

2017 - 2018 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
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25	26	27	28	29

- Employee Planning (no school for students)
- Schools & Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First & Last Day of School

Hurricane make-up days in order of preference: 10/19/17, 12/22/17, 2/22/18, 3/22/18, 6/6/18

*Year-Round Schools Follow Different Calendars

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September 2017

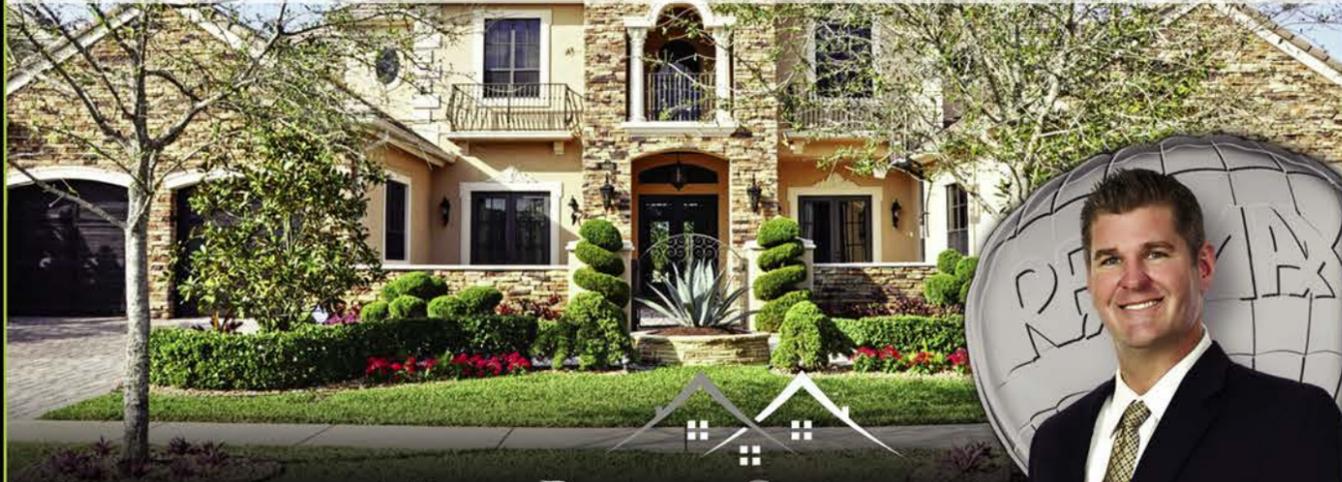
25 YEARS
 Joe DiMaggio Children's Hospital
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See article on page 6



2017-2018
 School Calendar
 Cut Out See back cover

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It's All About Community!

Take a Breath

It seems that we've gone from the slow days of summer to the fast-paced, break-neck speed of "school is in session" in the course of two minutes. The same goes for this September issue of the Spectator. We've got a lot going on! From meeting a brand-new family to baseball champions and onto articles focused on our health and well-being, we're also featuring an organization focused on women's issues, a celebration for a local church's 25th year, and all of the connections you'll need to keep your children involved in constructive extracurricular activities. And if you don't want to miss a minute of what's happening around town, please check out our Up & Coming events (page 38). Don't miss the opportunity to be involved in fun things in our community that will definitely have a positive impact on your family.

Make sure to cut out our Broward County Back to School Calendar on the back cover to assure that everyone's schedule in the family stays on track.

We are so blessed to be part of this community! Thank you for supporting our magazine and each of our advertisers! We are so grateful to arrive in your mailboxes and into your hands every month.

Our prayer is for every family touched by the Spectator and every home in between. God bless our troops,

Shellie & Scott

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Surrender

By Shellie Miller-Farrugia

Being a pet sitter for many years, some of my favorite encounters are the most uneventful. A lover of all things finned, furred, feathered, shelled or scaled, this particular event came when I was taking care of someone's home, dogs, cats and bunny for an extended period of time.

Even the most reclusive cats are eventually attracted to me. I honestly thought that this latest shadow that I'd barely glimpsed for a millisecond on one occasion might be a figment of the owner's (and my own) imagination but for the daily reminders deposited in the litter box. Those little nuggets (pardon the pun) were practically an affront to this compassionate petsitter who was reminded in the most repugnant way that I was failing as a companion to at least one member of the household. My daily rounds of water changes, feedings and walks were met with rubs, mews and satisfied grunts by the other felines and canines in the house, but this holdout was not to be caught loitering near any bowl nor box for the previous week.

But on the eighth day the white flag was flashed, however briefly, by the opponent in my care. Perhaps my busy-ness finally irked the fellow enough that he did what is most likely in every cat's DNA. He had to make me take note of him. The fact that I didn't seem to care that he wasn't letting me see his silky self must have finally gotten the best of him. At no time did I ever search the house, poll the neighbors, call the owners or put notices on every light pole for a square mile that there was a cat missing and must be found. I mean, this diminutive descendant of the King of the Jungle wasn't getting any due from me, so perhaps he'd just had enough of my complacency. So after seven days of never meeting him, I opened a bedroom door and there he sat...on a chair, black as night with bright green eyes. I looked away and walked to another room.

I can play aloof with the best of them. I tucked the dogs in for the night and sat at my computer near the cat's bowl, where it's been all week. I busied myself with a day's load of electronic correspondence and a peek at my Facebook friends, and then who came to have a drink and some kibble, but my shiny, dark charge? "Oh, my," I breathed softly. And then he confidently came directly to me in a way that said, "You're in this house and so am I. It's time you gave me some attention... NOW!" And he very certainly communicated to me in short, insistent meows that he needed me to focus on him alone....rubbing, mewling, pacing, and repeating the pattern over and over and over until he finally turned and wandered away. The whole encounter seemed rather surreal...and yet so catlike.



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Joe DiMaggio Children's Hospital Comes of Age – a Quarter Century of World-Class Healthcare

When it comes to the history of Joe DiMaggio Children's Hospital, one question always comes to mind, "How did it get its name?"

While the man whose moniker graces the hospital was a very private person, Joe DiMaggio's love for children led him to do a very noble deed. He lent his name to Memorial Healthcare System's non-profit children's hospital with the assurance from then President and CEO Frank V. Sacco to never turn a child away because the family could not pay a hospital bill. The deal was sealed with a handshake and a promise.

