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Publishers, Shellie & Scott Farrugia

It's All About

Steamy Summer

Florida is always a tropical paradise but in July, the word "Tropical" is even more emphasized! Summer heat is a force to endure and the variety of things families choose to do to cool off is always a whole lot of fun. Backyard pools, water parks, ice cream, water skiing and a day at the beach with a cooler of refreshments are all essentials to keep family time at its most harmonious.

The Fourth of July holiday is not only a great time to enjoy picnics, loved ones and friends, but to remember our forefathers who braved a lot of conflict in order that we can revel in our American lifestyle. This July, enjoy every minute you can with the kids, fly your flag proudly, and be very careful supervising everyone with anything that goes "pop" or "boom."

We are blessed beyond measure and owe it all to those who have gone before us with purpose and vision. Have an incredible day on July 4th and the rest of the month. Keep it cool, Florida friends!

Our prayer is for every family touched by the Spectator and every home in between.

Shellie & Scott

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Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia

Web, Social Media & email Marketing

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Contributing Writers

Stacy Case
Shellie Miller-Farrugia
Dr. Howard Gelb
Dr. Gary Goberville
Bob LaMendola
Ashley McCardia
Dr. Clive Woods

Advertising Sales

Office
(954) 753-4300

Scott Farrugia
(954)684-6590

e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator

Twitter@/MySpectator

MySpectatorOnline.com

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Community!

America's Birthday

By MSD Alumna Ashley McCardia

As we head further into the dog days of summer, I am reminded of what Independence Day meant to me as a child. Back in the '90s when the 4th of July rolled around, my entire tiny town in Indiana gathered at the lake for fair food, glow sticks, a swim in the water, and best of all - fireworks. I always held my breath for my favorite kind...a bright burst of white light followed by what looked like dozens of shooting stars. They would fall right over my head, zigging and zagging down until they fell into the water in slow motion. I could look anywhere around me and see the people of my town in awe of the beauty. Everyone was content, joyful and celebrating our collective freedom.

While much time has passed, I remember well the level of camaraderie the 4th of July brought out in the people of my town. Ours, like thousands more across the United States, was a place where you were aware of how lucky you were to reside in a place like America. Not just on this night of celebration, but all of the time. It was a privilege to call yourself an American.

As I'm writing this I realize America when I was a child and America now are different in a lot of ways. It's easy to dwell on those differences, but mostly it is the same. You will still find kindness, togetherness and community at a small town Independence Day celebration.

I have two little girls today and I often find myself comparing my experiences then to theirs now. On the surface, things are similar - we will spend the day in the small town I was raised in. I will string glow sticks around their necks, we will claim a cozy spot in the grass and devour our fried confections. We will watch the fireworks and pick our favorites. I hope, though, they will look around and see a community celebrating it's many freedoms. They will see a place they are proud to call home like I did.

Our great country will always be everchanging. It should be that way. Progress is one of the many things our freedom has afforded us. One thing I hope will always be present is the magic of fireworks on the night of America's birthday and the way a town full of people comes together in celebration and thankfulness.





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★ Fourth of July ★ Factoids

With special thanks to Mr. James R. Heintze

Who knows the creative and historical ways The 4th of July has been celebrated in our country's 242 year history? Our land was founded in 1776 on the principles of freedom, and was built with the sweat, blood, courage and resolve of pioneers who knew that a better life could be achieved. Today, we honor the brave men and women who fight overseas for the rights of all mankind, and on July 4th, we celebrate the unique lifestyle we are able to enjoy in the U.S.A. because of the sacrifices of so many.

