents have come to know."

Annese holds a bachelor's degree in Public Safety Administration and a master's degree in Disaster Preparedness and Executive Fire Leadership from Grand Canyon University. He is a licensed paramedic and holds many fire service certifications.



Chief Annese pictured with members of Tamarac Fire Rescue after his appointment.



TFR Captain Mike Wilson congratulating Chief Annese.



Chief Annese posing with Firefighter/Paramedic Fracois Avril.



Chief Annese and Division Chief Tommy Demopoulos.

SPRING FORWARD INTO SAFETY

Saturday, March 12, we'll move our clocks forward before heading to bed. Daylight saving time is the perfect reminder to review fire prevention measures that enhance the safety of your family and property.

Here are some additional safety measures to keep in mind:

- Change your smoke alarm and carbon monoxide alarm batteries twice per year. Test batteries monthly.
- Smoke alarms should be placed inside each bedroom, in the immediate vicinity outside each room and on every livable level of your home.
- Both alarms should be replaced every 10

years. Check the back of the alarms for the manufacturing date when changing batteries.



If it's time to change your smoke alarm, consider covering both bases by purchasing a dual-purpose alarm that detects carbon monoxide and has a sealed 10-year battery. Carbon monoxide alarms are critical if your home has an attached garage, gas appliances or if you plan to use a generator during power outages.

RECREATIONAL FIRE TIPS

Now that Spring is here, you may want to light that outdoor fire pit or host a barbecue to unwind with family and friends. Before you light a blaze, Tamarac Fire Rescue has a few important reminders about outdoor recreational fires to help keep your family and your property safe.

- A recreational fire, such as a lit fire pit, should have a total fuel area of 3-feet or less in diameter and 2-feet or less in height.
- Recreational fires must be located a minimum of 25-feet away from any structure or combustible material.
- Permanent barbecues, portable barbecues, outdoor fireplaces and grills should NOT be used to burn trash.
- Never leave a fire unattended.
- Always have a garden hose or fire extinguisher nearby in case of an

emergency.

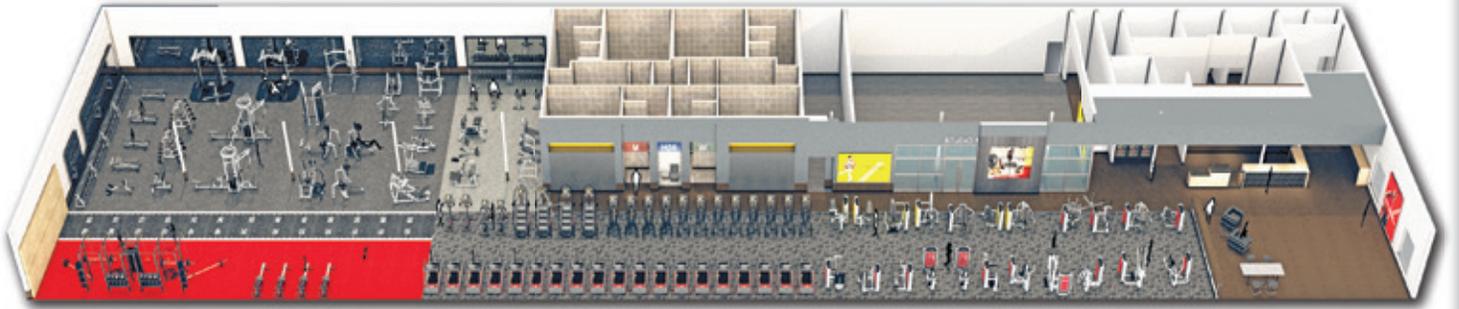
Tamarac Fire Rescue has the authority to require any fire or smoke to be extinguished if it creates a hazardous condition. Since bulk trash pick-up occurs weekly, burning of yard debris is prohibited in Tamarac, according to Section 7-54 of the City's code of ordinances.