Since September 17, 1992 when the Yankee Clipper cut the ribbon and officially opened the doors of Joe DiMaggio Children's Hospital, this promise has become engrained in the hospital's mission and its commitment to serving the community. A quarter of a century later, the hospital is recognized for excellence and unyielding dedication to all children in the same spirit as its namesake.

Today, Joe DiMaggio Children's Hospital is the leading children's health provider in Broward and Palm Beach counties – part of Memorial Healthcare System, one of the largest public healthcare systems in the nation. The freestanding hospital is a four-story, 226-bed facility in Hollywood, Florida, that showcases an overall "Power of Play" philosophy with each floor displaying themes of Sports, Arts, Games and Dreams. Patients, families and visitors experience a whimsical world in which treatment and healing intertwine with medical expertise and family-centered care to provide an experience like no other in the Florida healthcare landscape.

"Since opening our doors, our philosophy of patient- and family-centered care has been consistent. It means that families and healthcare professionals are true partners working together to serve in the best interest of the patient," said Chantal Leconte, Administrator and Chief Executive Officer of Joe DiMaggio Children's Hospital.

This practice and philosophy earned the hospital a world-wide recognition as a "Planetree Designated® Person-Centered Organization." This provides the children's hospital a unique commendation for the compassion and care provided to patients beyond the clinical treatment and places them in a distinguished network of only 86 other healthcare organizations worldwide with the same designation. On the clinical front, the hospital has more than 650 physicians on staff, the region's largest diversity of board-certified pediatric specialists. It has developed into a premier, specialized, quaternary care facility qualified to treat some of the most complex and critical medical conditions. Hence, it has been ranked nationally by US News and World Report among the best children's hospitals in the nation for five consecutive years.

Through the years, its clinical expertise has grown to offer programs from rehabilitation to dialysis, as well as, oncology, cardiac surgery, intensive and emergency care to name a few. In 2010, the hospital received federal approval from UNOS (United Network for Organ Sharing) to launch a pediatric heart transplant program, clearing the path for

the first heart transplant in the hospital's history. Since then, the cardiac surgery team has performed 34 transplants. The hospital is preparing to launch a pediatric kidney transplant program. In 2018, the hospital will continue its expansion north by opening its first specialty practice in Wellington, making this the third pediatric specialty practice in Palm Beach with the other two located in Boca Raton.

"From its beginnings, Joe DiMaggio Children's Hospital was designed to stand out as a strong advocate for children's health and wellness," Leconte said. "Now, as we celebrate our 25th anniversary, we look forward to continued growth and service to our patients and families."

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Growing from just a few units on a single floor in Memorial Regional Hospital, we expanded to a new, freestanding hospital in 2011. Our building's design recognizes the "Power of Play" as a healing force, and we've extended access to our high-quality care with eight additional locations across South Florida.

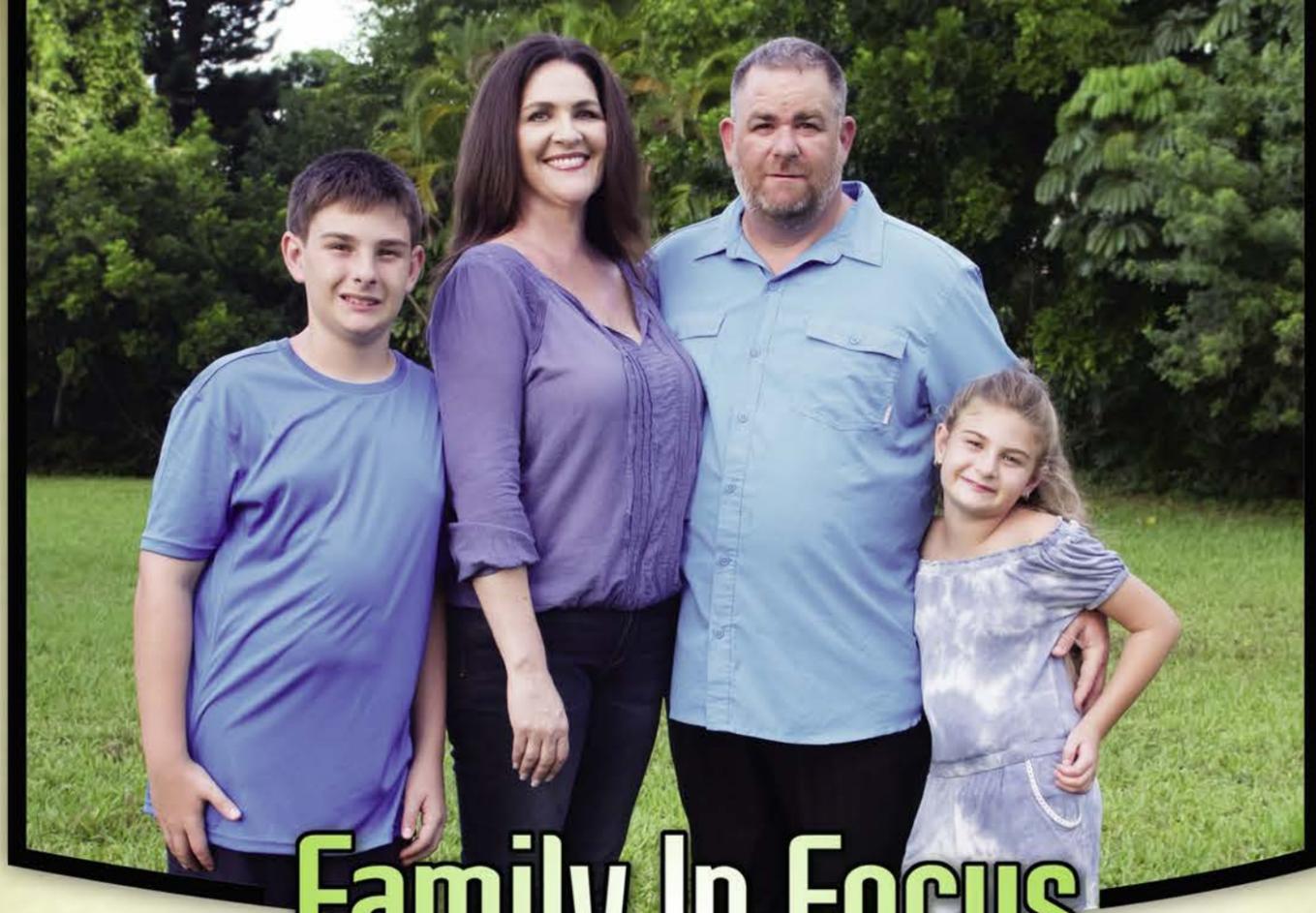
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As we celebrate our 25th year, we thank our patients and their families for your trust in us, and our community for your ongoing support.