- 1788** - In Philadelphia, a "Grand Federal Procession" is the largest parade to date.
- 1801** - The first public Fourth of July reception at the White House occurs.
- 1808** - Citizens of Richmond, VA resolve that only liquor produced in the U.S. can be consumed on the 4th of July.
- 1827** - The State of New York emancipates its slaves.
- 1876** - Three-day (July 3-5) Centennial celebrations occur throughout the U.S. and abroad.
- 1884** - The Presentation of the Statue of Liberty takes place in Paris. Miners blow up the Swan City, CO post office because they are not supplied with fireworks.
- 1912** - The new national flag with 48 stars is "formally endowed."
- 1930** - George Washington's 60-foot face carved on Mount Rushmore is unveiled.
- 1934** - The very first fireworks display in Antarctica occurs when explorer Richard E. Byrd and his men set off fire crackers with the temperature at 33 degrees below zero. 1942- Fireworks in most cities are canceled due to war blackouts.
- 1945** - In Berlin, the Stars and Stripes are raised over the Adolf Hitler Barracks to the sound of a 48-gun salute.
- 1960** - The 50 star American flag waves for the first time as Hawaii is given statehood.
- 1976** - The nation's Bicentennial occurs and people throughout the nation ring bells at 2p.m. to mark the occasion.
- 1980** - The Fourth is observed amid somber reminders of the 53 American citizens held hostage in Iran.
- 1982** - The space shuttle Columbia lands at Edwards Air Force Base in California.
- 1988** - The rebuilt shuttle Discovery is taken to its launch pad.
- 1991** - The National Civil Rights Museum is dedicated in Memphis, TN.
- 1992** - The astronauts in the shuttle Columbia unfurl the Stars and Stripes and sing "Happy Birthday, America" from space.
- 1997** - The U.S. Pathfinder spacecraft lands on Mars.
- 1998** - Because of the state's worst fire disaster in fifty years, Disney World and many towns across Florida cancel fireworks.
- 1999** - In Philadelphia, 112 people born on the Fourth of July since 1900 gather at Independence Hall for a "Photo of the Century."
- 2002** - The most intense security precautions in the history of the Fourth of July take place nationwide to guard against possible terrorist attacks. President Bush issues an executive order allowing 15,000 immigrants serving active duty in the U.S. military to receive immediate eligibility for citizenship.
- 2003** - In Tikrit, Iraq, U.S. soldiers celebrate with a cookout at Saddam Hussein's hometown palace.
- 2004** - The cornerstone of the Freedom Tower is laid on the site of the World Trade Center.
- 2005** - In the biggest Fourth of July blast ever, NASA slams its 820-pound spacecraft, Deep Impact, into the comet Tempel 1.
- 2006** - The first ever launch of a space shuttle on Independence Day occurs when Discovery lifts off from Kennedy Space Center.
- 2007** - 1,000 people from 75 countries take citizenship oaths at Walt Disney World. At Camp Victory in Iraq, 161 soldiers are naturalized as American citizens.
- 2008** - At Camp Victory outside Baghdad, General David Petraeus leads a mass swearing-in re-enlistment ceremony for 1,215 Army, Marine and other servicemen and women.
- 2009** - The Statue of Liberty's crown reopens to the public after 8 years.
- 2018** - What will you do to commemorate this historic Holiday?

God bless America, and Happy Birthday to her!

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Family In Focus



The Rey Family

Emilie, 12, and Justin, 7, are two lucky siblings who share their love of animals and the outdoors with their family. Together with their parents, Alicia and George, the Reys wouldn't be complete without their golden doodle Teddy, horse Lady Jade and pony Luna.

The Reys currently reside in Parkland, where they have been for more than 4 years. "For 10 years we lived in East Fort Lauderdale," Jorge says. "Moving from so near to the beach was not an easy decision, but we love Parkland and the friends we have made here. There is a strong sense of inclusion, always kids playing and more fundays than we can handle!"

Alicia is the business owner at HorzeStylz, an equestrian lifestyle boutique in Coconut Creek. She is an accomplished business professional with 25 years of experience in marketing strategy, product management and communications, working in global high-tech and Fortune 500 companies.

Jorge is a Director of Information Security and Compliance at one of the largest independent accounting firms in Florida, one of the top CPA firms in the country. He is also a Certified Information Systems Auditor (CISA) and Certified Information Security Manager (CISM). He holds a master's degree in Information Technology and is also an adjunct professor at FIU.

Emilie is a devoted and passionate horseback rider. She has tried it all – soccer, gymnastics, tennis, and more – but according to Mom, her love for horses was instant at age 4. She competes in hunter/jumper in Wellington shows and throughout Florida.

Justin currently participates in travel soccer and flag football within the Parkland community. Alicia was a soccer coach for 2 years with Parkland rec soccer, which is where Justin got his start.

Jorge participates with both of his children in the Seminole Nation Indian Princess & Guide program. Sponsored by the YMCA, the program includes a variety of father and daughter/son outings, Tribal and Nation activities including camping, service projects and more. Jorge also enjoys playing basketball with a Watercrest league as often as he can.

He says, "Our family loves to travel and vacation together – both in the US and outside the country. We try and get away several times a year." He goes on to tell us, "Dinner, movies, singing/dancing, hanging out – anything goes with this group."

Once school starts again, Emilie will be entering 7th grade at West Glade Middle. Last school year her favorite subjects were science, multi-media and PE. She is a straight A student.

Moving onto 2nd grade at Parktrails Elementary, Justin looks forward to math and science, where he can put his mind to the test, but recess is still his top pick!