Authorization from the Florida Forest Service is not required for recreational fires, but if you have any questions or want to know when the agency should be involved, give them a call at (863) 940-6701 or visit www.FloridaForestService.com.

To learn more, contact Tamarac Fire Rescue at (954) 597-3800 or FireInspectors@Tamarac.org.



NEW TAMARAC BUSINESS BRINGS SENSE OF COMMUNITY THROUGH FITNESS



Gym workouts can be daunting for some and exhilarating for others. When you find a gym where you connect and build camaraderie with others, you'll know you've found a special place. That's the type of gym Tamarac's new Retro Fitness location strives to be.

Retro Fitness, located at 8129 N. Pine Island Rd., is a fitness community offering its members high-value amenities at a low cost. From state-of-the-art equipment, to personal training and group fitness classes, there's a full range of options for members to enjoy. The 15,000-square-foot facility houses a free weight area, group fitness studio, cardio area and locker rooms with showers. After a hard workout, members can make their way to the "Zen Den" for red light therapy treatments, a therapeutic chair massage for muscle recovery or a delicious post-workout smoothie. Stand-up tanning beds are also available to help members look and feel their best.

Retro Fitness is more than just equipment and classes. Mike Baney, franchise owner and Tamarac resident, seeks to provide a sense of

community among members. "We want this to be a neighborhood gym, where people are comfortable and feel supported as they work to achieve their health and fitness goals," said Baney.

The gym's approach to fitness includes free health assessments and mental health pointers. Nutrition tips are provided through a partnership with the Culinary Institute of America. Some of these useful resources are offered in-person. Others are available to members through the Retro Fitness Mobile App, which offers a wide variety of virtual workout options.

The Retro Fitness franchise is branching out across South Florida, but the Tamarac location is the very first to unveil the franchise's new design and layout concept.

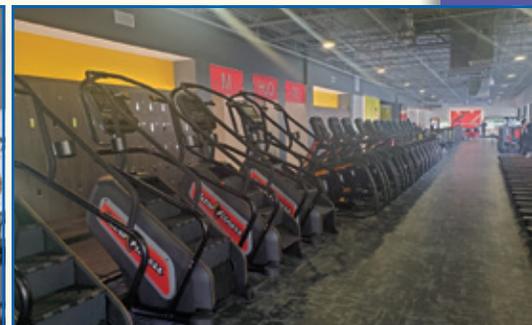
The new facility opened February 19. Business hours are Monday - Friday, 5 a.m. - 11 p.m. and Saturday - Sunday, 7 a.m. - 8 p.m. For more information visit www.RetroFitness.com.



Owner Mike Baney (center) pictured with General Manager, Michael Pigam (left) and Personal Trainer, Ethan Rodriguez (right).



Weight machines featured inside Retro Fitness.



State-of-the-art equipment featured inside Retro Fitness.

TAMARAC CELEBRATES BLACK CULTURE THROUGH MUSIC, ART AND DANCE

In February, the City hosted its annual Black History Month Celebration at Caporella Park.

Radio personality Rodney Baltimore emceed the celebration, which included performances by

Delou African Dance Ensemble, Grammy Award-nominated poet Rebecca “Butterfly” Vaughns, and the EJ & Company tribute band. The event also featured cultural artwork created by local artists and Dillard High School students.



VOLUNTEER SPOTLIGHT

Esther Walker is one of Tamarac’s newest volunteers. She began volunteering at the City’s food pantry in November 2020, at a time when residents facing hardship due to the pandemic received weekly assistance. Esther is committed to volunteering during the pantry’s days of operation. She restocks shelves and keeps things organized. She also serves the community through other City programs. Esther’s dedication shines through. She’s passionate about giving back to the community and helping others. Thank you, Esther, for your commitment to making a difference in Tamarac.



TAMARAC’S HIRING!

