

2018 - 2019 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

SEPTEMBER				
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3	4	5	6	7
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OCTOBER				
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29	30	31		

NOVEMBER				
M	T	W	T	F
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DECEMBER				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				



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JANUARY				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
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28	29	30	31	

FEBRUARY				
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MARCH				
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APRIL				
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29	30			

MAY				
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27	28	29	30	31

JUNE				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

-  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 makeup days in order of preference: 10/18/18, 12/21/18, 2/21/19, 3/21/19, 5/9/19, 6/4/19

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# Spectator

August 2018



Back to School with

See article on page 6



2018-2019  
School Calendar  
Cut Out See Back Cover

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# It's All About Community!

## Back to School Already?

Wow! It's time for another back-to-school issue... And another season of anticipation, excitement, and a lot of butterflies! Kids are always so excited for the summer to start, yet as the thought of a new school, new friends and new adventures gets closer and closer, many of them are obviously looking forward to the change.

This issue has a lot of great features and we are so encouraged that you and your family have received it. And even though it's August, it's not too late to check out the private schools that are part of our advertising family. Take a tour and discover incredible opportunities for your children that you may not have considered before. Make sure to look for our school checklist so that you don't leave anything behind, and remember to cut out the Broward County school calendar and put it up where you can check it regularly throughout the 2018/19 school year .

While you're getting in the Back to School groove, stay cool out there and remember, slow down in the school zones! We wouldn't want anyone to get hurt.

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

*Shellie & Scott*

## Back to New Beginnings

By Ashley K. McCardia

Believe it or not, it's time to get supply lists out and start shopping. The time has come for fresh kicks and a souped-up wardrobe. Target hauls are inevitable and I am excited!

Even though parents around the world have just pulled the last rotting piece of uneaten, unidentifiable food particles out of their kids' lunch boxes an hour ago, back to school is nipping at our heels. If you've got small kids like me, you are going to be busy buying holographic Unicorn this and Velociraptor that. We will be on a collective Back to School treasure hunt for character folders and gear. Lisa Frank everything was my jam in the '90s.

For those of you with older babies, your mission will probably include a lot of tears over the wrong type of jeans and dress code violating tops. Lockers will need to be properly decorated ahead of time, too! My locker was always stocked with giant packs of gum, extra mascara, eyeliner and snacks. I was a high maintenance high schooler. Thankfully it was a phase, mostly.

This time of year has always had an air about it for me. When I was a kid, it meant possibilities were endless and I still feel that optimism at the start of a new school year for my kids. Of course, there is also the excitement of brand new clothes and fresh supplies. Who doesn't love the latest outfit on an important day? Following closely behind was always a sense of anticipation of getting your schedule and hoping you have classes with people you know.

Despite my adulthood, if something is new or daunting to me today, I tend to liken it to that first-day-of-school feeling where you really aren't sure if your breakfast is going to stay down. Whether it was my first day of elementary school or high school, the nerves always subsided. I would go home and tell my parents every single detail of my day.

When you stop to think about it, this season each year feels like a magical time of new beginnings. I compare it to the feeling that New Years Day brings. Last year is behind us; we can look forward to new successes and adventures. Whether your kids are little like mine or going back to high school for their last year, a brand new world of friends and opportunity awaits them and us. We parents also get the chance to improve and grow during the new school year. I personally look forward to the challenges of a new academic year because watching our children grow and change is such a privilege.

This could be the year where you finally get packed lunches down to a science. It could be the year your child surprises you with their wealth of new knowledge and wisdom. Maybe they get over that hump that has been holding them back from progressing in a particular subject.

The nerves and stress are always going to be a part of any new adventure in life but I like to think it is also a sign that really good things are coming to us. As another school year approaches and the excitement builds, I wish you all a successful and fun Back to School season!



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# Family In Focus

## The Fotis

Growing up and being part of the Coral Springs community for more than 30 years encouraged Jason and Jennifer Foti to raise their own children here! Sons James, 8, and Jack, 11, stay active with their friends from school and their teammates from baseball. The two of them also enjoy art club in their school where they attend the third and sixth grades. James' favorite subject is reading and Jack's is math.

Jennifer is a kindergarten teacher in Coral Springs. She tells us, "I love teaching Kindergarten and instilling a love of learning at an early age. I want the kids to look forward to coming to school each day and have it be a positive experience."

Jason is a Sergeant for the Coral Springs Police Department and supervisor of the youth liaison unit. This consists of supervising the schools in Coral Springs, the crossing guards and the Coral Springs Police Explorer Program. He has an important perspective and says, "I'm a career law enforcement officer and a MSD Alumnus. I was a first responder at Marjory Stoneman Douglas and what happened that day affected me deeply. I mourn for those families. I feel fortunate to have an opportunity to supervise in the unit that protects students attending school in the City of Coral Springs. I'm proud to work for a my Department because they are an organization that provides the most advanced training to ensure officers are well-prepared and well-equipped."

This husband, father and law enforcement officer offers a viewpoint of solidarity and mutual concern with parents everywhere. "With a wife who is a school teacher and two children in public school, I understand when residents contact the police department concerned for the safety of their children. This is a concern for parents nationwide and I just want to be part of the solution."

Jason has been coaching James and Jack in baseball since T-ball. He has served as a board member for Coral Springs American Little League. Jennifer and Jason both played sports in Coral Springs as children.

Jennifer tells us, "When we have breaks from baseball, we enjoy slowing down and just BBQing and swimming in the backyard. We took a road trip this past winter to Tennessee so the kids could see snow for the first time."