25 YEARS
Joe DiMaggio
Children's Hospital
AT MEMORIAL

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Family In Focus

The Taraboulos Family

Coral springs residents for more than 16 years, Paul and Tamara Taraboulos are thrilled to call our community home. Together with their two children Tyler, 12, and Lexi, 8, and dog, Jax, they stay busy with their careers, family time, and involvement with sports and fundraising.

Paul is a marketing associate with a large food service company and Tamara has a long resume that includes luxury retail, law and logistics. Today she is pleased to be able to work from home.

In the 7th grade at Coral Springs Charter School, Tyler enjoys math and playing baseball for North Springs, being a teammate with Coral Springs Basketball and running the fields in the Coral Springs Flag football league.

Lexi enjoys PE in the second grade at Country Hills elementary school and utilizes her athletic talent playing Coral Springs soccer and softball.

Paul has dedicated time to coaching for North Springs Baseball and Coral Springs Flag Football for the past 6 years. He is also on the board of North Springs Little League. Both Paul and Tamara volunteer and get involved with fundraising for the children's schools and support events throughout the community.

Family time is precious to everyone. "We spend a lot of time at the children's sporting events.," Tamara tells us. "Off the field, we attend Dolphin and UM football...and Miami heat games."

Paul adds, "We also enjoy movies, playing board games, ping pong, swimming, and spending time with friends and family."

Everyone loves to vacation on cruise ships together and going on road trips. Friday nights are set aside for family dinner together.

Both Paul and Tamara appreciate that Coral Springs is a family-oriented and kid friendly city. Paul says, "We are grateful to be surrounded by our family and friends and to live in such a great community."

The Taraboulos family worships at Temple Beth Chai.

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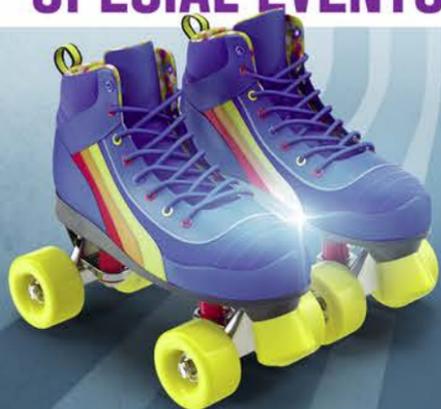
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This Community Really 'Rocks'!

By Stacy Case

Turmoil, disaster and terrorism have nothing on six-year-old Parkland resident Ayel Morgenstern. She has become an integral part of a community-wide initiative to spread cheer, warmth and compassion to those in need.

As a member of the 600+ Parkland (Kindness) Rocks Facebook group, in which members decorate hand-sized rocks with uplifting words or phrases, Ayel spends what little free time she has decorating such rocks and placing them around the city's parks, businesses, other public areas and schools.

Her mom Lauren says, "She's got so much kindness and love, and is just on this mission to spread it around."

Back in the Spring, right around when the Parkland Rocks member group came about, Ayel learned about vandalism at Jewish cemeteries. In fact, she has a distant family member's tombstone at a cemetery in St. Louis that had been tampered with, so she wanted to do something nice. Ayel took it upon herself to hand-paint numerous rocks that she sent to such cemeteries for them to then be placed on the headstones to honor those buried there. To piggy-back on that act of kindness, whenever Ayel learns of any sad events around the country, she continues to put forth some good vibes with her works of art.

"I talk to her about what goes on in the world and now she always wants to do her part to help out," adds Lauren. "I want her to know what's out there, and when she learns that someone or a family member of someone who died is hurting, she steps right in to do something nice for total strangers or people she'll never even meet."

And, Ayel has gone beyond her rock designs and has branched out to other philanthropic ventures. She has also spent some time decorating hats and bookmarks, and before classes at Park Trails started, she even prettied up a segment of the walkway leading up to the school's campus with inspirational sayings and drawings to welcome students back for the first day.

"She has turned our house into a rock painting studio, with the hats and bookmarks now too," Lauren adds. "She's also a competitive dancer, so between that and school, she somehow finds the time to 'give back' to others."

Ayel, along with many other youths in the local area, decorate the rocks and basically play 'hide and seek' with them. Alison Koss, one of the group's Facebook page administrators, donates some of her time toward the cause as well. Once she heard about the concept, she and some others wanted to bring it on a more local scale for those willing to partake.

"It's something that got kind of big so we wanted Parkland to have a chance to do it too," says Alison, who also offers a 'rock trading' station at her business Art Paper Scissors in Parkland. "I think it's a neat thing to do to bring the community together, especially since kids get so excited over it."

Parkland Mayor Christine Hunschofsky is behind the concept all the way. She says,

"The 'Kindness Rocks' project and 'Parkland Rocks' are such a fun and wonderful way for a community to come together and promote positive messages and inspiration."





Parkridge Church Celebrates 25 Years!

Remembering a time when he was new to South Florida, Pastor Eddie Bevill recalls the uncertainty and exhilaration of starting a new church in a town that wasn't his own... yet.

"It's kind of interesting, we were started by a church in Hollywood, Sheridan Hills, when they helped us make 25,000 phone calls," Eddie explains. "We had a script to introduce ourselves, calling everyone in Parkland and the northern edge of Coral Springs. When we received a positive response, we mailed invitations to visit us."

The first service, Sunday, September 20, 1992, brought 225 people and Parkridge began to grow, meeting at Douglas High School for 7 years. In 1996, they began constructing today's campus on Coral Ridge Drive, with services starting in 1999.