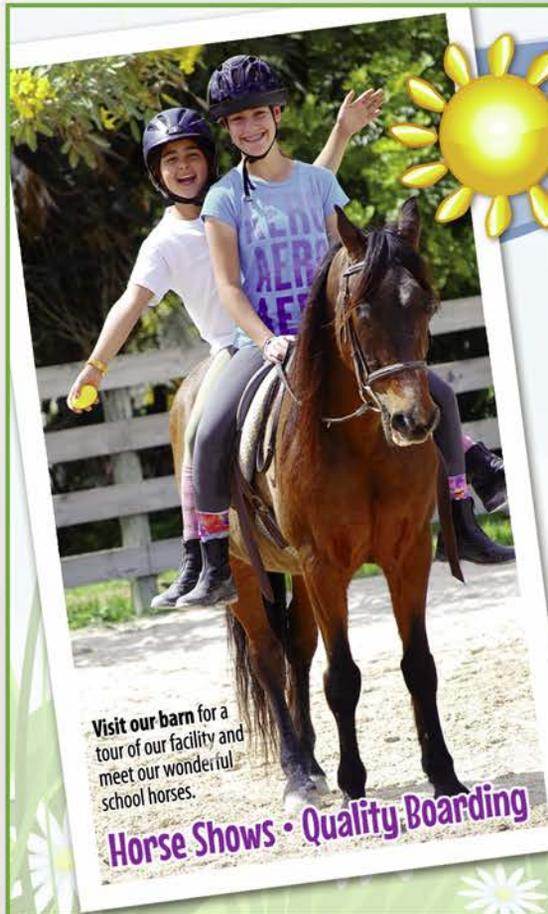
This close and loving family is not currently active in a synagogue, but Alicia tells us, "We do enjoy the traditions of the Jewish religion and celebrate the holidays with family and friends."

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Football for Feis By Stacy Case

After the dust settled a bit from the tragedy at Stoneman Douglas High School on Valentine's Day, many people and groups seemed to channel their anguish into effort in one way or another.

Johanna Feis, sister of school shooting victim Aaron Feis, put her best foot forward and put together a committee to do something special to pay homage to her late brother. Aaron had been heavily involved in the school's football program for several years so she wanted to keep that theme alive.

Johanna and company put their heads together quickly and a few small ideas turned into what became the Feis Bowl. It was a few football games comprised of alumni and students as a medium for the Coach Aaron Feis Foundation and other non-profit local organizations.

While funds from the event are still being tallied and divvied, Johanna already has her sights set on what can be done to make 2019's Bowl even better than the inaugural affair.

The committee members are certainly planning on making the Feis Bowl an annual event. "We wanted to do something in his honor; people know what happened here and we wanted to create something nice in his name but at first we didn't know exactly what to do," says Johanna, who is Aaron's younger sister.

And, given the small time frame they had to work with, Johanna says event planners already have the wheels in motion for the Second Annual Feis Bowl.

"Aaron was and will always be my brother; I shared him with so many people and everyone who knew him knows that this is something wonderful to do in order to remember him by while raising funds for this new Foundation," adds Johanna. "We had such a small time frame to put this together and now we'll have an entire year to do more for the next year and going forward."



The Bowl encompassed several games, flag football style, in which alumni from various years played against the prospective 2018-2019 team. The event reached so many years of alumni, that even those from the earliest graduating classes of 1992, 1993 and 1994 attended the event to show their support for the cause. The school opened its doors with freshmen, sophomores and juniors in 1990.

All in all, both players and spectators amassed about 1,300 people last month at Cumber Stadium on Douglas grounds. Known fondly as "The Eagle's Nest," Johanna said it was nice to see smiling faces at the field and on the school's campus, once again.

"We wanted people to know that Douglas is still a place of joy and that a lot of good things do happen here," Johanna adds. "I can't wait to see what we come up with for next year."

Although the 2018 event has concluded, the Foundation will accept year-round donations,

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Amazing Vacations begin in Broward County!

By Michael Udine, Broward County Commissioner

July marks the heart of the summer, and time for many families to bond whether by having a staycation or exploring the country and the world. Here in Broward County we have many options that provide residents the opportunity to make a vacation special. Whether you're having a restful July 4th at one of our community's many events, taking a flight from Ft. Lauderdale/Hollywood International Airport (FLL) to explore any of the world class domestic or international destinations, or taking a cruise out of Port Everglades, Broward County has you covered.