Jason tells us what their family enjoys most about living in Coral Springs. "We love how family friendly and safe the city is. We love to take our kids places that we enjoyed as kids like Mullins Park and the Our Town Festival."

The Foti family attends St. Elizabeth Ann Seton catholic church.



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"1000 & 1" Arabian White Night  
August 18

FRENCH WEEK  
from August 23 to August 29  
"LA CAGE AUX FOLLES" A Night in St. Tropez  
August 25

GREEK WEEK  
from August 30 to September 5  
"ZEUS & CO." Toga Party  
September 1

LEBANESE WEEK  
from September 6 to 12  
"PIRATES OF THE MEDITERRANEAN"  
September 8

SPANISH WEEK  
from September 13 to 19  
"PEOPLE FROM IBIZA" Red & Black Party  
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Many parents think of organized sports when they think of fitness. Though there are many advantages to signing a child up for a sports team, practice and games once or twice a week will not be enough to reach activity goals. Also, with school cut backs, parents can no longer rely on physical education to provide enough physical activity for kids. With the popularity of computers, and more and more smart phones, it is becoming a challenge to get kids "off the couch." And not all kids are interested in sports, so the options for keeping our kids active and becomes more and more challenging. What are parents to do?

**Here are some ways to keep your kids moving at home:**

- Make physical activity part of the daily routine. Household chores to an after-dinner walk, keep your family active daily.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood are fun and healthy.
- Limit time spent in sedentary activities such as watching TV, being online, and playing video games.
- Be active together. It'll get you moving, and kids love to play with their parents.



If you run out of possibilities at home, take advantage of local playgrounds. Make family fitness outings part of your regular routine by letting family members choose an activity — go hiking, ice skating, etc. It's OK if a child isn't interested in traditional sports, but it's important to find ways to keep them active. Encourage a child who doesn't like soccer, basketball, or other team sports to explore other active options, like karate, bicycling, skateboarding, and tennis.

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# Get Set for Some Soccer!!

By Stacy Case

As Summer is just about concluding, some parents may still be in the midst of the decision process in regards to which sport their child should play over the next few months. To aid in that department is Coral Springs Youth Soccer, as it is currently accepting players for this coming season. It is still one of the most popular recreational leagues in the city as it has been since the 1970s. And with divisions spanning from U6 all the way to U19 for both boys and girls, it's no wonder why CSYS has been the obvious choice for thousands of families over the decades.

"We continue to keep making it better for the kids and always focus on them having the best experience," says Alan Hymes, who is CSYS's 2018-2019 president and has been on the Board of Directors on and off for about 20 years. "This is an incredible league year after year, and it's still run by great volunteers."

And during Alan's time with the league, in which his own children have already aged out, he has seen the program flourish. From watching those in the youngest divisions play all the way through their high school years and some taking the sport to the collegiate level, while some graduated to referee status, Alan has witnessed CSYS's participants achieve success in some capacity via the program.

"This is a fair, fun atmosphere for everyone," adds Alan, about the 11-on-11 CSYS game format, in which players participate in 2, 30-minute halves of game time. He says it may also be the equal playing time rules that add to him being happy to say that last season's total of 2,354 players very well may be surpassed this coming season.

"We've had a good amount of players sign up once again but I'd always like to see some more," adds Alan, who is accompanied by about 30 other Board Members. "Our soccer program is wonderful because it's not only a great exercise in a great environment, but it also teaches the players how to work with others of different playing abilities."

In fact, before the season even starts, the league conducts player evaluations. All registrants are placed on a team, and the evaluations are simply to ensure a balance of players' skill levels to offer the best possible play for all involved. Games are scheduled at both Mullins Park and Cypress Park, and run from mid-November until early March.

On-site registrations are scheduled for: Aug. 25 and Sept. 8 from 9am-3pm and Sept. 13 from 7pm-9pm, all at Cypress Hall adjacent to the pool, which is located at 1300 Coral Springs Dr.

For more info, visit [CSYS.org](http://CSYS.org)  
See ad on opposite page.



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Co-owners Brian and Mary Polsky built Fire and Ice after Brian achieved amazing results from cryotherapy. Mary says, "Brian was a kickboxer for years and when he stopped competing he had problems with various injuries. After trying alternative treatments that were not helping, he decided to look into cryotherapy." She tells us he was given options for more traditional treatments including surgery, but wanted to avoid those extreme procedures at all costs. "After being treated with cryotherapy every day, he saw an amazing difference and was no longer in the pain he had been plagued with." As a result of his amazing progress, both Brian and Mary decided to build Fire and Ice to share the incredible benefits of this alternative treatment. After seeing results in hundreds of clients, the couple knows that not everything has to be about pills and surgeries. In the viewpoints of people in almost every age group, economic background and type of injury, Cryotherapy is a life-changing alternative.



An innovative procedure, Cryotherapy exposes the body briefly to very cold temperatures ranging from -220°F to -240°F in order to stimulate multiple health, fitness, weight-loss, healing, and beauty benefits. Elite athletes as well as well-known personalities have discovered the benefits of Cryotherapy in its many forms. In use for more than three decades in Europe and Japan, some believe it was first utilized in the seventeenth century. Incredible muscle-recovery properties benefit users from every lifestyle. In addition, many are looking to Cryotherapy for its positive effects on the visible signs of aging, mood and sleep disorders.

Fire and Ice serves to make a difference for everyone regardless of their profession, age or current health. Mary emphasizes, "We have all different types of athletes, yet we also serve people who have the usual aches and pains." Coming from a background serving nonprofit organizations, Mary says, "My focus is helping people. When I'm here, I see that we are genuinely accomplishing that! Our clients are feeling much better when they consistently attend their sessions."