The City of Tamarac currently has openings for several year-round positions along with our featured Summer Jobs. Apply today at www.Tamarac.org/Job.

FEATURED SUMMER CAMP POSITIONS

- Summer Camp Recreation Leader I
- Summer Camp Recreation Leader II
- Summer Camp Site Supervisor
- Summer Camp Campus Monitor

Duration of Summer Employment: June 14-Aug. 5, 2022. (Monday – Friday, shifts vary).



NEIGHBORHOOD PHARMACY CELEBRATES 40 YEARS IN BUSINESS

Arthur's Pharmacy and Medical Supply opened its doors in Tamarac on April 1, 1982. Four decades later, this family-owned, independent pharmacy is thriving and continues to provide quality care and service to its customers. Owners Arthur and Betty Goldglantz credit much of their success to their love for helping people and their dedicated staff.

Over the years, the business evolved from Arthur's Discount Drugs, providing prescription drugs, vitamins and cosmetics,

into today's specialty store, supplying medical equipment such as walking aids, wheelchairs and heating pads. The store is a staple in the City, serving Tamarac residents and neighbors.

"We could not have done this without our loyal customers," said Arthur. "Thank you for allowing us to provide excellent customer service and products for 40 years. We look forward to serving the community for many more years to come."

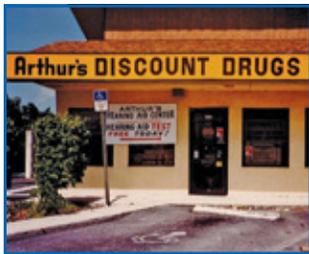


Photo of Arthur's Discount Drugs captured in 1987.



Arthur's Pharmacy & Medical Supply in 2022.



Arthur Goldglantz pictured at pharmacy counter in 1986.



Arthur pictured with his wife Betty outside Arthur's Pharmacy & Medical Supply in 2022.



6TH ANNUAL BUSINESS EXPO

Breakout sessions and exhibitor hall Free to the public



THURSDAY MAY 5, 2022 1:00 PM - 6:30 PM

Tamarac Community Center - 8601 W Commercial Blvd, Tamarac, Florida 33351



R.I.S.E.

And celebrate our community's Resilience, Intentionality, Strength, and Endurance.

Learn more and purchase luncheon tickets at risebusinessexpo.com

- Luncheon
- Keynote Speakers
- Business Education
- Breakout Sessions
- Exhibitor Hall
- Networking

Exhibitor booths & Sponsorship opportunities.

(954) 722-1520
info@tamaracnorthlauderdale.org

TAMARAC CITY COMMISSION MEETING SCHEDULE

Tamarac's Regular City Commission Meetings are held in-person at the Tamarac City Hall Commission Chamber, located at 7525 NW 88th Ave. Please join us for upcoming Regular Commission Meetings on the following dates.

REGULAR COMMISSION MEETING SCHEDULE

Wednesday, March 9, 7 p.m.

Wednesday, March 23, 9:30 a.m.

Wednesday, April 13, 7 p.m.

Wednesday, April 27, 9:30 a.m.

All City Commission Meetings are streamed live at www.Tamarac.org/Meetings and on the City of Tamarac's Facebook page, @Tamarac.Florida.

This schedule is subject to change. For updates about our Regular Commission Meeting schedule and Commission Workshops, please subscribe to our "City of Tamarac - Public Meeting" notifications at www.Tamarac.org/StayConnected, visit www.Tamarac.org/Meetings or call the City Clerk's Office at (954) 597-3505.

GREEN SCENE

Tips To Help You Go Green

Don't Dispose, Donate!

Give your old belongings a second life by offering them to friends and family or donating them to a local thrift store. Not only will this reduce the volume of what goes into landfills, but your spring cleaning will benefit another person.



Go Paperless

Have you considered going paperless with bank statements, credit card statements and other bills? Digital documents take up minimal space on your computer and reduces clutter. Using less paper saves money, conserves energy and helps preserve trees.