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Please don't hesitate to stop by and visit our district offices if you have a questions or concerns. We hold office hours at the following locations on the third Wednesday of every month. You can come in and meet with me or a member of my staff about any questions you may have about Broward County. In Coral Springs office hours are at the City Hall which is located at 9500 W. Sample Road and are from 10 AM to 11:30 AM. The office in Tamarac is located at 7525 NW 88TH Avenue in City Hall. We will be there from 2:30- 4:00 pm. Please schedule an appointment by calling (954)357-7003. We look forward to seeing you!

In addition, I am always available to discuss any issues or concerns. I can be reached at 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 @Michael Udine on Facebook, Twitter or Instagram or www.commissionerudine.com

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Scholar, Athlete ... or BOTH?

By Stacy Case

Blake Birkins exemplifies the true meaning of a student-athlete and is in the midst of becoming a hometown role model.



The humble Parkland resident has done exceptional in the classroom as well as on the field/court, and was recently recognized for such accolades at the Westglades Middle School sports banquet a few weeks ago.

He was unanimously named 'male athlete of the year' in addition to earning

the title of 'male scholar athlete of the year' as an eighth grader at WMS.

"It felt really good to get those awards because it showed me that all my hard work over the past three years and even before middle school paid off," says Blake, who was also a member of the National Junior Honor Society. And as neither of these highly-coveted accomplishments are a coincidence, Blake knows what it takes to get the job done each day.

"His work ethic with everything he does is just amazing," says his mother Lauren, of the recent eighth-grade graduate. "He works very hard and does well." Blake began his passion for sports early on during his elementary school years at Riverglades in Parkland when he showed signs of excellence in math and started earning perfect scores on standardized testing. He commingled his classroom success with that of soccer as a midfielder, volleyball up front and basketball as a power forward at such an early age that his performances began to separate him from his peers. Still, Blake remains level-headed.

"He gives 110 percent in everything he does, even if it's

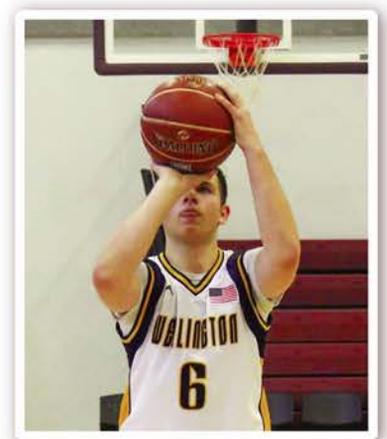
something he may not want to do at that moment," adds Lauren, who credits some of Blake's math ability to his paternal grandfather who earned his Masters Degree in math. "He's a leader and is very respectful, and has a nice combination of great personality traits and athleticism." She says these awards were the perfect boost of self-confidence for Blake to get just before he heads into the next phase of his life.

But Blake is not always about business... sometimes he finds time to play video games with his friends.

During this summer, he will be preparing for his high school years; where he is taking his academic talent to the Saint Andrews School in Boca. His freshmen year will start with Advanced Placement calculus, which is three years ahead of the average student, along with his athleticism on the basketball court and football field. In order to enroll in such accelerated courses, Blake will be taking the required Bible study classes this summer in order to free up his class schedule during the school year.

He is also preparing to play in a national tournament early this month for his travel basketball team, the Wellington Wolves.

Lauren is confident that Blake's goals won't waver during the transition from one stage of life to his next. In fact, they seem consistent with those that put him on a pedestal in middle school. Blake concludes our interview with, "I'm looking to do my best in school to achieve straight 'A's again in my classes, and I'd like to play basketball, football and possibly baseball." Certain this isn't the last we'll hear from Blake Birkins, we offer our sincerest congratulations to a dedicated and focused young man!





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Coral Springs

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

NORTH SPRINGS LITTLE LEAGUE
NOW REGISTERING! For more info go to www.eteamz.com/northsprings.

WINTER BASEBALL
 Players from Parkland and Coral Springs are welcome. Games are held August - November. www.cswb.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.CSBCHOOOPS.com or call (954) 360-1200 or Barry Popock (954) 599-6660

Flag Football & Cheerleading

FINAL REGISTRATION!
CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING
 For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG See ad page 15.

ULTIMATE FLAG FOOTBALL
 For more info. see 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 Call 954-363-2349. See ad page 27.

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 For more info see 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 9.

Ice Skating & Hockey

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

Lacrosse

PARKLAND REDHAWKS
www.parklandlacrosse.com or call Rob Windesheim (954) 324-1444.

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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.nwbrrc.com or email jaygee725@gmail.com

Soccer

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CORAL SPRINGS RECREATIONAL
 For more info www.CSYS.org or call Mimi Milton for further info. 954-341-6391. See ad below.

