

Easter

• 2018

📍 **SAWGRASS CAMPUS**
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071

MARCH 24 & MARCH 25

 6PM

 10, 11:30AM | 1, 6:30PM

MARCH 31 & APRIL 1

 6PM

 8, 9, 10:30AM | 12, 1:30, 6:30PM

📍 **SAMPLE RD CAMPUS**
3301 RIVERSIDE DR, CORAL SPRINGS, FL 33065

APRIL 1

 9:30, 11AM | 12:30PM

📍 **FT L CAMPUS**
101 SE 3RD AVE, FT LAUDERDALE, FL 33301

MARCH 30 & APRIL 1

 7PM (GOOD FRIDAY)

 5PM

📍 **LAKE WORTH CAMPUS**
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APRIL 1

 9, 10:30AM | 12:30PM



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March 2018

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– **Elie Wiesel, Night**

“There is a saying in Tibetan, ‘Tragedy should be utilized as a source of strength.’ No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster.” – **Dalai Lama XIV**

Our prayer is for every family touched by the Spectator and every home in between. God bless you, our troops and the 17 families who grieve,

Shellie & Scott

church by the glades.com

SAWGRASS CAMPUS
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SAT 6PM
SUN 9, 10, 11:30AM
1, 6:30PM

FT L CAMPUS
101 SE 3RD AVE, FORT LAUDERDALE, FL 33301
SUN 5PM

SAMPLE RD CAMPUS
3301 RIVERSIDE DR, CORAL SPRINGS, FL 33065
SUN 9:30, 11AM
12:30PM

LAKE WORTH CAMPUS
127 SOUTH M STREET, LAKE WORTH, FL 33460
SUN 9:30, 11AM

ON TV! THE CW SUN 11AM | Hallmark CHANNEL M-W-F 6:30PM

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Healing Our Community

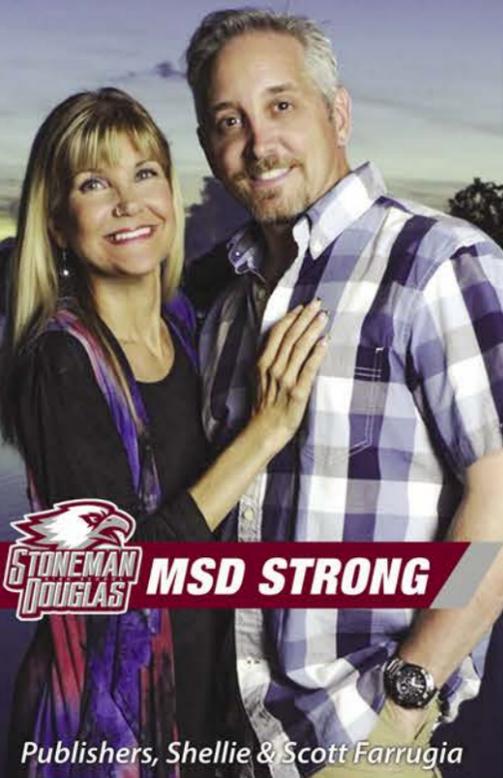
By Broward County Commissioner Michael Udine

Parkland is my home, my community, and where my wife and I have chosen to raise our family. The events of Wednesday, February 14th have hit home for me in ways I could never imagine. Marjory Stoneman Douglas High School is where our sons have graduated, and where our daughter and niece currently attend. Parkland's athletic fields are where we go on a Friday night to watch the Eagles play, or Saturday morning for club soccer. This town and the people in it are special to me in so many ways. I began my public service career 15 years ago as a commissioner in Parkland, then had the honor to serve the City as mayor for 10 years, and now as the County Commissioner of District 3. Reflecting back to February 14th, I woke up on Valentine's Day morning to a sweet note from my wife Stacey. By that afternoon, our world had been shattered. We lost not only students, teachers, coaches and family friends, but even more so we lost a piece of ourselves.