CONSTRUCTION CORNER

Here's a look at major Tamarac construction and development projects currently underway or coming soon.

Private Development

- Bailey Square apartment complex, 6170-6190 Rock Island Rd.
- Tamarac Self Storage, 8251 W. McNab Rd.
- The Enclaves at Woodmont single-family residential community, sales office, 7910 NW 79th Ter.
- Eden West apartment complex, 8601 & 8701 W. McNab Rd.
- Fairfield Inn & Suites, 6800 NW 88th Ave.
- Rock Island Self-Storage, 5602 Rock Island Rd.

Major City Projects

- New Tamarac Sports Complex Concession Building
- Inspiration Way, temporary sculptures on Nob Hill Rd., between Commercial Blvd. and McNab Rd.
- Tamarac Lakes Sections 1 & 2 Water Main Improvement Project
- Sunset Point/Veteran's Park Renovations

Public/Private Partnerships

- Tamarac Village, north side of Commercial Blvd., between Pine Island Rd. and NW 94th Ave.



Construction resuming at Fairfield Inn & Suites.

THE CITY OF TAMARAC'S GOT CURB APPEAL!

The City's **Neighborhood Beautification Recognition Program** celebrates property owners who take pride in the appearance of their home or business. Congratulations to our most recent award winners for helping to keep Tamarac looking beautiful.

2021 4th Quarter Residential Property Winners



DISTRICT 1
Virginia McReed
4722 NW 44th Ct.



DISTRICT 2
Carletta Armstrong & Grover Davis, Jr.
8511 NW 57th Ct.



DISTRICT 3
Israel David
9503 NW 81th Manor



DISTRICT 4
Nina Warshaw
8276 Cassia Ter.

2021 4th Quarter Commercial Property Winner



CITYWIDE
Alazhar School, Inc.
7201 W. McNab Rd.

Would you like to nominate a property for a beautification award?
Forms are available at www.Tamarac.org/951!

TAMARAC, THE CITY FOR YOUR LIFE AND YOUR HEALTH!

CITY FITNESS RESOURCES AID IN RESIDENT'S 90-POUND WEIGHT LOSS JOURNEY

Tamarac resident and former college athlete, Jose Velasquez, 56, never struggled with weight during his youth, but things changed unexpectedly with age. Physical activity slowed with the demands of working full time. In spring 2021, with a combination of self-motivation, utilization of Tamarac's wide-ranging fitness offerings and the bold choice to pursue bariatric surgery, Velasquez found the change he was seeking.

For years, Velasquez attempted weight loss through commercial low-carb diets, hunger suppression prescriptions, etc. Nothing worked long-term. Eventually, a colleague referred him to bariatric surgeon, Chi Zhang, M.D., at Broward Health Imperial Point.

"These are life-changing procedures," said Zhang. "The risk of developing other diseases as a result of obesity can have serious if not deadly consequences."

Velasquez put his plan in motion. To meet his pre-surgery weight-loss and body strengthening goals, he didn't have to look far, as one of Tamarac's premiere fitness facilities was just 10 minutes from his home. He began lifting weights at Tamarac Fitness Center and swimming at Caporella Aquatics Center.

Dr. Zhang performed Velasquez's successful robotic-assisted gastric sleeve surgery in July 2021. Eight months later, Velasquez is down 90 pounds. He continues using Tamarac's fitness amenities to stay on track. He regularly walks the trail at Caporella



Jose Velasquez before surgery in 2021.



Jose Velasquez at Caporella Park walking trail in 2022, post surgery.



Velasquez utilizes a variety of equipment at Tamarac Fitness Center to accomplish his weight loss goals.

Park as he awaits clearance to resume weightlifting activities.

Post surgery, Velasquez says he has more energy and stamina to walk longer distances and climb stairs with greater ease.