2018 CORAL SPRINGS YOUTH SOCCER REGISTRATION



August	25	9 AM - 3 PM
September	8	9 AM - 3 PM
September	13	7 PM - 9 PM

Cypress Hall - 1300 Coral Springs Drive

ACCEPTING AGES 4 AND UP AS OF JULY 31, 2018!

Under-6 & Under-8 Divisions:	\$100	954 341-6391 csysadmin@csys.org
Under-10, Under-12 & Under-14 Divisions:	\$110	
Under-15, Under-16 & 19-Under Divisions:	\$120	

RETURNING PLAYERS MAY REGISTER ONLINE WWW.CSYS.ORG

CORAL SPRINGS YOUTH SOCCER IS LICENSED & INSURED * REFER TO WEBSITE FOR PLAYER REQUIREMENTS

sConnections

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**

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. See ad page 3.**

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, or visit www.bethadam.com. See ad page 3.**

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**

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

PARKLAND BUDDY SPORTS

Find out about league offerings and activities. **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**

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**

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.

i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

Soccer - Ages 3 - 12
Flag Football - Ages 4 - 13
Baseball - Ages 3 - 7
Indoor Basketball - Ages 5 - 12

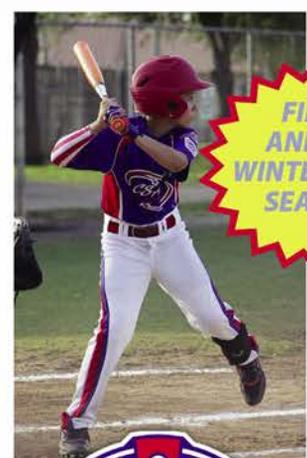
www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

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

2018 CSA Little League Winter Ball Registration



FIRST ANNUAL WINTER BALL SEASON!

If your child attends any of these schools, OR, you live South of Wiles Rd, CSALL is YOUR Little League

Riverside Elementary
Ramblewood Elementary
Westchester Elementary
Coral Springs Elementary
Forest Hills Elementary
James Hunt Elementary

Maplewood Elementary
Parkside Elementary
Coral Springs Charter
Saint Andrews
Coral Springs Christian
Coral Springs Middle

Ramblewood Middle
Forest Glen Middle
Sawgrass Middle
JP Taravella High
Coral Springs High
Coral Glades High

• Multiple Player Discounts Available! •

Discounted rates for Louisville & DeMarini Baseball Bats!

WHEN

Saturday, Aug 4

TIME

9am - 12 pm

WHERE

Mullins Park at the Bill Collins Clubhouse

YOU NEED

Original birth certificate and 3 proofs of residence



FOR ACCEPTIBLE PROOF OF RESIDENCE, more info and ONLINE REGISTRATION please visit

WWW.CSALL.COM

You can also reach the Coral Springs American Little League at (754) 551 - 1501 or email the league at CORALSPRINGSAMERICAN@GMAIL.COM

Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com

Basketball

PARKLAND REC BASKETBALL
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
Cheer contact: 954-520-2515 or cheer@parklandrangers.com
www.parklandrangers.com

Flag Football

PARKLAND FLAG FOOTBALL
For more info, see 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. See ad pg 9.

Lacrosse

PARKLAND REDHAWKS
www.parklandlacrosse.com or call Rob Windesheim (954) 324-1444.

Soccer

NOW REGISTERING!
PARKLAND SOCCER CLUB
For more info, call (954)410-5172 or www.parklandsoccer.net See ad and article pg 22 .

PARKLAND TRAVEL SOCCER CLUB
For more info, call Keith Brodsky 954-439-2596
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.

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, or visit www.bethadam.com. See ad page 3.

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i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only

Soccer - Ages 3 - 12

Baseball - Ages 3 - 7

www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

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



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Parkland's



Upcoming Summer EVENTS

JULY



7 Parkchella

14 Fishing Derby

20 Movies in the Gym

28 Scavenger Hunt
& Concert

AUGUST



3 Evening in Polynesia

11 Fishing Derby

18 Back to School
Splash Bash



www.cityofparkland.org/specialevents 954-757-4105





Parkland Soccer Now Registering!

Despite her status as a young City, Parkland's successful youth soccer program has been active and growing for 30 years. Registration has begun for the 2018-19 season, and more than 1300 children, ages 4 to 17, are expected to make great strides and new friends on fields all over the City.

Practices will begin in late October and the first games start on the second Saturday of November. Games are played through the last Saturday in February, culminating in a much-anticipated picnic and awards event that is enjoyed by every family involved in the league.