Medical studies conclude that Whole Body Cryotherapy reduces inflammation and helps to alleviate chronic conditions such as rheumatoid arthritis, osteoarthritis, fibromyalgia, multiple sclerosis, ankylosing spondylosis, psoriasis, dermatitis and osteoporosis. Cryotherapy sessions can be used locally or on the whole body. Localized treatments including facials, fat freezing or targeted pain relief, are conducted with an ice stream machine that emits a torrent of frigid air. The full-body experience takes place in the cryosauna, a chamber for one in which the user wears socks, booties and mittens, but nothing else. The exposure to the extreme cold tricks the body into thinking that it is in hypothermia, causing it to increase metabolic rate and protect the core. Although the body is not at risk, this process causes the body to "burn" between 500-800 calories. Most clients notice a sound night's sleep and the release of endorphins into the body leaves many clients with an immediate feeling of being energized.

**Please visit Fire and Ice at 4651 N State Rd 7, Suite 8, Coconut Creek, or call 954-906-5656. For more info, visit www.fireicespa.com. See ad on opposite page.**

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# Coral Springs Connections

## Baseball & Tee Ball

**NOW REGISTERING!**  
**AMERICAN/NATIONAL LITTLE LEAGUE**  
 For more info. [www.csall.com](http://www.csall.com), or call (754) 551-1501.

**CHALLENGER BASEBALL LEAGUE**  
 Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

**NORTH SPRINGS LITTLE LEAGUE**  
 or more info go to [www.eteamz.com/northsprings](http://www.eteamz.com/northsprings).

**WINTER BASEBALL**  
 Players from Parkland and Coral Springs are welcome. Games are held August - November. [www.csww.us](http://www.csww.us) or call 954-341-0702.

**MEN'S CHRISTIAN ATHLETIC ASSOC.**  
 Teams of every denomination from any faith-based organization are welcome to the league. Please call (954) 796-0933

**CORAL SPRINGS TEE BALL**  
 For more info. call Nick Becker (954)345-2255. See ad below

## Basketball

**CORAL SPRINGS BASKETBALL**  
 Year round play check for sign up dates. [www.CSBCHOOPS.com](http://www.CSBCHOOPS.com) or call (954) 360-1200 or Barry Popock (954) 599-6660

## Flag Football & Cheerleading

**CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING**  
 For more info, call 954-406-0660, email [info@csffc.org](mailto:info@csffc.org) or go to [www.CSFFC.ORG](http://www.CSFFC.ORG) See ad page 15.

**ULTIMATE FLAG FOOTBALL**  
 For more info. see [www.UltimateFlagFootball.org](http://www.UltimateFlagFootball.org)

## Health & Fitness

**FITWIZE 4 KIDS**  
 We offer fun and innovative fitness and nutrition programs for kids between the ages of 5 to 15 that build self-esteem and stronger bodies. For more info, see [www.Fitwize4kids.com](http://www.Fitwize4kids.com) Call 954-363-2349. See ad and article pgs 10-11..

**NEXUS CYCLE FITNESS STUDIO**  
 The newest and most innovative group exercise option in South Florida. Four unique group fitness classes are available: Indoor group cycling, Small group fitness, Yoga and all NEW Pound fitness. For more info call 954-369-1461, email: [nexuscycle@gmail.com](mailto:nexuscycle@gmail.com) or visit [www.nexuscycle.com](http://www.nexuscycle.com)

## Tackle Football & Cheerleading

**CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING**  
 For more info see [www.cschargers.com](http://www.cschargers.com)

## Horseback Riding

**MALACHI ACRES**  
 Riding Lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction. For more info. call 954-255-7185 See pg 30.

## Ice Skating & Hockey

**FLORIDA PANTHERS ICE DEN**  
 The triple rink known formerly known as Saveology has programs all year long! [www.PanthersDen.com](http://www.PanthersDen.com) or call (954)341-9956.

## Lacrosse

**PARKLAND REDHAWKS**  
**NOW REGISTERING!** For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com) See ad page 18.

## Running

**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.nwbrrc.com](http://www.nwbrrc.com) or email [jaygee725@gmail.com](mailto:jaygee725@gmail.com)

## Soccer

**NOW REGISTERING!**  
**CORAL SPRINGS RECREATIONAL**  
 For more info [www.CSYS.org](http://www.CSYS.org) or call Mimi Milton for further info. 954-341-6391. See ad and article pages 12-13.

## 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](http://www.coralsspringssoftball.com) or call (954)344-0171. See ad below

**CORAL SPRINGS WOMEN'S SOFTBALL**  
 Players 18 & older can join the slow-pitch teams that play on Sundays and Monday evenings at Forest Hills Park. Call Barb Pantazis (954) 344-4449.

## Pet Sitting

**SAFE AT HOME PETS**  
 Bonded and insured with more than 30 years experience, keep your pet's routine predictable when you can't be home. Overnight stays or daily stop-ins. For more info. call 954-415-5425.

## Private Schools & Camps

**CONGREGATION BETH ADAM**  
 Children's Sunday School Program. Jewish culture, history, traditions, and Hebrew language, kindergarten through Bat/Bar Mitzvah, taught with a modern, human-centered, non-theistic approach. For more info, call 561-443-1769, email [info@bethadam.com](mailto:info@bethadam.com), or visit [www.bethadam.com](http://www.bethadam.com). See ad below.