"Without this surgery, I would not have been able to do what I love," said Velasquez, whose weight loss not only improved his health, but also his self-confidence. "Now, I am looking forward to regaining my quality of life and resuming one of my favorite hobbies, travel."

CAPORELLA AQUATIC COMPLEX AND FITNESS CENTER



Caporella Aquatic Complex amenities include a 25-meter heated swimming pool with zero-depth entry, a slide and a children's water spray ground. The complex also offers a 3,000-square-foot fitness center, locker rooms and outdoor picnic tables. Call (954) 597-3660 for more information.

As part of our current safety procedures the pool opens in sessions to allow social distancing and time to sanitize between sessions.

Open swim at the Aquatic Complex resumed March 1.

POOL HOURS

Monday - Saturday: Session I 10:00 a.m. - 1:30 p.m.
Session II 2:30 p.m. - 6:00 p.m.

Sunday: Session I 10:00 a.m. - 12:30 p.m.
Session II 1:30 p.m. - 4:00 p.m.

SPRAYGROUND AND SLIDE HOURS

Monday - Friday: 3:30 p.m. - 6:00 p.m.

Saturday: Session I 10:00 a.m. - 1:30 p.m.
Session II 2:30 p.m. - 6:00 p.m.

Sunday: Session I 10:00 a.m. - 12:30 p.m.
Session II 1:30 p.m. - 4:00 p.m.

PROACTIVE ARTHRITIS WATER

AEROBICS CLASS

Proactive Arthritis Water Aerobics classes are held every Monday, Wednesday and Friday, from 10 a.m - 11 a.m. These classes are free to Senior Program members.

TAMARAC SWIM TEAM

TS Aquatics offers a competitive swim program for children, ages 5 - 18, at the Caporella Aquatic Complex. Free tryouts are held Monday - Thursday, 5 p.m. - 7 p.m.

FITNESS CENTER

The Tamarac Fitness Center offers a friendly, non-competitive workout environment with a variety of free weights, machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. Our qualified staff will show you around on your first visit and help you get familiar with the equipment. For more information, contact the Caporella Aquatic Complex at (954) 597-3661 or visit www.Tamarac.org/Parks.

ANNUAL FITNESS CENTER MEMBERSHIP FEES

Adults:	\$150
Seniors/Active Military/Veterans:	\$135
Teens (Ages 16 - 17):	\$95
Teens (Ages 13 - 15):	\$65

Three-month and six-month membership options are also available for adults, seniors, active duty military and veterans.

WEEKLY YOUTH CLASSES

To register or for additional information, including costs, visit www.Tamarac.me/Webtrac.
Classes and schedules are subject to change.
Classes are located at Tamarac Recreation Center, 7501 N. University Dr.

BALLET, TAP AND JAZZ

Saturday | 10 a.m.
\$55 Residents; \$65 Non-residents

CHEERLEADING AND HIP HOP

Saturday | 11 a.m.
\$55 Residents; \$65 Non-residents

TAE KWON DO

Tuesday & Thursday | 5:30 p.m.- 7:30 p.m.
\$80 Residents; \$90 Non-residents

GYMNASTICS

Saturday | 11 a.m.
\$55 Residents; \$65 Non-residents

FAST TRACK

Monday - Friday | 3 p.m. - 6 p.m.
\$150 Residents; \$185 Non-residents

IMAGINATION MORNING Toddlers 2-4 years

Wednesday | 10:30 a.m. - 11:30 a.m.
\$25 Residents; \$35 Non-residents



Ballet, Tap and Jazz class students at Tamarac Recreation Center.

WEEKLY ADULT FITNESS CLASSES

The classes below are held in-person. To register or for additional information, including costs, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change. Classes are held at Tamarac Community Center, 8601 W. Commercial Blvd. or Tamarac Recreation Center, 7501 N. University Dr.

TAMARAC COMMUNITY CENTER CLASSES

BOOTY BARRE WITH CAROL

Monday | 6 p.m.