Before coming to Parkland, Eddie was at Seminary in Texas and felt God calling him to begin a church somewhere. He thought perhaps California, New England or overseas. Growing up in Alabama, he thought he would be called to more "unchurched" areas of the US or the world. He soon received a call that Sheridan Hills was interested in starting a church in Parkland. "I'd never heard of Parkland," Eddie chuckles. He relates that moving here wasn't quite so difficult because his wife, Laura, was raised in Hollywood, Florida.

To get an idea of their church's whirlwind beginning, Eddie tells us he graduated seminary in May, he and Laura moved here in June, had their first child in August and started Parkridge in September. He explains, "Between July and August was when we made the phone calls! We were actually supposed to make a few more, but hurricane Andrew hit." Involved in hurricane recovery efforts, Eddie was also attending in-home meetings with a few Parkland residents prior to that first official service. And in typical Pastor Eddie humor, he adds, "Amazingly, people still come every week after 25 years! It blows me away!"

As attendance and the Church's involvement in the community grew, Parkridge began a preschool program and

today their Christian school educates 300 children from pre-K through 8th grade. In the process of a major campaign to build a third building on the property, plans are to add more than 40,000 square feet including a gym and 15 classrooms by 2019. Part of this addition will be focused on utilizing sports in ministry with young children.

Pastor Eddie believes that one of the main reasons Parkridge has continued to grow in our area is because, "We try to emphasize relationships with people and the teaching of God's word. We know relationships are important....we count them as significant. It is so fast-paced here. We think it's good to pour into people's lives.

Relationships, authenticity and teaching the Bible are what we focus on. It's what's most important to our church family."

From a visionary standpoint, Eddie and the church are already affecting change through International missions in France, Guatemala and Haiti, influencing connections and leading the charge all over the world. He tells us, "South Florida WAS a place I only viewed as a mission field, but now I view this as HOME! I've lived here longer than any-

where else." Since the church began, Eddie and Laura have had four children, Lucy, 25, Max, 22, Victoria, 20 and Billy, 18. And in classic Eddie humor, he adds, "Please emphasize that I married way over my head! I have been super blessed!"

As we close our thoughtful reminiscence and look to the future, Pastor Eddie says, "People of all faiths are cordially invited to check out Parkridge Church and become part of the family. God has given us such a great church! Some of the most amazing people I've ever known are people I've met here. I'm honored and privileged to be part of it."

Please join the celebration for Parkridge Church's 25th Anniversary! For details, see www.ParkridgeChurch.com or call (954) 346-9009. See ad on opposite page.



25th Anniversary Celebration

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Stress Fractures

By Dr. Howard Gelb

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.

Ankle Arthritis

By Dr. Clive C. Woods

Ankle arthritis can occur for numerous reasons. Majority of patients with ankle arthritis have sustained prior trauma, have an inflammatory arthritis, or history of infection as a cause. Multiple treatment options are available for arthritis of the ankle. Determining the ideal option of treatment requires taking into account level of pain, patient factors, alignment of the extremity, and patient expectations. The goal of bracing is to minimize motion across the ankle joint. Support above and below the ankle joint is a necessity. Patients with arthritic ankles often discover that high top boots and shoes are more comfortable. When considering bracing there are many options ranging from over-the-counter lace-up type athletic ankle braces, to a custom-molded ankle foot orthoses (AFO). In the more severe cases, an Arizona brace (lace-up leather brace) is often a good choice because it provides good support of the ankle joint while still fitting in most types of shoes. Quite often however, the shoe needs to be a bigger size to accommodate the brace. Corticosteroids may have a role in the treatment of arthritic symptoms, but are not without risk. They can cause damage to the soft tissues around the ankle with frequent use. The role of viscosupplementation (i.e. Synvisc, Supartz) injections in the ankle joint remains controversial. The effectiveness of injections can decrease overtime.

The decision for surgical intervention occurs when nonoperative management does not alleviate pain for a patient to continue with activities of daily living. Depending on the severity of the condition ankle arthroscopy can help eliminate bone spurs, scar tissue from trauma, and inflamed tissue within the ankle. The gold standard for ankle arthritis is an ankle fusion. It is an excellent procedure to alleviate pain at the ankle joint. Ankle fusion is not entirely without its problems. After an ankle fusion, approximately 50% of patients demonstrate arthritis in nearby joints within 7-10 years. Since the 1990s, interest in total ankle replacement has re-emerged with improved designs. Ankle replacements eliminate the problem of arthritis in other joints, which occur in ankle fusion. The long-term outcomes of ankle replacement are continually being monitored.

Dr. Woods completed his foot & ankle fellowship at the esteemed Florida Orthopaedic Institute in Tampa Bay, FL and received his medical degree from Meharry Medical College in Nashville, TN where he was a member of Alpha Omega Alpha Medical Honor Society.

While completing his internship and residency programs at University of Miami's Jackson Health System, Dr. Woods provided world class treatment for a variety of South Florida patients – including University of Miami Hurricanes athletes.

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Member of the American Orthopaedic Foot & Ankle Society (AOFAS)

Dr. Woods' areas of expertise include the use of state of the art medical procedures to treat foot and ankle medical conditions including:

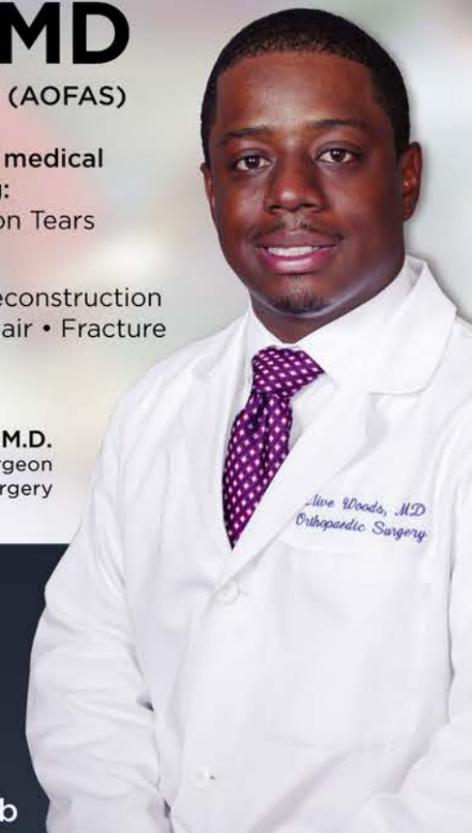
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Living by the numbers

By Shellie Miller

Uncertain as to what brought on my recent realization of the importance that numerals have played in my life, I decided that writing would be my catharsis and hopefully hatch some revelation. A deep relationship with numbers does not require mathematical wizardry, and for most of us, begins as soon as we can communicate. Our arrival comes with a magic "date of birth," and regardless of the annual age change, our lives become forever linked to that number. The query, "How old are you?" has the smallest toddlers raising two to four fingers and struggling with some of their first monosyllabic responses. It helps that English's first six numbers require only terse uttering.