**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](http://www.NBPS.org) See ad and article pages 6-7.

**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](http://www.SuperStarsCamp.com) or call (954)444-8548.

## Special Needs

**PARKLAND BUDDY SPORTS**  
 Find out about league offerings and activities. [www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

**CHALLENGER BASEBALL LEAGUE**  
 Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

**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](http://www.thefriendshipinitiative.org)

## Volleyball

**SAND TURTLES VOLLEYBALL CLUB**  
 Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. [www.sandturtlesvolleyball.com](http://www.sandturtlesvolleyball.com)

## 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 wiffle 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.

## i9 Sports - Youth Sports Leagues

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

[www.i9sports.com](http://www.i9sports.com)  
 954-227-9955 (M-F, 9am-8pm)

## Important Numbers

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



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**Congregation Beth Adam**  
 South Florida Center for Humanistic Judaism

**Children's Education Program** Our Sunday School welcomes everyone who wants their child to learn about being Jewish in our modern secular world. We celebrate Jewish history, culture, and traditions, with a human-centered, non-theistic approach.



**We Teach**

- Appreciating and celebrating our Jewish identity, holidays, customs, and culture
- Taking responsibility for our own lives and actions
- Conversational Hebrew

**Open House & FREE Initial Class**  
**Sunday August 19 at 9 am**

Open House, class to follow 10 am - 12 noon  
 at Olympic Heights Community High School,  
 20101 Lyons Rd, Boca Raton



**We Offer**

- Small class sizes at a reasonable cost
- Classes that meet only twice a month
- Experienced teaching staff
- Grades Kindergarten through Bat/Bar Mitzvah
- Post-Mitzvah Youth Program

For more information about **Congregation Beth Adam** and the **Children's Education Program**, please call 561-443-1769, email [info@bethadam.com](mailto:info@bethadam.com) or visit [www.bethadam.com](http://www.bethadam.com)  
 For more information about **Humanistic Judaism**, visit [www.shj.org](http://www.shj.org)

# Parkland Connections

## Parkland Little League

For more info, call (954) 604-2442 or visit [www.parklandll.com](http://www.parklandll.com)

## Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989. See ad below

## Cheerleading

PARKLAND CHEERLEADING CLUB  
Contact Susan Kelton (954)575-9575.

## Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football contact: 954-892-4244 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 954-520-2515 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com)  
[www.parklandrangers.com](http://www.parklandrangers.com)

## Flag Football

PARKLAND FLAG FOOTBALL  
For more info, see [www.parklandflag.com](http://www.parklandflag.com)

## Horseback Riding & Camp

**MALACHI ACRES**  
Riding Lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction. For more info, call 954-255-7185 or go to [www.MalachiAcres.com](http://www.MalachiAcres.com). See ad pg 30.

## Lacrosse

PARKLAND REDHAWKS  
NOW REGISTERING! For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com) See ad below.

## Soccer

NOW REGISTERING!  
PARKLAND SOCCER CLUB  
For more info, call (954)410-5172 or [www.parklandsoccer.net](http://www.parklandsoccer.net) See ad page 19.

PARKLAND TRAVEL SOCCER CLUB  
For more info, call Keith Brodsky 954-439-2596  
[www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com)

## 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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Children's Sunday School Program. Jewish culture, history, traditions, and Hebrew language, kindergarten through Bat/Bar Mitzvah, taught with a modern, human-centered, non-theistic approach. For more info, call 561-443-1769, email [info@bethadam.com](mailto:info@bethadam.com), or visit [www.bethadam.com](http://www.bethadam.com). See ad page 17.

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## FITWIZE 4 KIDS

We offer fun and innovative fitness and nutrition programs for kids between the ages of 5 to 15 that build self-esteem and stronger bodies. For more info, [www.Fitwize4kids.com](http://www.Fitwize4kids.com) Call 954-363-2349. See ad and article pages 10-11.

## 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](http://www.SuperStarsCamp.com) or call (954)444-8548.

## i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only  
Soccer - Ages 3 - 12  
Baseball - Ages 3 - 7  
[www.i9sports.com](http://www.i9sports.com)  
954-227-9955 (M-F, 9am-8pm)

## Important Numbers

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



# PARKLAND SOCCER

## 2018-2019 RECREATIONAL PROGRAM

### ONLINE REGISTRATION ONLY

Visit: [www.ParklandSoccer.net](http://www.ParklandSoccer.net)

NEW PLAYERS need a birth certificate and 2 proofs of residency. Returning players need 2 proofs of residency. Non residents MUST have a city issued sports card number. Online registration also for coaches, assistant coaches and team sponsors.

FOR MORE INFORMATION  
CALL 954-410-5172 or  
email [p6336@aol.com](mailto:p6336@aol.com)

Referees Always Needed  
for Our Expanding Program

• COACHES & TEAM SPONSORS ALWAYS WELCOMED



2019 SEASON

# 2019 Registration is Now Open

[www.parklandlacrosse.com](http://www.parklandlacrosse.com)  
**Boys & Girls Grades K-8**

Registration is on a first come/first serve basis. Divisions will be closed out when the maximum number of coaches/teams have been reached.