I cannot fathom what it was like for my niece, her friends and teachers to be locked and barricaded in classrooms as the sounds of gunfire and terror echoed throughout the school. I cannot begin to wrap my mind around the football coaches and teachers laying their lives down to save others. My wife, who is the President of the PTA, and I knew all of these great kids, their parents, and the staff members.

In small towns like Parkland, where a high school is the focal point of learning and growing up, unspeakable tragedy has marred our community. We as a society must come together to demand action for those we have lost and for those who have survived. Anything else is unacceptable. In addition, we must demand that Congress enact an assault weapons ban that includes AR-15 semi-automatic rifles and further background checks. Any issue whatsoever that comes up in someone's background should be investigated before they can obtain a gun. Children should not be afraid to go to school, nor should their parents be afraid to send them to school. In the past month and a half, and over the past two decades since Columbine, we have only witnessed inaction. As a society we can no longer tip toe around this epidemic of violence.

As such, for the immediate healing of our community I am calling for the following: No one should ever have to step foot in the building where Wednesday's massacre took place. Today, I call on Governor Rick Scott, the Florida Senate, and the Florida House of Representatives to step up to the plate! Fund the initiative to tear down and replace the existing classroom building where the shooting occurred on February 14th, 2018. All administrators and teachers, together with current and future students at Marjory Stoneman Douglas High School should not be forced to relive this tragedy every day. No child or staff member should ever have to step foot into that building. PERIOD. In addition, funds for a memorial should be appropriated in memory of those who have perished. These members of our high school should never be forgotten, and the state should make all efforts to accomplish this expeditiously during this legislative session. I believe that this is necessary for the healing of our community.



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Spectator™ Magazine

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

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Links Media

Distributed by
US Mail & Baron Express
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Seventeen to Remember...

By Ernie Rospierski, MSD Geography & AP European History Teacher

If I told you I had a 53% your response would totally depend on what that percentage was in reference to, a test score, BOO, but a batting average would put me into Cooperstown for sure on the first ballot. But for me it will always represent the people I lost on February 14, 2018. 9 of the 17 victims of the shooting at Stoneman Douglas were either my students or my friends. I am not asking for pity or your sympathy, because I am still breathing and here, but 53% of the victims were people who I knew, people that I invested time with, and who helped change me. That change is what I have been focusing on of late.

Jaime made me sweeter, she was just kind to everyone she came into contact with.

Cara made me listen better, she was quiet in my class but was always listening and would be the first to get whatever I asked done.

Peter made me remember to have fun. The kid was always smiling and looking to have fun, but made sure to get his stuff done and was the first to ask for help if he needed it.

Luke made me smile and remember to joke with friends and to make sure that sometimes work is not as important as making memories with friends.

Alyssa showed me how to work. She was a grinder. She would get it done even if she did not want to, but it was also done well not just rushed through.

Joaquin made me see what a diamond in the rough truly can be.

Scott reminded me what it is to be a creative fun educator, one who can be counted on to make it fun for kids and for teachers to work with.

Aaron charter member of team large at school, made me remember that no matter what the kid looks like or what they have done, they are just kids and need to be shown love and sometimes that love comes in a gruff exterior.

Chris showed me how important sports can be to students. He was all about making it possible for kids to be successful on and off the field and that success did not always mean winning games.

Seventeen lives lost. Nine lives that changed me, and I am thankful for that. I feel sorry for the many who did not get to know these people. You missed out. I feel for the families who lost and for what these people could have been. But I am happy to have known these people and have been changed by them, and for that I am grateful.

*There are no words to describe,
nothing else to say
That will justify my English
class on Valentine's Day*

– From a poem by MSD student Eden Hebron, 14

*“Our community took 17 bullets
straight to the heart. It is time for
change. We are Douglas STRONG,
we are Parkland STRONG. We will
make a difference.”*

– MSD junior Madison Leal, 16

When Does it Change

by MSD student, Charlie Shebes, 16

It changes when it's you, not the student, but when it's you the parent.

It changes when it's them, your child, not hurt but unable to tell you they're okay.

It changes when it's us and we can't bear it anymore, so we demand change and it is overlooked.

Why should it change?

It should change because you're tired of hearing it on the news.