"More than half of the club is made up children under the age of eight," says Vice President of Registration, Pete Gado. Parents of very young children are encouraged to get their kids involved in an activity that not only teaches their child the skills and rules of the popular sport, but grows the entire family closer to others who are active in the soccer community. A terrific "first sport," playing with this popular league gives kids a strong foundation for teamwork that can be taken far into their future.

Registration is now underway, and parents can find all of the information they need at Parklandsoccer.net



PARKLAND SOCCER

2018-2019 RECREATIONAL PROGRAM

ONLINE REGISTRATION ONLY

Visit: 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**

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• COACHES & TEAM SPONSORS ALWAYS WELCOMED



Dry Eye: Symptoms & Treatment

By Dr. Gary Goberville

Blinking helps lubricate and moisten our eyes so they don't feel dry. If you've experienced dry winds blowing into your face or when reading or on your computer for extended time, you know that unpleasant "sandpaper eyes" feeling. For some, that feeling of dry, irritated eyes stays with us. Sometimes eyes don't produce enough tears to moisten and those tears don't drain properly. This condition is common when we get older. Eye doctors call it "keratoconjunctivitis sicca," but you probably know it by "Dry Eye Syndrome."

Dry Eye Syndrome, or "DES," affects people over the age of 40 with symptoms including:

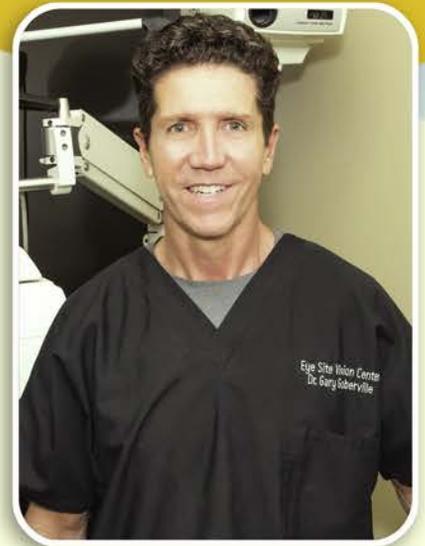
- Itchy eyes
- Red, bloodshot eyes
- An increased sensitivity to light

If you think, "That's how I felt last week," think about what you were doing. Were you in a hot, windy environment, an office with air constantly blowing onto your face, or staring at a computer or TV screen for a long time? A constant breeze can dry out our eyes and staring intently at monitors can cause us not to blink as often as we should. When this happens, we don't receive the moisture our eyes need. If you weren't trekking across the Sahara Desert and are finding that your eyes feel dry more often than they used to, then you may have dry eyes.

While common, DES isn't something you'll simply "get over." Your eye doctor will prescribe treatment that you'll need to stick with to help alleviate the condition. Treatments may include:

- Applying artificial tears eye drops. If you have chronically dry eyes, applying moisture by using artificial tears throughout the day probably won't be sufficient. There are many new options that include special soaps, lid scrubs or cleaning your tear glands with special instruments. These new special soaps also contain ingredients that help fight infection, lubricate the eye and work great to help DES.
- A great way to get those tears flowing is Restasis, a prescription medication that is available through your eye doctor and is very effective in treating DES. Restasis continues to decrease dry eyes for years after it is started.
- Another very effective treatment is blocking your tear ducts. Why do such a thing? Because it can help keep more tears around the eyes, helping them to stay moist.

While there isn't one method for alleviating dry eyes for everyone, the methods we've listed here have helped many with this problem. **If you are suffering from DES Consult with your optometrist here at Eye Site Vision Center!**



Dr. Gary Goberville,
Optometric Physician

Eye Site Vision Center
2344 N. University Dr.
Coral Springs
954-344-3937

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www.EyeSiteVision.com



Eye Site Vision Center

The patient and any other person responsible for payment has a right to refuse to pay, cancel a payment, or be reimbursed for payment for any other service, examination, or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment.

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Lighthouse Point
2490 N. Federal Hwy.
954-943-3779



Howard J. Gelb, MD

A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

Sports Medicine & Orthopaedic Center

(561) 558-8898

See our ad below

Stress Fractures

By Dr. Howard Gelb

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

That's Gotta Hurt!