Throughout our childhood, digits stream through our consciousness and are processed as we develop into our adult selves. The grade we're in, the number on our team jersey, how many kids can be invited for a sleepover, how many pets we have, the amount of family members we share the table with, times we've been on an airplane, and numbers of dolls or transformers in our collections continue to ebb and flow throughout our days. When Evan Paulson was 11, he said that the number he thought about a lot was 13. "I was ready to be a teenager," he told me. His sister, Mandy, 6 at the time we met, and Parkland resident, Carol Liversedge, shared the same favorite number, 7. Mandy says she just likes it, but I surmise that her next birthday probably had something to do with it. Carol's reasoning reflects her faith when she says, "Seven is the number of completeness in the bible."



Students going into and attending high school can't seem to get a break from a familiar sequence of numbers represented by initials. GPA, SAT, FCAT and more are the precursors to months of applications, campus visits and the amount of dollars one can receive in scholarships. And when we go out into the working world, numbers take on a veritable life of their own.

Wages, percentage rates, credit scores, stock prices, futures markets and an endless litany of numerals in various orders await us in our adulthood. Purchasing anything is a game of numbers to some, where for others it is a trial of stresses. Liabilities and assets counterbalance each other with the resulting numbers giving us either a sense of security or the need to seek an expert's advice.

Having begun holding up two fingers and saying, "I'm this many," I have come to realize that my identity is comprised of many numbers, but only a few of importance. 1 (God), 4 (kids), 31 (day my husband and I married), 133 (my horse show number) and a special pair of digits that stand out in many aspects of my life; divisible by a number that when multiplied by its square root results in the answer.

Except for 1, all of the numbers pale in importance compared to the number of true friends that we can rely on in a crisis, who will celebrate our joys and help hold us together in our brokenness. Whatever that number grows into, I intend to celebrate its expansion until my last breath.

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Coral Springs Flag Kick Off Jamboree

By Stacy Case

The Coral Springs Flag Football Club has certainly stood the test of time, and continues to draw in hundreds of youth gridders from one season to the next. For the 1972-established program, the games begin in late August and with play-off schedules, the season lasts until about the early part of November.

But this year will be anything other than 'just another season at the park' for all participants. This time, the league decided to kick-off the games with a first-ever Jamboree.

"We're just trying to make some changes and make a few things even better for the kids to have fun out there," says Mike Gorelick, who is in his 6th year on CSFFC Board of Directors and is president now. "We hope to have a smooth season and that the league prospers going forward."

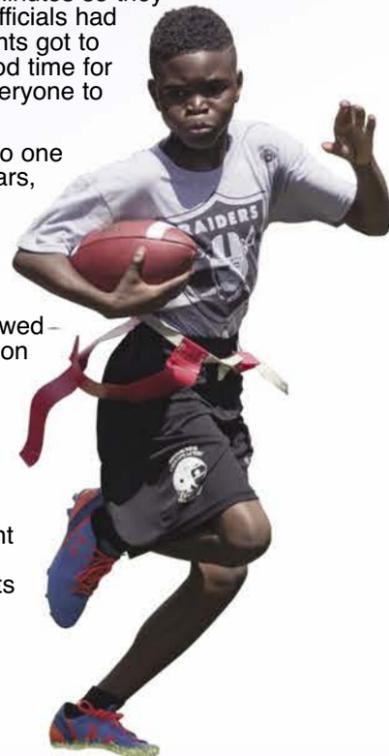
From food trucks and raffle prizes to scrimmages and a rock climbing wall, a good time was had by all Jamboree goers. "We wanted to set ourselves apart from other traditional flag football programs in the area," says Colin Thomas, who takes on the role of CSFFC's secretary and webmaster for the 2017 season. "We didn't want to just see the kids register, play their games and go home, so it was a little something nice we thought we'd put together for everybody in our league to enjoy."

The Jamboree was certainly intended to be a casual, family-fun day, but it was also the time to iron out any wrinkles before games got underway. In that way, each team had a scheduled scrimmage for about 30 minutes so they could do a dry run of their plays. Some of the newer officials had an opportunity to take charge in their stripes and parents got to watch their kids' season begin! "It was really just a good time for all involved," Colin adds. "It was a great chance for everyone to get into that game setting too."

This season, nearly 300 players have been assigned to one of the CSFFC teams. Staying true to form over the years, the league still has its three divisions: freshmen (6 teams, ages 7-9), juniors (9 teams, ages 10-11) and seniors (6 teams, ages 12-14). Both the juniors and seniors play on 100-yard fields while the freshmen field spans 80 yards. Regardless of the division, however, each team has a 14-game regular schedule followed by a double elimination post season. Then, each division not only has its own Super Bowl, but they also recognize the outstanding players in an all star game. Teams, which follow the NFL names, are limited to no more than 4-and-a-half hours per week on the field, for good reason. All games and practices are held at Mullins Park, and consist of 4, 12-minute quarters.

"We know the kids enjoy playing/practicing but we want to be sure to leave ample time for other commitments they may have, such as school or other activities/sports they may take part in," says Colin, who is joined by 9 other board members.

"But more than anything, we are a no-nonsense, zero tolerance league not only for our players but for the officials and fans too."



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For 15 years, this school for children in preschool to 8th grade has been educating students spiritually, emotionally and academically. For more info, www.ParkridgeCA.com, call 954-346-0236 or see ad & article pages 24-25.

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Improving Your Child's Vision

By Dr. Gary Goberville

There are many things parents can do to help their baby's vision develop properly. The following are some examples of age-appropriate activities that can assist an infant's visual development.