It should change because now they have to seek counseling just to sleep at night.

It should change because when you see us, you don't really hear us.

What's next?

What's next is you do something about this.

What's next is they get the help they need.

What's next is we are listened to.

So next time you ask when does it change?

Know it changes when me, the sophomore boy without a care in the world is forced to grow up within an hour.



Family In Focus



For the past 16 years, our monthly Spectator magazine has traditionally featured one family in our area. This month, we wish to focus on our own Community Family that is made up of every resident of Parkland and Coral Springs. Consisting of more than 165,000 members, this strong, compassionate family gravitates toward a variety of activities, sports and faiths. A close knit group, they are cohesive in their desire to live in harmonious solidarity with each other.

The recent tragedy at Parkland's Marjorie Stoneman Douglas high school claimed the lives of 17 members, causing residents of our fair cities to rally together, as families who love one another tend to do. Stoic after devastating losses, our Community Family has resolved to change the status quo, make a positive difference for their children and persist until laws and policies are changed for every American.

Please join the Spectator in honoring 17 members of our Community Family that were lost on February 14, 2018:

**Alyssa Alhadeff
Martin Anguiano
Scott Beigel
Nicholas Dworet
Aaron Feis
Jamie Guttenberg**

**Chris Hixon
Luke Hoyer
Cara Loughran
Gina Montalto
Joaquin Oliver
Alaina Petty**

**Meadow Pollack
Helena Ramsay
Alex Schachter
Carmen Schentrup
Peter Wang**



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WEDNESDAY 14th MARCH 2018
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*"Grief is the last act of Love we can give to those we loved;
where there is deep Grief there was great Love."*

the Dalai Lama

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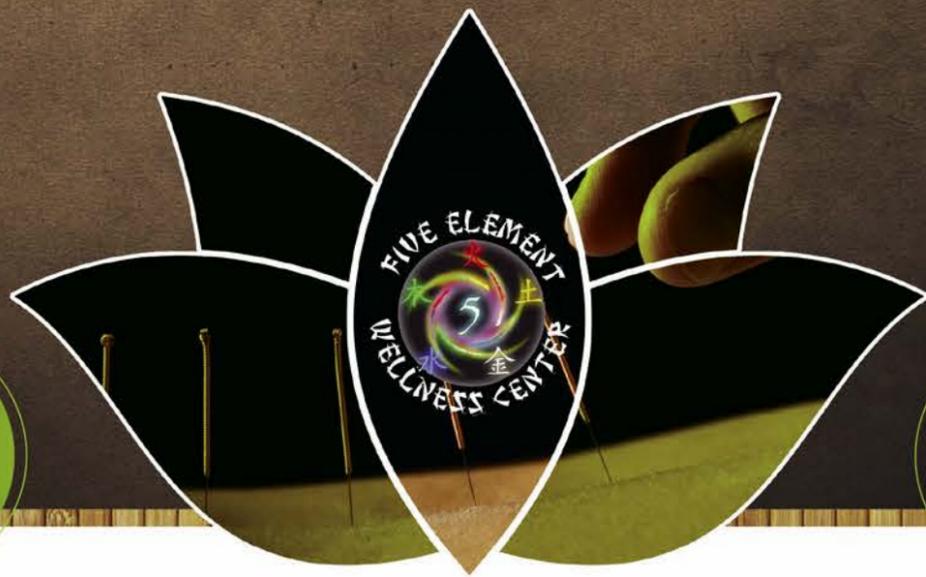
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Dealing with Grief: Chinese Medicine Perspective

By Monique G. Bain, MAC, LAC Acupuncture Physician

The day of February 14th will forever leave a devastating mark in our community. For many of us, just sitting back and watching as our community is being torn apart and grieving is just not an option. As an acupuncture physician, I know that trauma relief is a big part of Chinese medicine, developed and utilized by the military in war zones as well as for our veterans to help with the immediate symptoms of PTSD. Acupuncture can be very effective in helping our community move through such devastating sadness and loss.