**First Time Player Clinic** (Pine Trails Park- Turf Field)  
Sunday, Sept. 16, 2018 4-5:30 PM

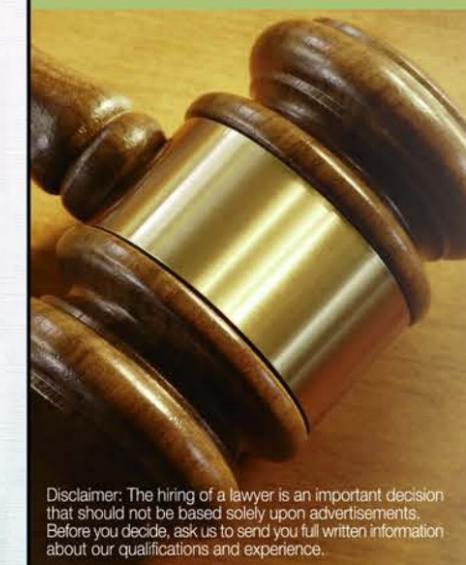
<b>DIVISIONS:</b>	<b>BOYS &amp; GIRLS FEE SCHEDULE</b>
U14 7th & 8th Grades	U6 ..... \$100 + \$30 USL fee
U12 5th & 6th Grades	U8 & above.... \$200 + \$30 USL fee
U10 3rd & 4th Grades	All players must acquire US Lacrosse membership directly from US Lacrosse prior to registering. *NEW USL LDAM RULES
U8 1st & 2nd Grades	
U6 Kindergarten (Lil Laxers = Soft Sticks)	

**PRACTICE**  
• Preseason begins in January • Regular Season begins in February  
For questions please email [parklandredhawks@gmail.com](mailto:parklandredhawks@gmail.com)

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## Normal Height and Weight in Growing Children

By Lisa Kenigsberg, MD,  
Broward Health Coral Springs  
Pediatric Endocrinologist



For parents, it can be very difficult to know if their child is growing appropriately in both height and weight. Once children reach school age, they often visit their pediatrician's office only once a year. There can be so much to cover in that one visit, that there is not always enough room for parents to ask all of their questions about their child's growth. Most parents are familiar with growth charts and percentiles, but it can be hard to identify the normal percentile for their child.

There are many factors that contribute to growth. One of the most important aspects to consider is parental heights. Mom and dad's height plays a large role in how tall their child will be. Other factors, like nutrition and timing of puberty, contribute as well. Medical conditions such as thyroid hormone abnormalities, deficiency of growth hormone, or any chronic medical condition like celiac disease, sickle cell disease, or heart disease, can also hinder normal growth.

A child's weight is another important measurement for parents to track with their pediatricians. Children that are underweight may also not grow well in height. Often, being underweight can be a sign of an underlying medical condition- a pediatrician may recommend a visit to a pediatric gastroenterologist if there is difficulty gaining weight.

Obesity, or being overweight, is another common medical problem that is increasing in prevalence as our lifestyles have become low in exercise but high in calories. There are some steps parents can take to avoid obesity such as excluding sugary drinks or soda and

controlling the quality and amount of carbohydrates in their children's diets. Exercise is also extremely important. Children are spending more time indoors and less time playing outside. This reduction in activity level is contributing significantly to the obesity epidemic.

It is important to remember that no two children are alike. The best way to tell how to improve your child's nutrition is to meet with your pediatrician, a specialist who cares for children with obesity like a pediatric endocrinologist, or with a nutritionist. Screening for any underlying medical condition as the cause of weight gain is very important and a doctor can assess all possibilities.

In general, your child's growth in both height and weight should be evaluated on an ongoing basis. Look out for signs of concern like rapid increases or decreases in height or weight percentiles, or height or weight measurements that are below or above the standard growth curves. When in doubt, discuss your concerns with your child's pediatrician. If needed, they can then refer you to a specialist for further evaluation.

**To learn more about this topic and to find answers to your questions, Broward Health Coral Springs is hosting a free lecture with pediatric endocrinologist, Dr. Lisa Kenigsberg on Tuesday, August 7, 2018 from 6-7pm at the hospital's Medical Office Complex at 3100 Coral Hills Drive. For more information or to register, please call 954-759-7400, and select option 5. See ad on opposite page.**



## Is My Child's Height & Weight Appropriate for Their Age?

### What Growth Charts & Scales Don't Tell You

Come learn about your child's fluctuations in height and weight and what this could mean for your child's development. Get the facts about how weight can affect your child's height, and learn tips to make sure your child maintains a healthy weight.



**Speaker:** Dr. Lisa Kenigsberg  
Pediatric Endocrinologist

**Date:** Tuesday, August 7 from 6-7pm

**Location:** Broward Health Coral Springs  
Medical Office Complex  
3100 Coral Hills Drive, Coral Springs

**Call 954.759.7400 To RSVP Today!**



# International Dinner Dance

Bella Notte in Italia – That's Amore!



John Monforto, "Italian Night Show"



Tarantella Dancers



Saturday  
September  
15, 2018

Coral Springs Marriott  
at Heron Bay  
11775 Heron Bay Boulevard

7 p.m.  
Cocktail Hour

Cash Bar

8 p.m.  
Dinner, Dancing &  
Live Show

Complimentary Dinner Wine

\$60 per person  
Tickets are limited

\*No tickets will be sold at the door



Purchase tickets online! [CoralSprings.org/DinnerDance](http://CoralSprings.org/DinnerDance)

Questions? 954-344-1063 • [lcutz@coralsprings.org](mailto:lcutz@coralsprings.org)