CYCLING WITH CAROL

Monday | 7:15 p.m.

TRANSFORM 60 WITH MIKE

Tuesday | 6 p.m.

YOGA WITH CAROL

Tuesday | 6 p.m.

CYCLING WITH CAROL

Tuesday | 7:15 p.m.

BALANCE AND RECOVERY WITH GAZELLE

Wednesday | 6 p.m.

ZUMBA WITH KECIA

Wednesday | 6 p.m.

BODY SCULPTING WITH GAZELLE

Thursday | 6 p.m.

CYCLING WITH CAROL

Thursday | 6:15 p.m.

YOGA WITH BETH

Thursday | 7 p.m.

BODY SCULPTING WITH MIKE

Friday | 6 p.m.

CYCLING WITH CAROL

Saturday | 9:30 a.m.

YOGA WITH CAROL

Saturday | 10:30 a.m.

WEEKLY ADULT FITNESS CLASSES

TAMARAC RECREATION CENTER CLASSES

CHEEKY WITH YASMINE

Monday | 7:30 p.m.

ZUMBA WITH MARIA

Monday | 6:30 p.m.

ZUMBA WITH MARIA

Tuesday, Wednesday, Thursday | 9:30 a.m.

ZUMBA FITNESS WITH KARLENE

Tuesday | 7 p.m.

GET EM' WITH YASMINE

Wednesday | 7:30 p.m.

CARIBBEAN DANCE WITH KARLENE

Thursday | 7 p.m.

STRENGTH & TONE WITH YASMINE

Saturday | 9:30 a.m.

WEEKLY SENIOR CLASSES

*The classes below are by registration only. Walk-ins are not allowed.
Participation Platforms: **Z** = Zoom; **L** = Live; **Z&L** = Zoom & Live.*

KICKBOXING LITE WITH MARK

Monday | 10:30 a.m. (**Z&L**)

CREATIVE WRITING WITH JANIE

Tuesday | 10 a.m. (**Z**)

MAT YOGA AND MEDITATION WITH DEBBIE

Tuesday | 11:30 a.m. (**Z&L**)

CARDIO WITH DEBBIE

Tuesday | 12:45 p.m. (**Z&L**)

INTERMEDIATE LINE DANCING WITH HELAINE

Wednesday | 12 p.m. (**Z&L**)

ABSOLUTE BEGINNERS LINE DANCING WITH HELAINE

Wednesday | 1:15 p.m. (**Z&L**)

CHAIR YOGA WITH DEBBIE

Thursday | 11:30 a.m. (**Z&L**)

SPANISH FOR BEGINNERS WITH NATACHA

Thursday | 12:30 p.m. (**Z**)

PING PONG

Wednesday | 12:00 p.m., Thursday | 1:30 p.m. (**L**)

CLAY WORKSHOP WITH MICHELLE

Friday | 10:30 a.m. (**L**)

CHAIR YOGA AND MEDITATION WITH DEBBIE

Friday | 12:45 p.m. (**Z&L**)

JAZZERCISE WITH WARREN

Monday, Tuesday, Thursday, Friday | 10 a.m. (**Z&L**)

YOGA WITH BETH

Monday | 12:30 p.m., Wednesday | 10 a.m. (**Z&L**)

SIT AND FIT WITH DEBBIE

Monday, Wednesday, Friday | 11:30 a.m. (**Z&L**)

TAI CHI/QIGONG WITH MARK

Monday | 9 a.m., Friday | 8:30 a.m. (**Z&L**)

HAPPY HOOKERS

Monday | 12:30 - 2:30 p.m. (**L**)

ADVANCED RUBBER STAMPING

Every Other Thursday | 11 a.m. (**L**)

ZUMBA

Tuesday, Thursday | 11 a.m. (**L**)

PICKLEBALL

Beginners | Monday, Wednesday | 1:30 p.m. (**L**)
Intermediate/Advanced | Tuesday, Friday | 1:30 p.m. (**L**)

VOLLEYBALL

Thursday | 12 p.m. (**L**)

CLASSES ARE FOR MEMBERS ONLY. NO WALK-INS. 55+ Senior Program: Registration is Now Open!