The loss of a loved one can be life-shattering and it affects us emotionally and physically. Grief lowers our immune system, making us more susceptible to colds and flus. It also increases the stress hormone (cortisol), which also reduces immunity. Grief is a healthy, normal and necessary process of letting go and it often takes much longer than one expects. Everyone experiences grief differently, but there are common symptoms, such as feelings of shock, disbelief, sadness, anger, guilt, fear, headaches, weight gain and loss, trouble sleeping, fatigue and more. Acupuncture physicians are not psychologists and we don't suggest that acupuncture can replace the role of a good therapist. However, we have seen how supportive community acupuncture can be for our patients through the slow, painful and difficult stages of grieving. Acupuncture is an extremely effective treatment for shock and numbness that follows a traumatic event. Treatments are designed to address how grief shows up for you individually, we will focus on the process of "com-

ing back to life". In Chinese medicine Grief is the emotion of the lungs. The lungs are responsible for taking clean oxygen into the body and releasing carbon dioxide. The lungs are responsible for taking in the new and letting go of the old. Once the lungs are out of balance by untreated grief or prolonged sadness, individuals might experience cough, shortness of breath, asthma, bronchitis, allergies and more.

There are many things that you can do to help through a difficult period of grief. One of the most important is to acknowledge how you are feeling. It is very common for people to avoid feeling emotions that are overwhelming and unpleasant, but it is only by acknowledging our feelings that we may begin to deal with them.



I am acutely aware that alternative treatments will not resolve our community wounds all of a sudden, there is no quick fix for the level of grief and trauma many of us are experiencing, but the treatment will offer emotional support and a safe place to come, just to be and share your emotions without expectations.

As you move through the treatments, patients find that they are able to rest better, have more energy and start developing tools to live with grief and loss on a everyday basis. Patient are then able to identify the pain as they feel it in their body, shift it and move through it.

For more info call 5 Element Wellness at 954-657-8342 or see website www.5EW.com



A Day in the Life of a Teacher

By Andrea Kowalski-Rospierski M.Ed. MSD High School, Language Arts Teacher & Assistant Softball Coach

I'm not sure how to proceed.

Where to go from here, or how to continue moving.

Things need to go back to normal, but I must concede.

Valentine's Day has become an entirely different thing.

I'm a teacher, a coach, a daughter, a wife, a mother, and now a survivor

Of a horrific event that no being should ever have to suffer.

My school day began like all the rest.

A five a.m. alarm followed by groans, getting ready, breakfast, awaking my toddler, and coffee.

Drop my son off at daycare, get to MSD, park, walk in, kiss my husband, and head to class in the nest.

Teach a couple of periods about Jem, Scout, Atticus Finch, and the others in Maycomb County.

Have lunch with my usual colleagues exchanging stories, news, complaints, and jokes.

Then head back to class for personalization and one more lesson of Harper Lee.

The school day is almost complete.

The quizzes are collected, but then the fire alarm sounds.

Odd, a second alarm in one day, yet we get up and leave our seats.

We head outside, following our protocol, a little strange, wait, did I just hear rounds?

Still, they said we'd have a drill, so follow your training. It's fine.

Go down to the softball field. If you say so, but seriously it's just drill?

School has to be nearly over by now.

We are still walking and now we are moving along the canal.

Okay, something is not right. Helicopters overhead and Sheriff cars to the left. Keep going anyhow.

An AP with a radio. Okay what's really going on? It's real, active shooter. No way! Not in this locale.

Yell at students to keep walking. We have to move. Pick up your feet, put your phones away.

We get stuck. We stop. The gate to get out is locked.

School should be over, and it should be time for softball.

Students are scaling the fence, running, most are stuck, and we need a key.

Finally, we start moving again. The gate has finally been opened, no longer an impenetrable wall.

We turn the corner, but the path is single file, so it will take time until we are free.

The slow movement continues and we finally make it through. I make it out, yet remain confused.

The street is filled with SWAT, police, sheriffs, all heavily armed, running into my pedagogical home.

Softball practice should be over and it's time to pick up our son.

I am out. My class is out, but I am incomplete.

My husband should be here, but he was in the building with the gun.