## Peace of Mind For Parents

By Dr. Nancy Wiley, DDS

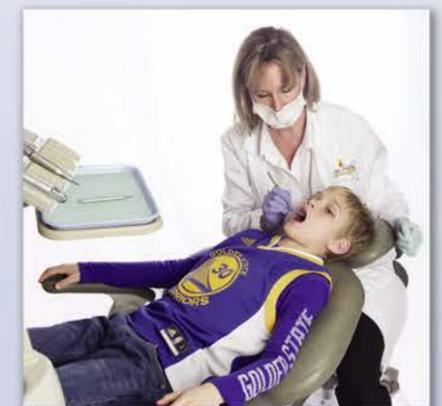
Every parent wants the best for their child. A common question seems to concern the right time to start orthodontics. The American Association of Orthodontics recommends that children be screened at age 7. The reason for this is that there may be developmental difficulties that are not yet apparent to you or your dentist. Reasons to start early treatment include:

1. Severe crowding
2. Severe growth discrepancies such as over jet (often mistakenly called over bite) and deep bites
3. Under bites or cross bites
4. Impacted canines or other impacted teeth
5. Habits such as thumb sucking and mouth breathing
6. Psychological or self-esteem issues

Many times, early intervention will prevent the need for more complicated and costly future treatments, extractions, damage to permanent teeth, facial asymmetries, joint disorders and psychological damage due to peer influence. At a young age, intervention can achieve things that may not be possible once the face and jaws have finished growing. Most orthodontists who recommend early treatment do so purely for the sake of their patient. If a child is made to wait until their permanent dentition fully erupts, treatment time and cost can often be greater than with early intervention. As a parent, having peace of mind is invaluable. By seeing an orthodontist early, a parent can know that they have given their child a start to a beautiful, healthy smile.

Dr. Wiley attended the University of Maryland graduating with honors in Biology in 1984. She then relocated to Manhattan where she received an Master of Science degree in Nutrition, a Doctorate of Dental Surgery degree, and a Certificate in Orthodontics from Columbia University. **She is a Lifetime Diplomate, Board Certified Orthodontist.** Board certification is an elective process that includes an examination designed to assess the knowledge, skills, and clinical expertise required to provide quality patient care. This process typically takes 5-10 years and exemplifies an orthodontist's commitment to a high level of treatment excellence. In private practice since 1991, Dr. Wiley is also a Gold Plus status Invisalign® provider and was the top Invisalign® and Invisalign Teen® provider in Coral Springs for 2017. In her spare time Dr. Wiley enjoys riding horses and attending equestrian events.

Call 954-753-0015 or visit [www.WileySmiles.com](http://www.WileySmiles.com) to schedule an appointment for your child's (or your) orthodontic evaluation. See ad on back cover.





## Get Ready to Go Back to School!

By Michael Udine, Broward County Commissioner

The lazy hazy days of summer are soon coming to an end. Very soon the kids will be “back to school.” Stacey, I, and our three children (who are now in college!) know that this is the time of year that is so exciting and so busy. With that in mind, a few helpful things to remember. August 3-5 is the sales tax holiday in Florida on back to school clothing and supplies. Great opportunity to save money. Also remember that proof of immunizations, medical exams, and other forms are due prior to registering for the year. Check out [Browardschools.com](http://Browardschools.com) for answers to all your questions.

Looking for after school opportunities? Explore the various programs that you enjoyed over the summer at our libraries that continue throughout the year. Want to learn sign language? 3D printing? Use internet access? Or just read your favorite novel our libraries have it all! [www.Broward.org/library](http://www.Broward.org/library) will give you all the information you need.

In addition, Broward County has many sports opportunities for the community. Your local parks play host to Baseball, Tennis, Soccer, Football leagues, and don't forget Pickleball! There is a league and sport for everyone at any age. Check out a list of parks and approved leagues at [www.broward.org/parks](http://www.broward.org/parks).

Please remember we hold office hours at the following locations on the third Wednesday of every month. You can come in and meet with a member of my staff about any questions you may have regarding Broward County. In Coral Springs, at City Hall which is located at 9500 W. Sample Road, from 10 AM to 11:30 AM. In Tamarac, at City Hall, 7525 NW 88TH Avenue, from 2:30- 4:00 pm. Please schedule an appointment by calling (954)357-7003. We look forward to seeing you!

I am always available to discuss any issues or concerns. I can be reached at [MUdine@Broward.org](mailto:MUdine@Broward.org) or (954) 357-7003. If you are not following me on social media you are missing up to the minute updates as things occur. I encourage everyone to follow me on social media as well @MichaelUdine on Facebook, Twitter or Instagram or [www.commissionerudine.com](http://www.commissionerudine.com)

## Eye Exams for Children

By Dr. Gary Goberville

### When should kids have their eyes examined?

According to the American Optometric Association (AOA), infants should have their first comprehensive eye exam at 6 months of age to rule out problems such as retinal Blastoma, a serious eye tumor that causes permanent loss of vision and death. Children should then receive additional eye exams at 3 years of age. For school-aged children, the AOA recommends an eye exam every year if no vision correction is required. Children who need eyeglasses or contact lenses should be examined annually or according to their eye doctor's recommendations.

### Early eye exams are important because children need the following basic visual skills for learning:

- Near vision
- Distance vision
- Eye teaming (binocularity) skills

Help your child do their best this upcoming school year. Vision problems cause 80% of learning problems in school. Make sure your daughter/son is well prepared by having an eye exam and ensuring they have 20/20 vision.

Remember, vision screenings and pediatric exams are good, but do not detect many issues and problems in your child's eyes. They should not be mistaken as a complete eye exam.