Birth to four months

- Use a nightlight or other dim lamp in your baby's room.
- Change the crib's position frequently and change your child's position in it.
- Keep reach-and-touch toys within your baby's focus, about eight to twelve inches.
- Talk to your baby as you walk around the room.
- Alternate right and left sides with each feeding.

Five to eight months

- Hang a mobile, crib gym or various objects across the crib for the baby to grab, pull and kick.
- Give the baby plenty of time to play and explore on the floor.
- Provide plastic or wooden blocks that can be held in the hands.
- Play patty cake and other games, moving the baby's hands through the motions while saying the words aloud.

Nine to twelve months

- Play hide and seek games with toys or your face to help the baby develop visual memory.
- Name objects when talking to encourage the baby's word association and vocabulary development skills.
- Encourage crawling and creeping.

One to two years

- Roll a ball back and forth to help the child track objects with the eyes visually.
- Give the child building blocks and balls of all shapes and sizes to play with to boost fine motor skills and small muscle development.
- Read or tell stories to stimulate the child's ability to visualize and pave the way for learning and reading skills.

Baby's First Eye Exam

An infant should receive his or her first eye exam between the ages of 6 and 12 months.



Dr. Gary Goberville,
Optometric Physician

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By Andrea Goff

Perhaps one of the most destructive and harmful substances to the human body is sugar. Many consider it to be more damaging than alcohol or tobacco, and yet we allow our children to consume it on a daily basis. Sugar has been found to be more addicting than cocaine and heroin. Our bodies do their best to metabolize sugar, but the long-term results can be catastrophic to our health.

The average American consumes around 22 teaspoons of sugar every single day. Much of this can be blamed on carbonated drinks, although sweetened yogurts often carry even more than a can of soda. Around 80% of processed foods contain sugar and it is often hidden in cereals and bread. I was horrified to find that the can of baked beans my family enjoys with our English "bangers and mash" contains 14g of sugar!

Our bodies were not designed to deal with large quantities of sugar. It is known to cause inflammation, upset the body's normal pH, cause obesity and platelet stickiness, affect hormonal balance and interfere with digestion. Even a teaspoon of sugar can disrupt normal body chemistry for a period of 6-8 hours. Thus, eating sugar several times throughout the day keeps the body in biological chaos. In response to refined sugar, the body secretes insulin from the pancreas in an attempt to regulate blood sugar by signaling cells to absorb the sugar and either burn it for energy or store it as fat. Excess sugar means excess insulin and a high blood insulin level.

During the refining process of sugar, 64 food elements are destroyed and most vitamins, minerals, enzymes, amino acids and fiber are removed, leaving only empty non-nutritious, harmful sucrose. When a child eats a product like a sugary cereal, their body must take vital nutrients from healthy cells to process it. Fruit Loops is 88% refined sugar and starch with 12% toxic chemicals promoted as "enriched" essential vitamins. During a University experiment, a box of



Fruit Loops was put into a cage with rats. The rats ate the box and left the fruit loops.

32% of Americans are considered obese, and sugar is undoubtedly the culprit. In the year 1700, the average person ate just 4 pounds of sugar a year, but by 2009 it had become 180 pounds annually. Sugary, carbohydrate rich foods raise the level of feel-good chemicals, such as endorphins and serotonin in our bodies. However, sugar is quickly broken down by insulin leading to a sudden drop in endorphins and setting up a cycle of food cravings, weight gain, fatigue and mood swings that can be hard to break.



If young children are not taught to eat sugar they will not crave it. This can help avoid many behavioral and learning difficulties. Treats should be fruit and a very occasional cup cake at a birthday party. I believe that parents should talk openly about marketing and poisons, and encourage their children to try the many healthier alternatives available at health food stores.

Live nutrient-rich super foods such as spirulina, whole grains, and fresh vegetables such as yams, sweet potatoes and squash may help to curb a sweet tooth. Taking half a teaspoon of L-glutamine powder before meals will help to inhibit food desires. Fruit juices can be as detrimental as soda, since they are loaded with fructose but without the fiber and antioxidants found in fruit. The goal should be to keep sugar intake under 25g a day. Taking a break from sugar for two weeks can help the body be less reactive to it. Look for recipes for home made chocolate that can be made from coconut oil, organic cocoa and a little honey.

In some cultures, when a person becomes sick they have to apologize to their community for not having taken good care of themselves. By keeping our diet simple with fruits, vegetables and unprocessed foods, we can avoid many health problems and enjoy a longer, more fulfilling life.



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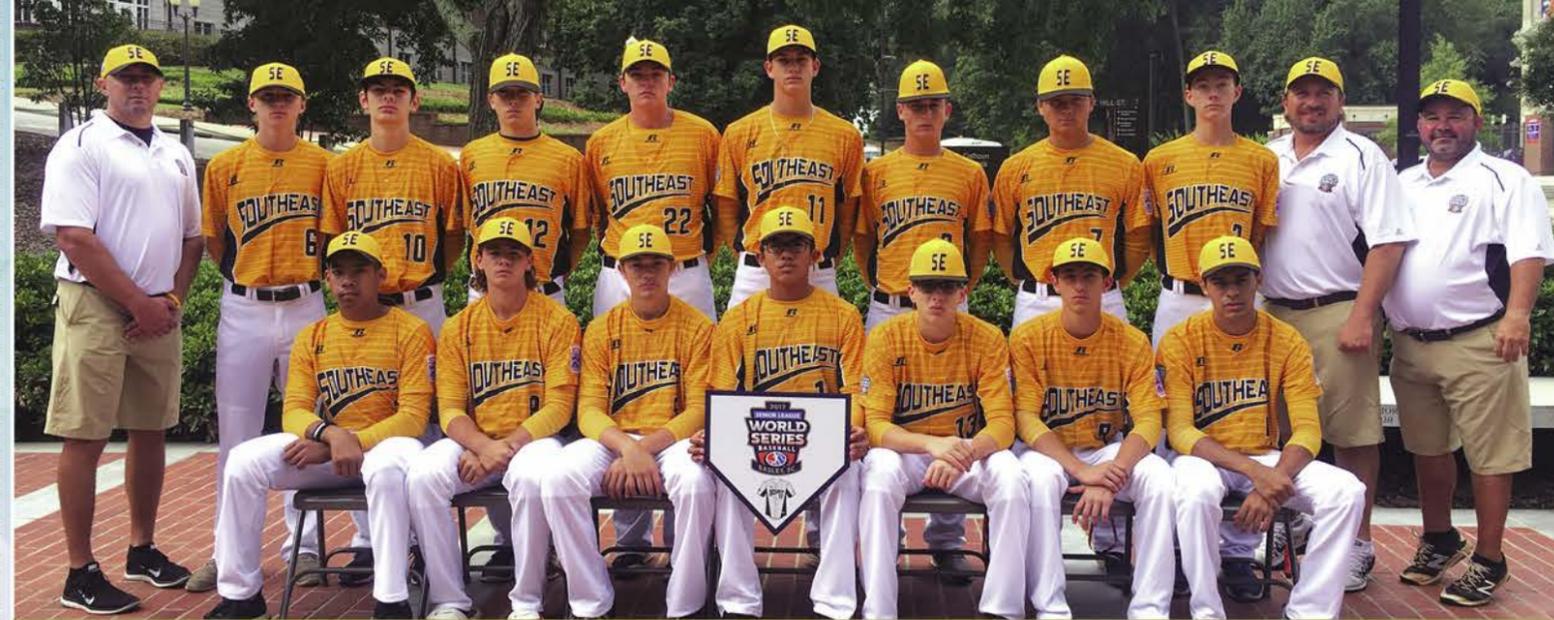
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North Springs Seniors Make History