I have no phone, it's in my desk. I didn't grab it when we left our seats.

I make contact. Ernie is out too. I'm okay hon. I love you too.

Hey, can I borrow your phone? Mom, I'm okay. Yes, that's us. It's on CNN.



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What's the Right Age for Children to Get Contact Lenses? Is your child ready?

By Dr. Gary Goberville

Many Children are ready around 10 years of age. If you think the answer may be yes, as a parent, you must first ask these 3 questions. 1) Does your son/daughter really want them? 2) Are they persistent enough to learn to touch their eye to put the contacts on? 3) (and most important) How well does he or she handle other responsibilities? Ask yourself this: Does your child regularly do assigned tasks like making his bed, cleaning her room, brushing their teeth without needing to be reminded (at least not very often)?

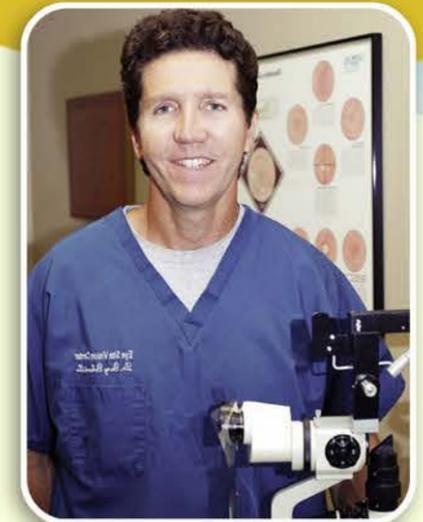
With the improvement of daily contacts, which are the only contacts I will fit children, we can greatly improve complications and eye infections ensuring good health and eye comfort.

If all these criteria are met, then you have some assurance that a visit to the eye doctor for your child's contact lens evaluation should be a successful one.

For kids, contacts lenses can have these important benefits:

- Better optics - for better vision - than eyeglasses. This is especially true of some types of contacts (for example, rigid gas permeable lenses).
- Better peripheral (side) vision.
- Improve your child's self-esteem. Many children would rather not wear eye glasses at school. They may think they look "funny" or "different." Some children find themselves victims of other children's teasing. The change in appearance with wearing contact lenses can give a big boost to a child's self esteem. This might lead to better school performance and friendships.

Call us for any other questions in regards to your child's eyes and contacts. **EYE SITE VISION CENTER 954-344-3937**



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Optometric Physician

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CORAL SPRINGS CHIEFS

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NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities. For more info, go to www.nwbrcc.com or email jaygee725@gmail.com

Soccer

CORAL SPRINGS RECREATIONAL

For more info www.CSYS.org or call Mimi Milton for further info. 954-341-6391.

Softball

YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and

September-November. See the website at www.coralsspringssoftball.com or call (954)344-0171. See ad below

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NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or www.NBPS.org See ad page 13.

SUPER STARS SUMMER DAY CAMP

South Florida's Premier Summer Day Camp! We get your child running, jumping, playing and having a blast all summer long. www.SuperStarsCamp.com or call (954)444-8548.

Special Needs

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THE FRIENDSHIP INITIATIVE

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, call 954-753-9430 or www.thefriendshipinitiative.org See article page 19.

Volleyball

SAND TURTLES VOLLEYBALL CLUB

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Parkland P-Rec

PICKLEBALL

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

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- Baseball - Ages 3 - 7
- Indoor Basketball - Ages 5 - 12

www.i9sports.com
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Important Numbers

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Coral Springs Gymnasium	(954)345-2107
Cypress Park Pool	(954)345-2109
Cypress Park Tennis	(954)345-2100
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Parkland Little League

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www.parklandbasketball.com or call the hotline (954) 227-0989. See ad below

Cheerleading

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Football contact: 954-892-4244 or info@parklandrangers.com
Cheer contact: 954-520-2515 or cheer@parklandrangers.com.
www.parklandrangers.com
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www.parklandlacrosse.com or call Rob Windesheim (954) 324-1444.