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My Aching Bunions *By Dr. Clive C. Woods*

A bunion is a deformity in which the great toe gradually points toward the second toe. In addition, the joint at the base of the toe gradually moves away from the second toe. The medical term for this deformity is called Hallux Valgus. It is believed to occur due to wearing shoes with a tight toe box. It is commonly seen in women due to their tendency to wear tight shoes. Bunions can also be familial, or due to problems such as arthritis and various neurogenic conditions. Bunions often cause pain and swelling around the joint at the base of the big toe, mainly due to the increase in width of the foot. The overlying skin can become red, warm, and thickened. In addition, the deformity can push the second toe up causing a hammertoe. Relieving a bunion doesn't necessarily mean purchasing ugly or out of fashion shoes. It is a good idea to shop for shoes late in the day, when your feet are the largest from swelling. The shoe should have a half-inch between your longest toe and the front of the shoe. It should also be wide enough to wiggle your toes. I would also recommend the heel height to be low with your heel firmly against the back of the shoe. Other treatment such as bunion pads, which are available at most drugstores, and ice massage, can ease your pain. To help relieve a painful bunion, a plastic bag of ice should be applied to the area for 5 minutes. You may repeat this 2 to 3 times per day. When these treatments have failed, surgery may be indicated. An x-ray of the foot is taken before surgery in order to evaluate the severity of the deformity, and whether there is existing arthritis in the joint. During standard bunion (hallux valgus) correction, the prominent bone is shaved away. The metatarsal bone is cut and repositioned with screws, a plate, or a combination of the two. A soft tissue release is performed on the contracted joint capsule and adductor tendon between the first and second toe. The final portion of the procedure entails tightening the capsule over the shaved bunion to help move the great toe away from the second. After this procedure the patient is placed in a bunion wrap and a small boot. The first 4 to 6 weeks you are allowed to bear weight on your heel. X-rays are obtained in the office to view the healing of the repositioning of the great toe. The treatment for an arthritic joint differs from a joint without degenerative changes. Depending on the severity of the arthritic bunion, the treatment may require a fusion of the joint.

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:

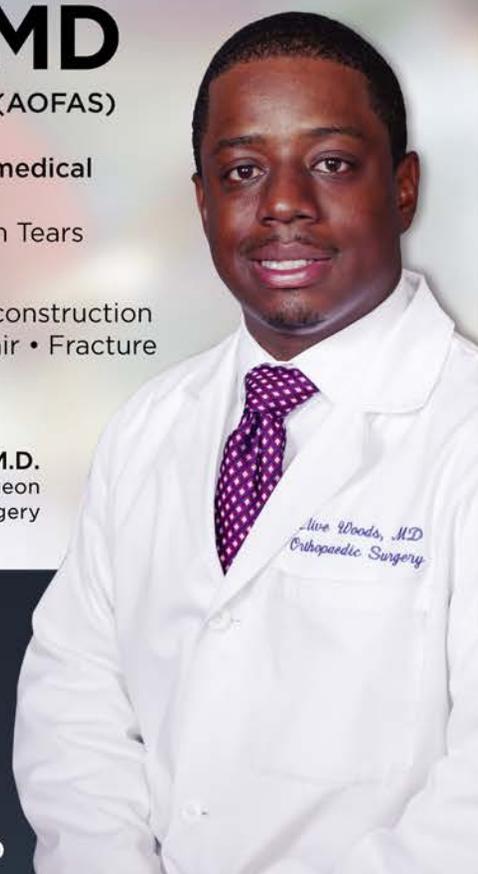
- Bunions • Hammer Toes • Arthritis • Neuromas • Achilles Tendon Tears
- Trauma • Fractures • Flat Foot

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

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Sports Medicine and Orthopaedic Center



CLIVE C. WOODS, M.D.
Orthopaedic Surgeon
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



April and May Showers Bring June ... Not Flowers, Mosquitoes!

By Bob LaMendola, Florida Department of Health in Broward County

After the heavy rains of May and Subtropical Storm Alberto, the biting bugs are back and you should protect your family.

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

Aedes mosquitoes carry Zika virus and other tropical viruses such as chikungunya and dengue fever. So far this year, no locally transmitted cases of tropical diseases have been reported in South Florida but a few cases have been reported in people who traveled to countries where the diseases are present.

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

Drain standing water in and around the house.

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

Eliminate even puddles, because Aedes can breed in containers as small as a bottle cap. Aedes can even breed inside the home, in spots where water drips and collects.

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

Request brochures: DOH-Broward, 954-213-0607

Request spraying: Broward County Mosquito Control will consider spraying your neighborhood if you have a large number of mosquitoes call 954-765-4062 or www.broward.org/Streets/Mosquito/Pages/MosquitoSprayRequest.aspx

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954-363-2349



Healthy Lifestyle Centers

Coral Springs High School Art Students Create Historical Replicas Now on Display at Center for the Arts.