By Stacy Case

North Springs Little League's Senior All Stars are the USA Champions!

After weeks of running the gamut through the entire circuit of All Star play, they earned a World Series berth and took home the title as the best Senior League baseball team in the entire country.

"Their chemistry was most important and the fact that they gelled together was what made them so successful," says Dustin Brian, who managed the North Springs Senior all stars to a 14-1 final record. "Our pitching was great and whether we got a base hit or a home run, our hitting was timely."

In fact, Dustin's 15-and-16-year-old sluggers scored 135 runs in their 15 game stint, allowing only 35.

They began their local/district play in mid June, in which that win subsequently resulted in them taking home the Sectional title. Then they took I-95 north up to Tallahassee to participate in the 8-team State of Florida tournament. Again, as no surprise to anyone who was following the team, the North Springs Seniors were victorious, now earning a spot at the Southeast Regional Tournament in the Tampa area.

So now, Dustin, who was assisted by Mitch Baker and Brian Makovsky, headed into familiar territory, as he took his Seniors there last year but came up short so he had some unfinished business to take care of this time around. That being said, North Springs 'did' take care of business over on the west coast, won that Southeast Regional championship title, and that propelled them onto the World Series stage in Easley, S. C. They made it to the final game, which was televised on ESPN2.

"You could feel their energy and see them really rise to the occasion in a clear, pressure situation," says Jason Rosoff, North Springs Little League's president.

Dustin and company seemed to be quite prepared when they faced the best teams from all over the globe. And they had a full arsenal, especially on the mound, as their team ERA was only 1.00 heading into the World Series.

"Pulling up to that stadium and stepping onto that field was incredible," says Dustin, who has coached in all of the age divisions during his decade-long tenure at North Springs.

They defeated teams from all of the other various regions in the country, and keeping true to their form all season long, they stayed hot and earned the title of USA Champions. North Springs' USA title then earned them a spot in the World Series championship-determination game on live tv but came up one run short to Panama.

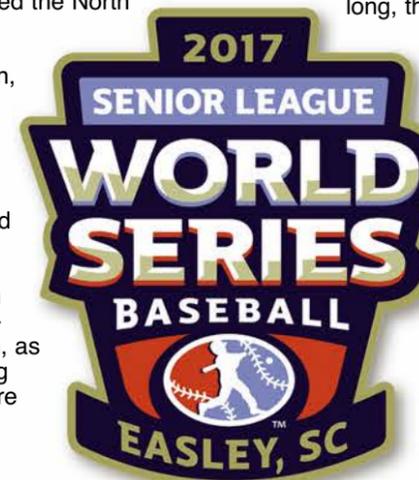
"Seeing the boys and coaches who we've watched at our park everyday suddenly play on ESPN was just surreal; an amazing thing to witness," adds Jason.

Needless to say, the Seniors certainly made North Springs proud, and made history as the league's first team to make an appearance at the World Series level.

"It's something I've always wanted to see achieved and I thought their camaraderie was fantastic," says Frank Kempinger, one of the 1995-established North Springs Little League founders, who met up with the Seniors team each step of the way.

Frank, in fact, had coached more than half of these hometown heroes at one time or another and was impressed with their team unity.

"That really attributed to their success, and I'm happy to say that my summer was spent watching the North Springs all stars," adds Frank, who now lives in the Central Florida area, and visited each of the six North Springs all star teams (ages 9/10, 11, 12, Intermediate, Juniors, Seniors) at some point this summer. "It's great to (still) be a part of this league."



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By Bob LaMendola, Florida Department of Health in Broward County

Mosquito Protection for your Family

Rainy season is here and that means one thing – protect yourself and your family from mosquitoes.

The bug to watch for is the Aedes mosquito, a small biter that is black with white spots and lives right outside or inside your house. They specialize in biting humans, and stay active all day.

Aedes mosquitoes carry Zika virus and other tropical viruses such as chikungunya and dengue fever. Last year, Florida reported 1,450 cases of Zika and 53 so far this year. The majority of cases were in people who contracted the virus while traveling outside the country.

Zika generally causes mild symptoms in adults and children, but it can cause severe birth defects to the unborn child of a woman who contracts the virus.

Zika may appear again this year when rains hatch mosquito eggs. Floridians should not become complacent about mosquito protection.

“Everyone should be aware of mosquitoes and take steps to protect themselves,” says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County. “The best way to do that is to avoid being bitten by mosquitoes. We recommend a practice called Drain and Cover.”

Drain standing water in and around the house. Eliminate even puddles because Aedes can breed in containers as small as a bottle cap.

Get rid of water that collects in garbage cans, tires, buckets, roof gutters, pool covers, coolers, toys, flower pots and plants with pockets, such as bromeliads. Discard items where rain or sprinkler water collects. Clean bird baths and pet water bowls twice a week.