- Visit www.Tamarac.me/Webtrac.
- Choose "Login," whether you have an existing account or not.
- Current and former members must enter a username and password. If you've forgotten your username or password, please select the appropriate option.
- First-time patrons will need to create a new account. Once logged in, please choose "Memberships" and then the "55+ Senior Program."

Classes and schedules are subject to change.

*For information, visit www.Tamarac.org/Parks
or call (954) 597-3620.*

SOCIAL SERVICES

Call our information and referral line at (954) 597-3642 to learn more about these and other social service programs that may be available in Broward County.

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. To make an appointment with a counselor, call Lakshmi at (954) 655-7040 or Jessica at (954) 317-9460. Please leave a message with your name and phone number. Your call will be returned within 24 hours.

FREE HEARING SCREENING

Hear for Good, Inc. provides free hearing tests with a board-certified doctor of audiology and discounted hearing aids through its nonprofit foundation. Pricing on hearing aids is based on income. Please call (954) 597-3642 to make an appointment.

SHINE COUNSELOR

Under a grant from the Florida Department of Elder Affairs, the SHINE (Serving Health Insurance Needs of Elders) Program is a free and confidential counseling service to assist current and prospective Medicare beneficiaries, their families and caregivers. A network of trained volunteers are available to assist with Medicare, Medicare Savings Plans, Medicare Advantage Plans, Medicare Supplemental Insurance, Financial Assistance, Prescription Drug Plans, and more. Call (954) 745-9779 for more information.



SENIOR SOCIAL

Senior social events are available to both residents and non-residents over age 55. Events are held the third Tuesday of every month, at 11 a.m., at Tamarac Community Center. Programs include educational lectures and light refreshments. For more information, contact Monique Alexander at (954) 597-3626.

TRANSPORTATION SERVICES

Door-to-door paratransit service is available to residents with disabilities and those over age 60 with no other transportation. For additional information, please call (954) 597-3649. Tamarac also offers two free community bus routes to locations across the City. They are the Red and Red Extension Transit Routes. Schedules are available at www.Tamarac.org/439 and City facilities. To track buses in real-time, download the Ride Systems app and select "Ride Tamarac."

EXPRESS SHUTTLE

Dates to be announced. Members ride free on the Express Shuttle to Coral Square Mall, BJ's Wholesale Club, Doris Italian Market and other popular stores. There is a \$1 fee for non-members. The shuttle departs from the Tamarac Community Center.

Departures: 10 a.m. or 11 a.m.

Return: 2 p.m.

New shuttles are now available to Broward Mall and Sawgrass Mills.

For more details, please call (954) 597-3649.

Masks are required to ride the shuttle.



VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA)

Qualifying taxpayers can receive free income tax assistance provided by volunteers of Hispanic Unity until April 16. For more information, call the VITA hotline at (954) 678-6882 or visit www.vitataxesfree.org.

FACILITY LOCATIONS

Caporella Aquatic Complex and Fitness Center

9300 NW 58th St.

Caporella Park

5200 Prospect Rd.

Colony West Golf Club

6800 NW 88th Ave.

Gary B Jones Park for People and Pups

8101 Southgate Blvd.

Mainlands Park

4500 Monterey Dr.

Sunset Point Park

11000 W. McNab Rd.

Tamarac Community Center

8601 W. Commercial Blvd.

Tamarac Multi-Purpose Center

7531 N. University Dr.

Tamarac Park Recreation Center

7501 N. University Dr.

Tamarac Sports Complex

9901 NW 77th St.

Tephford Park

10003 Southgate Blvd.

Veterans' Memorial Park

7825 Southgate Blvd.

Waters Edge Park

7508 NW 61st St.

SPECIAL EVENTS

COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles and other artisanal goodies. Come meet the producers and sample their locally prepared, all-natural products.