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PARKLAND TRAVEL SOCCER CLUB
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www.parklandtravelsoccer.com

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Parkland Leagues - Saturday Only
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www.i9sports.com
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Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Terramar Tennis	(954)757-1910
P-REC	(954)757-4105

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Saturday, March 24th
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Sunday, March 25th
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The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.



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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.

CLIVE C. WOODS, MD

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

- Bunions • Hammer Toes • Arthritis • Neuromas • Achilles Tendon Tears
- Trauma • Fractures • Flat Foot

His surgical specialties include: • Foot Reconstruction • Ankle Reconstruction • Ankle Replacement • Ankle Arthroscopy • Achilles Tendon Repair • Fracture Repair • Injections • PRP Therapy

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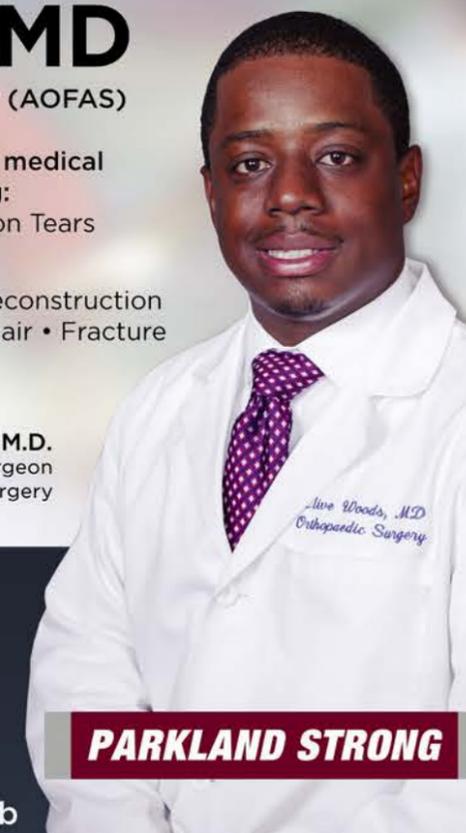
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PARKLAND STRONG



Creative Summers Start Here!

American Heritage Camp Director Wayne Lenoff is passionate about summer camp, not because it's his profession, but because he loves the idea that each camper can have an amazing and active summer experience doing a variety of things that are both fun and engaging.

Hosting summer camps for more than 30 years, American Heritage's summer sessions begin June 11th and continue through August 10th. They are divided into three 3-week sessions, each one different from the other. One aspect of the camp is a traditional day camp where children will experience a variety of activities including various field sports, drama, art, swimming, video arcades and more. The camp supplies healthy lunches, with appetizing choices and snacks throughout the day. Day campers range in age from 3 to 13 and, beginning at age 6, go on a variety of field trips throughout the summer. American Heritage also features specialty camps for children who would like to concentrate in specific areas of interest.

"There's a Robotics Camp for the camper who would like to build a robot and get it to do different tasks, such as digital electronics, 3-D printing, coding with Java and CAM," Wayne says. "Each session has its own unit that they focus on." Going through the list of offerings, he lists the sports activities available. "We host a Tennis Camp for the enthusiast who wants to get out on the courts every day and sharpen their skills; a Soccer camp headed by a former professional soccer player and Olympic development coach, and a Lacrosse Camp run by a former collegiate coach." And the choices don't stop there. Wayne continues, "We also have a Young Artist's Camp where the campers will study and create art using different mediums throughout the summer; a Science Adventure Camp where each session will concentrate on a different aspect of our local ecosystem, such as marine life, where campers will learn how to snorkel to observe marine life and life in the Everglades. Campers will also be conducting different investigative science experiments in our science lab. Video Production Camp is offered for ages 10 to 14 for two sessions." Wayne is

especially proud of the level of each instructor's professional accomplishments and all that they offer to the children. "Because we are a successful college prep school, all of the instructors in charge of our specialty camps are experts in their fields. For instance, our Robotics instructor runs our Pre-Engineering Lab during the school year." Wayne adds, "This is not a classroom instruction type of thing... Everything the children will be doing throughout the summer is hands-on."