Inside the home, Aedes can breed where water collects, such as refrigerator ice makers, electric toothbrush holders and drips under sinks.

Cover yourself and the openings in your home. If you go outdoors when mosquitoes are active, wear shoes, socks, long pants and long sleeves. Spray your skin and clothing with repellent containing DEET or other approved ingredients (check the label). Keep windows and doors closed, and repair damaged screening.

More information: www.floridahealth.gov/zika
To receive educational materials: 954-213-0607

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Get Your Kids a Concussion Test & Physical

Hundreds of thousands of athletes around the country are training and prepping for the start of the fall and winter sport seasons. Whether you or your child play a contact sport like football, lacrosse, hockey, soccer or basketball, or participate in sports like gymnastics or cheerleading, now's a great time to get outside and work on your game - especially here in sunny South Florida.

At the same time, nearly that same number of young athletes will have to be taken off the field for head injuries. Last year alone, emergency rooms across the country treated an estimated 175,000 young athletes - age 19 and under - for concussions and other traumatic brain injuries.

Professional football players aren't the only athletes who need to be worried about concussions. The brain needs time to fully heal after a concussion - for kids, that period is even longer - because any repeat head trauma increases the chances of serious, long-term problems. Consider these stats from Cleared to Play, a non-profit organization whose purpose is to raise awareness of concussion prevention and treatment:

- 15.8% of football players who sustain a concussion severe enough to cause loss of consciousness return to play the same day.
- 50% of "second-impact syndrome" incidents - brain injury caused from a premature return to activity after suffering a concussion - result in death.



That's why Broward Health Coral Springs wants to make sure every young athlete in South Florida can get an affordable baseline concussion test before the start of the fall sports season. Broward Health's concussion care program is staffed by credentialed ImPACT consultants; the only one of its kind in Broward County. That means you or your child can get the same baseline concussion test the pros get on the sidelines.

The ImPACT test establishes a baseline of an individual's normal cognitive activity and then stores that information in a national database. In the event an athlete suffers a concussion, any attending physician around the country will know what normal cognitive function is for that individual, ensuring a full and complete recovery before getting back in the game.

ImPACT testing is available for children 10 and older and takes about 15 minutes to complete. It costs just \$30 and is available at any Broward Health Urgent Care Center and at Broward Health Coral Springs. Plus, Broward Health Urgent Care Centers will also provide sports physicals at \$25 for youth athletes ages 10-18. Call a Broward Health Urgent Care Center near you by visiting BrowardHealth.org/UrgentCare. Walk-ins are welcomed at the Urgent Care Center. To schedule an ImPACT testing at Broward Health Coral Springs Rehab Department call 954-344-3180 or for more information on ImPACT testing go to www.BrowardHealth.org/ConcussionCare.

Sounds like a win-win, if you ask me!

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- **Pre-Season baseline testing**
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For more information about concussion management or the services available please contact: [Rehab Services Department](mailto:Rehab.Services@browardhealth.org) 954.344.3180.

BrowardHealth.org/ConcussionCare





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Up & Coming

City of Coral Springs Remembrance 5K Run/Walk - Saturday, September 9 Each year, the City remembers the victims and honors the heroes of September 11, 2001. The Remembrance 5K Run/Walk begins at the Northwest Regional Library, 3151 University Dr., at 7 a.m. This is a family friendly event and we encourage groups to register as a teams. See website for registration costs. Awards will be given in several categories. Visit www.itzevents.com

Parkland Eats 'N Beats - Saturday, September 9 Grab your lawn chairs and blankets for an evening of music, food, and great company at the Amphitheater, 10561 Trails End. From 5:30 to 9:30 PM, the City of Parkland will welcome the School of Rock to the stage followed by JIVE. Come hungry because there will also be a wide variety of food trucks to eat from. No tents, pets or alcoholic beverages are allowed within the park.

Coral Springs September 11 Memorial - Mon, Sept 11 The City's annual memorial service in remembrance of the victims and heroes of September 11, 2001, will be held at 6 p.m. at the Northwest Regional Library, 3151 North University Dr. Everyone is invited to be part of this year's commemoration. For more info, call 954-344-1147.

Coral Springs Center for the Arts "20" - Friday, Sept 15 Be seen at Coral Springs' most sophisticated event of the year! "20" is a chic, lively anniversary party beginning at 7 PM and honoring the Coral Springs Center for the Arts, 2855 Coral Springs Dr. The celebration features live music, dancing, passed hors d'oeuvres, tasting stations and luscious libations. You'll meet acclaimed artist Cory Bennett and get a close up view of his smooth, urban style. Tickets: \$50 in advance. <http://coralspringmuseum.org/thisis20/> or \$60 at the door.

Parkland Back to School Splash Bash - Sat, September 16 The City of Parkland's 3rd annual Back to School Splash Bash will be held from 11:00 a.m. - 2:00 p.m. at the Equestrian Center at Temple Park, 8350 Ranch Rd. This event will feature fun in the sun with many water themed activities, inflatables, slip and slides, music, games, crafts, and more! Parkland's local schools will be in attendance as well as Coral Springs-Parkland Fire Department. Admission is free and bathing suits are required. For more info see cityofparkland.org/splashbash.

Parkland Garden Club's First Meeting - Tuesday, Sept 19 From 6:30-8:30pm, The Garden Club is open to residents of Parkland and surrounding cities. Please bring a friend to our September meeting being held at The Parkland Library, 6620 University Dr.. A speaker from Orchard hardware will discuss fall planting. Refreshments provided. For info., call Pam Durie at 954-821-1446.

Parkland Dash - Sunday, October 8 The City of Parkland is hosting the 2017 Parkland Dash 5K, 5 Mile, and 1 Mile Fun Run at 7:00 AM. Benefiting the Crohn's and Colitis Foundation, the race will take place at Pine Trails Park, 10555 Trails End. Check-in will take place from 6:00 - 6:30 a.m. and participants can choose either a certified 5K course, 5 Mile course or a 1 mile fun run/walk. The 1 mile fun run/walk can be enjoyed by individuals or families. Strollers are welcome for all courses. T-shirts will be provided for the first 500 pre-registered participants and food will be available following the race. Awards will be given for overall winners, masters and individual age groups. For more info see www.cityofparkland.org/dash



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