When scheduling an eye exam, choose a time when your child is usually alert and happy. Specifics of how eye exams are conducted depend on your child's age, but an exam generally will involve a case history, vision testing, determination of whether eyeglasses are needed, testing of eye alignment, an eye health examination and a consultation with you regarding the findings. **Have any questions or need an eye exam. Contact Dr. Gary Goberville 954-344-3937**



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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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## Just a Sprain By Dr. Clive C. Woods

A sprained ankle is one of the most common orthopaedic injuries, with approximately 25,000 sprains occurring daily in the United States. Many people consider it "just a sprain" and fail to treat it with the respect it deserves. I am a fellowship trained foot and ankle orthopaedic surgeon, and see many patients who neglect ankle sprains months later and present with chronic ankle pain. The consequence of this neglect may lead to an unstable joint secondary to weakness, ligamentous laxity, and lack of confidence in the ankle to function properly. It is important to know how ankle sprains can be prevented and the manner in which they should be treated. The ankle is held together by bands of elastic fibers called ligaments. A sprain results when one or more ligaments are stretched beyond its limit. In a severe sprain, the ligaments can tear partially or completely. Sprains occur when the foot turns inward (inversion) or outward (eversion) to an abnormal degree with respect to the ankle. Ankle sprains can occur from stepping on an uneven surface, particularly when wearing shoes with high heels; stepping wrong off a curb or into a hole. In athletics, common causes of sprains include landing or stepping on another player's foot, or having to make quick directional changes, as in basketball, football and soccer. The recommended first aid for an ankle sprain, begins with the acronym RICE: R for rest, I for ice, C for compression, and E for elevation. The ankle is wrapped in an Ace-type bandage, elevated higher than the heart and iced with a cloth-wrapped ice pack for 15-20 minutes once every hour. This should soon be followed by a visit to your orthopaedist to rule out any fractures and decide if immobilization is necessary. Immobilization using a brace or boot provides stability to the ankle and allows the ligaments to rest and heal, thus reducing the risk of further injury. An anti-inflammatory medication may be recommended and crutches provided for a few days if the ankle is too painful to bear weight. Physical therapy plays an important role in the rehabilitation of ankle sprains. During physical therapy different interventions are utilized such as stretching the calf to create adequate mobility, strengthening the surrounding musculature to allow the ankle to be more stable, modalities for pain relief, as well as balancing for joint stability. As the ankle gains strength and stability, more sports specific activities such as jumping, hopping, running, and cutting are incorporated in preparation for return to play.

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

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:

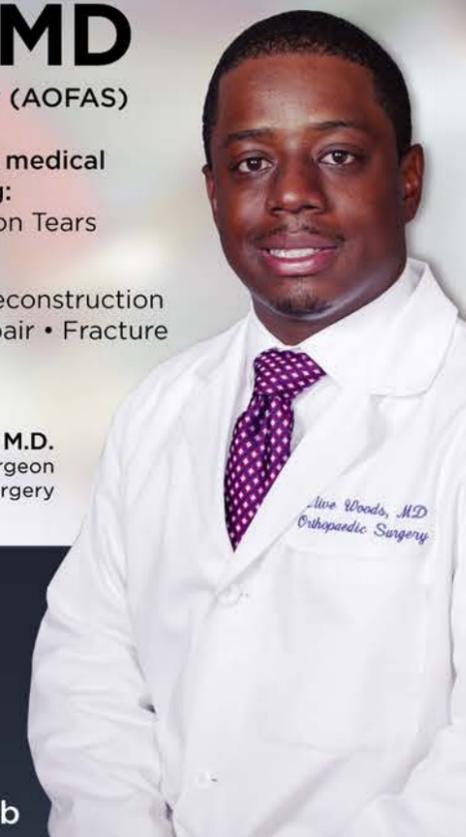
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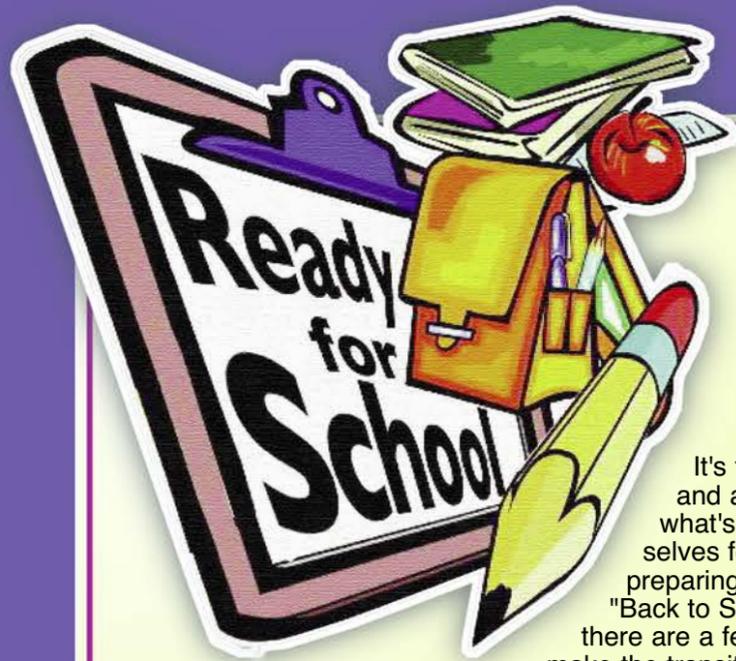


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 Fellowship Trained in Foot & Ankle Surgery



“Dr. Woods is a highly skilled and respected orthopaedic surgeon. His enormous talent, professionalism and commitment to patient outcomes strengthen our ability to deliver an enhanced level of comprehensive care.”