For the 9-week camper, Wayne emphasizes that the main goal of American Heritage's program is to ensure that each camper loves the camp experience. "Every 3-week session is different, and each session stands alone. All of our specialty camps include getting the kids out for one hour each day and involved in something else. Most of the time they go swimming because our pool is right here on campus." When asked, Wayne shares his personal favorite. "I love the Day Camp! It lets you experience a variety of activities every day and gives you a well-rounded summer experience."

Free central bus transportation is available every day. A bus picks up and drops off children at one of many central locations. Door-to-door bus service is also offered for a fee, and parents can also drop off and pick up their children.

Involved with the camp for 19 years, Wayne began as a senior counselor and has continued to be a vital part of every summer season. His passion for the campers and the activities available to them is evident in the energy with which he speaks. Definitely focused on his role in making sure that every child attending American Heritage's camp has the best summer of their life, he puts it simply, "We want every child to look back and say, 'Wow! That was amazing!'"

See ad on opposite page.



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Relay For Life of Parkland and Coral Springs • April 13, 2018, 6 pm – 12 am
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www.relayforlife.org/parklandfl

Celebrate, Remember & Fight Back Against Cancer

We live in an age where the words “you have cancer” are heard much too often. This year, more than 1.6 million people will be diagnosed with cancer, according to the American Cancer Society. Beating our biggest rival takes more than breakthrough research. It takes things like a 24/7 cancer help line and free rides to chemo.

On Friday, April 13th, hundreds of participants will join together at the annual Relay For Life at Marjory Stoneman Douglas High School. The event starts at 6:00pm, with a family-friendly, spooky theme of “Fright Through The Night – Come Scare Away Cancer”.

As Relay For Life of Parkland continues to grow, it is getting some extra help from the city of Coral Springs. In 2018, Relay For Life of Parkland and Relay For Life of Coral Springs have been combined together to create a more powerful effort in the fight against cancer.

By joining the Relay For Life movement in our community, we can all help the American Cancer Society attack cancer from every angle.

Kendra Walsh, a breast cancer survivor and Relay For Life event co-lead, will join with other community members to celebrate at the annual event and to raise funds and awareness in an effort to free the world from the pain and suffering of cancer. The Relay For Life movement is the world’s largest peer-to-peer fundraising event to save lives from cancer.

Although it sounds like a running event, Relay For Life is actually a unique walk-a-thon. Teams and individuals come together to celebrate people who have been

touched by cancer, remember loved ones lost, and take action for lifesaving change. Money raised will help the American Cancer Society provide free information and support for people facing the disease today, and fund cancer research that will help protect future generations.

The fun and inspirational event will begin with an opening ceremony which honors cancer survivors and their caregivers, follow by an outpouring of emotion as cancer survivors take the first lap around the track. Anyone who has ever been diagnosed with cancer is encouraged to join the celebration. At Relay For Live events, no one faces cancer alone. A survivor dinner sponsored by local restaurants and businesses follows, as the evening entertainment kicks off with live performers, music and activities.

After dark, a Luminaria Ceremony honors those who are battling cancer and remembers those we have lost to the disease. Lighted luminaria will line the track as participants walk in silence.

Nearly every person who participates in Relay For Life has been touched by cancer in some way and has a unique and personal story to tell. It’s these stories that motivate and inspire them to celebrate, remember, and fight back against cancer. Join cancer survivors, caregivers and the hard-working volunteers at Relay For Life of Parkland and Coral Springs on Friday the 13th of April for this amazing event.

Together, we can beat our biggest rival. Join or donate to the Relay For Life of Parkland and Coral Springs. **Visit RelayForLife.org/parklandfl. See ad on opposite page**



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RelayForLife.org/parklandfl

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Up & Coming

Parkland Farmers Market - Sundays, March 4 & 18

From 9 AM to 1 PM, join Friends and neighbors at the Equestrian Center at Temple Park, 8350 Ranch Rd., for the continuation of the biggest outdoor Farmers' Market in Broward County to shop your favorite fresh and local vendors. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly, so don't forget to visit our pet vendors. If you have questions or need info, please call (954) 757-4105 or email farmersmarket@cityofparkland.org.