When: Every Sunday,
9 a.m. - 2 p.m.

Where: Veterans' Memorial Park

GROOVE ON THE GRASS

Join us for a live outdoor performance and food trucks offering a variety of food and snacks for the evening.

When: Friday, March 4
Motown Magic
Friday, April 1
Musix Groove (Latin)

Time: 7 p.m. - 9 p.m.

Where: Tamarac Sports Complex



MOVIE IN THE PARK

Enjoy seeing one of your favorite movies on a huge inflatable movie screen. Bring your snacks, blankets and lawn chairs. No pets, please.

When: Friday, March 11, 7 p.m.
"Space Jam: A New Legacy"

Friday, April 8, 8 p.m.
"Peter Rabbit 2"

Friday, May 13, 8 p.m.
"Encanto"

Where: Tamarac Sports Complex

For more information about programs and activities listed in the Discovery section of Tam-A-Gram, please contact the Parks and Recreation Department at (954) 597-3620. Times and locations are subject to change without notice.

STORY TRAIL

Enjoy a story as you trail through Waters Edge Park, ribbon cutting, and children's activities. Sponsored by the Kiwanis Club of Tamarac and the Parks and Recreation Foundation of Tamarac. Free to children of all ages.

When: Saturday, March 19
11 a.m. - 1 p.m.

Where: Waters Edge Park

PETER COTTONTAIL'S WET & WILD EGG SPLASH

Bring your swimsuit and basket for a splashing good time. For ages 2 to 10 years old

Egg Hunt will be divided per age group.

10:15 a.m. | Ages 2-4
10:30 a.m. | Ages 5-7
10:45 a.m. | Ages 8-10

When: Saturday, April 2
10 a.m. - 1 p.m.

Where: Caporella Aquatic Complex
Fee: \$5 per guest

PETER COTTONTAIL'S EGGSTRAVAGANZA

Event features face painting, bounce houses, games, and an egg hunt for ages 10 and younger. Egg hunt starts promptly at 10 a.m. Don't be late and miss the action!!

When: Saturday, April 9
10 a.m. - 12 p.m.

Where: Tamarac Sports Complex

LEAGUES

The following sports leagues are offered in the City of Tamarac. Registration is available at the Tamarac Community Center.

YOUTH BASEBALL

The recreational baseball league is available for both boys and girls, ages 4-17. Registration for the Youth Baseball Spring League ends on March 31. Practice sessions and games begin in April. The season concludes in June. Space is limited. Volunteer coaches are needed. Practice sessions and games will be held at either the Tamarac Sports Complex or at Tamarac Park.

Residents: \$85

Non-residents: \$100



CITY OF TAMARAC
7525 NW 88th Avenue
Tamarac, Florida 33321-2401

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WELCOME TO PRIX FIXE AT THE VIEW

6850 NW 88th Avenue, Tamarac, FL 33321

SOUP OR SALAD

Soup Du Jour

Please ask your server for the Chef's daily soup du jour

The View House Salad

Organic mixed greens, heart of palm, sliced pear, dried cranberries, cherry tomatoes, roasted almonds, tossed in our house citrus vinaigrette

CHOICE OF ENTREE

Chicken Marsala

Pan-fried chicken cutlets and mushrooms in a Marsala wine sauce

Shrimp Scampi

Garlic butter shrimp, penne pasta served in a white wine and lemon sauce

Chef's Steak Choice

Sliced ribeye, loaded baked potato and a mushroom sauce

DESSERT

A serving of carrot cake



\$22 + Tax and Service Fee

For more information or to make a reservation, call (954) 721-7710 or visit www.ColonyWestGolfClub.com/The-View.