-Dr. Howard J. Gelb



# Class of 2018-19

It's that time again! Between sales, supplies and a rush for the newest and coolest of what's "in" for students, many families find themselves focusing the majority of their energy on preparing for the new school year. For some, "Back to School" is cool for about 10 minutes, but there are a few things that parents and kids can do to make the transition from summer to school less stressful.

Check with your pediatrician and ascertain that your child is up to date on their immunizations. For children entering day care, Kindergarten or their first year in a Florida school, form DH680 is required for enrollment. The same form, updated, is required for children starting 7th grade. Families wishing to opt out of the requirements must use form DH1478. Find a checklist of all requirements and PDFs of these forms at [www.BrowardSchools.com](http://www.BrowardSchools.com).

Need supplies? Before you run off to the store, check social media sites and search the internet for special deals and coupons on back to school stuff. Once you have your list of necessities (usually given on the first day of school), check around your home or home office. Once your child has completed a few grades, chances are good that there is a ruler, glue stick, extra pocket folders, and enough pencils and pens hiding around the house to get them off to the right start. Check through the "junk" drawer and avoid wasting unused resources. And while you're thinking green, reuse last year's backpack and lunch box for the sake of the environment.

Find out where your child's bus stop will be, note pick up and drop off times, and make any arrangements for carpooling with friends/neighbors before the first day of school. Know when your child's school is holding Open House, and be sure to attend it. You'll have the opportunity to meet their new teacher and familiarize kids with their new classroom/school. Know the dress code requirements and, if you're shopping for new clothes, keep them in mind. Put clothes out the night before to ease the morning rush.

Begin earlier bed times a few days before school starts in order to prepare your kids for earlier wake times and a more efficient schedule. Sleep and breakfast are two big necessities for optimum learning! Make sure that your children get plenty of both before they go back to the classroom. Broward County public school classes begin August 15th, so mind the school zones, and plan your morning and afternoon drives so that you're not feeling rushed through the safety slow down.

**Be prepared for every important date...cut out and save the Broward County Public School Calendar on our back cover.**



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# Up & Coming

## Evening in Polynesia - Friday, August 3, 2018

Join us for an authentic Polynesian experience from 6:30 to 9:30 PM that is much more than just a show. Fire Dancers, hula girls, music, conch shell ceremony, photo ops and more! Head over to Parkland's Pine trails Park, 10561 Trails End, and be prepared for a great time! Bring your own chairs and blankets...admission is FREE! For more info, call 954-757-4105.

## CSA Little League Winter Ball Registration - Saturday, August 4

First annual winter ball season. From 9am - 12pm at Mullins Park at Bill Collins Clubhouse. Multi player discounts available! For more info call 754-551-150, email coralspringsamerican@gmail.com or see www.csall.com

## Is My Child's Height & Weight Appropriate for Their Age? - Tuesday, August 7

Come learn from Pediatric Endocrinologist Dr. Lisa Kenigsberg about your child's fluctuations in height and weight and what this could mean for your child's development. Get the facts about how weight can affect your child's height, and learn tips to make sure your child maintains a healthy weight. From 6-7pm

Broward Health Coral Springs, Medical Office Complex 3100 Coral Hills Drive, Coral Springs For more information or to register, please call 954-759-7400, and select option 5.

## Parkland Fishing Derby - Saturday, August 11

Cast your line for a great time from 8 AM to 10 AM at the Parkland Fishing Derby held at the Pine Trails Park fishing pier, 10555 Trails End. Open to all kids ages 3-12, anglers can win awards for the biggest fish, smallest fish, and most fish caught each event. For more info, call 954-757-4105.

## Parkland Back to School Splash Bash - Saturday, August 18

From 10 AM - 1 PM the family fun in the sun includes many water themed activities, inflatables, slip and slides, music, games, crafts, and more! Admission is free and bathing suits are required. Held at the Equestrian Center at Temple Park, 8350 Ranch Rd., Parkland. For more info, call 954-757-4105.

## Coral Springs Youth Soccer Registration - Saturday, August 25

In-person registrations begins for the 2018 season at 9:00 AM at Cypress Hammock Hall, 1300 Coral Springs Drive. Additional registrations will be held on September 8 and 13th. See the website for more details www.csys.org

## Coral Springs International Dinner Dance - Saturday, September 15

Join us for Bella Notte in Italia - That's Amore! at the City's Annual International Dinner Dance begins at 7 PM and will be held at the Coral Springs Marriott, 11775 Heron Bay Blvd. Sponsored by the City's Multi-Cultural Committee, the event will highlight Italy and its culture. Guests will enjoy unique cuisine, riveting music, and live entertainment. Tickets are \$60 each and will include hors d'oeuvres, buffet dinner, complimentary dinner wine, and a live show. Ethnic dress is encouraged to lend even more of an international flair to this delightful occasion. Tickets are limited and will not be available the door. For more information or to purchase tickets, call 954-344-1063.

## Congregation Beth Adam Open House & FREE Initial Class - Sunday August 19 at 9 am

Class to follow 10 am - 12 noon. Our Sunday School welcomes everyone who wants their child to learn about being Jewish in our modern secular world. We celebrate Jewish history, culture, and traditions, with a human-centered, non-theistic approach. Olympic Heights Community High School, 20101 Lyons Rd, Boca Raton. For more info please call 561-443-1769, email: info@bethadam.com or visit www.bethadam.com

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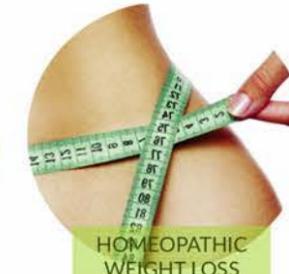
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