Our Town America Festival - Thurs thru Sun, March 9-11

An exciting three-day family festival featuring Coral Springs at its best, the fun happens at the Sportsplex Athletic Complex, 2575 Sportsplex Drive. This year's OurTownAmerica will feature events geared towards family fun and include live entertainment, food court, amusements, arts and crafts, merchant booths, classic car show, and games. Hours are as follows: Friday, 6PM - 11PM, Saturday, 10AM - 11PM and Sunday, 11AM - 6PM. FREE ENTRANCE • ALL DAY, PARKING IS JUST \$5. RIDE ALL DAY WRIST BANDS • ONLY \$25! For more information, visit www.ourtownamerica.org.

Florida Renaissance Festival - weekends only; Saturday, March 3 - Sunday, March 25

Travel back in time to the 16th Century at the 26th Annual Florida Renaissance Festival held at Quiet Waters Park, 401 South Powerline Rd., Deerfield Beach. Open from 10:00 a.m. to

Sunset each weekend though 5/25, more than 100 Performers, including a stable of Jousting professionals, will entertain while more than 100 Artisans will be selling their wares. Children will revel in activities at the Kid's Kingdom, while Food and Drink fit for a King will be plentiful! It's a Fun Family Event for All Ages! For tickets and further information see www.Ren-fest.com and/or the ad page 14.

Coral Springs Festival of the Arts & Gardenfest - Saturday & Sunday, March 17 & 18

Held at The Walk, 2920 N. University Drive, this fabulous two-day celebration from 10 AM to 5 PM brings a fantastic weekend of art, culture, nature and entertainment. The 14th Annual Festival Of The Arts & GardenFest will highlight some of America's finest artisans and contemporary crafters. Stroll the beautiful vendor booths and also shop for exquisite Orchids, Exotics, Herbs, Succulents and so much more. Events also include dance, theatrical, and literary presentations. For more info, visit www.csfoa.org and www.gardenfestcoralsprings.org.

Family Fun Fest - March 23 through March 25

Pine Trails Park, Parkland. Rides, games, music and food. Admission and parking are free. Purchase a \$25 wristband on site for all day unlimited rides. Single ticket purchase also available. For more info call 954-757-4105, visit www.cityofparkland.org/FFF or see ad on page 19.

Coral Springs Family Concert - Saturday, March 24

Come sit under the stars from 7 to 9 PM and enjoy music of Studio 54 with your family and friends. The band is made up of ten seasoned musicians who have toured with and alongside some of the greatest artists of our time. Jump into the fantasy and experience a journey that will take you back in time to when the "platform shoe" was really hip. At Betti Stradling Park, 10301 Wiles Road. Parking and admission are free! For more info, call 954-345-2200.

Church by the Glades Easter Services March 24 - April 1

See ad on back cover for locations dates and times. For more info call 954-755-7767 or visit www.cbglades.com

WorldFest 2018 - Saturday, April 8 Bring your family and friends to WorldFest to experience the diverse cultures that make up the community of Coral Springs. Plan to bring your family and friends to WorldFest at the Sportsplex, 2575 Sportsplex Drive, Coral Springs. Celebrate the diverse cultures that make up our community. Held from 11 a.m. to 6 p.m., WorldFest will feature ethnic foods, live entertainment, arts and crafts and fun activities for children. Experience the excitement of Culture Village, while keeping the kids busy at Kid's World which offers a multitude of activities for the young ones. Admission to the event is free, although there is a \$3 fee for parking. Nominal fees will be charged for the food and rides/amusements. For more info, call 954-344-1063. The Sportsplex is located at 2575 Sportsplex Drive.

Parkland & Coral Springs Relay For Life - April 13

from 6:00 pm-12 midnight at Marjory Stoneman Douglas High School (5901 Pine Island Rd, Parkland). Join local volunteers and participants as we celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Together, we can beat our biggest rival. See ad and article on pages 26 & 27 for more info or visit www.RelayForLife.org/parklandfl

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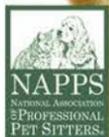
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