Now available for public viewing, The Covered Bridge, Museum of Coral Springs History, Historic City Hall, Public Safety Buildings and many more. Fine Arts teacher Jacqueline Lieberman was inspired by the grand opening of the New City Hall building in Coral Springs. She wanted students to get excited about the changes and growth in the city and local buildings in Coral Springs. "I'm really proud of the talent coming out of Coral Springs High School and the hard work that the students have put in. I'm thrilled to see the City recognizing their efforts." Said, Lieberman.

Students were tasked with the assignment back in October 2017, they had 8 weeks to research, and create ceramic replicas of notable buildings in Coral Springs. Then came painting and finishing touches. The Fine Arts department recently renovated the teachers' lounge turning it into the Colt Gallery for student display. The Historic buildings served as the second exhibit in the Colts Gallery in April 2018.

A 10th-grade parent, Dana Townsend contacted the City to donate her daughter's creation. "When I got the call from Ms. Townsend I was delighted. Excited for the offer of the donation, and then to find out that there would be over 20 other buildings on display at the school. After seeing the final product, I knew that bringing the ceramic buildings to the Center for the Arts lobby display was the perfect opportunity for the public to enjoy the artwork", Kelli Matonak City Historian.

The buildings will be on display at the Coral Springs Center for the Arts through July.

Center for the Arts 2855 Coral Springs Dr, Coral Springs, 33065
Monday – Friday 10am-5pm, www.thecentercs.com/events

Coral Springs High School Ms. Lieberman's Ceramics Class Historical Ceramic Buildings

- **Broward Health** - Clerrie Saint-Fleur 10th Grade
- **Fire Station 43** - Jaylyne Fisher 12th Grade
- **Public Safety Building** - Kasey Salvatierra & Samantha Sampath 12th Grade
- **James S. Hunt** - Alex Aedo 11th Grade
- **Coral Springs High School** - Ana Bonilla & Anna Williams 11th Grade
- **Fresh Market** - Nikolas Cuadros 11th Grade
- **Cherry Smash** - Sabrina Duplan 11th Grade
- **Franks Theatre/Cinema 8** - Anjali Ramlagan 12th Grade
- **Starbucks** - Jennifer Harrell 11th Grade
- **Marriott** - Kendra Dice 11th Grade
- **La Quinta** - Jeremy Marquez 11th Grade
- **St Andrews Catholic Church** - Adriana Sori – 12th Grade
- **Walmart** - Annalese Dubrow 11th Grade
- **CVS** - Demarco Colarusso & Angel Galarza 12th Grade
- **BJ's Wholesale** - Adlaine Dumel & Tatiana Lee 10th Grade
- **Amera Financial Plaza** - Jessica Odum 11th Grade
- **Center for the Arts** - Lauren Shore 11th Grade
- **Sculptures for Center for the Arts** - Lynzie Lejean 12th Grade 2nd Place Winner
- **Coral Springs Diner** - Autumn Gladden 11th Grade
- **Coral Springs Gymnasium** - Floyd Moulton & Michaela Oliphant 11th Grade
- **McDonald's** - Meghan Starler 10th Grade
- **Museum of Coral Springs History** - Amber Townsend 10th Grade
- **City Hall** - Karoline Mendez & Brittany's Real 11th Grade
- **City Hall Sun & Public Art Sculptures** - Alyssa Nelson 10th Grade
- **Covered Bridge** - Emma Burgess 10th Grade 1st Place Winner



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Up & Coming

Fourth of July Celebration and Fireworks - Wednesday, July 4

Come out and celebrate Independence Day starting at 6 p.m. at Mullins Park, 10150 Ben Geiger Dr., Coral Springs. Enjoy games, bounce houses, food and entertainment. The fireworks display will begin promptly at 9 p.m. The fun is free, but there will be fees for food, bounce houses and games. Parking is \$3 and fills up fast, so make sure to arrive early to enjoy all the activities planned. For more info, call 954-345-2200.

Parkchella - Saturday, July 7

From 5:30pm to 9:30pm at Pine Trails Park Amphitheatre, the Coachella Valley is coming to Parkland! This FREE event is open to all ages and will feature live music, arts & crafts, a beauty bar, entertainment, games and much more! 10555 Trails End, call 954-757-4105 for more info.

Parkland Fishing Derby - Saturday, July 14

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 Game Day - Monday, July 16

For ages five and up, meet friends or make new ones and have fun the old fashioned way by playing board games at the library from 11 AM to noon. Parkland Library card required to register. Register online www.cityofparkland.org/library or call (954)757-4207.

How to Fall in Love with Your Home All Over Again - Tuesday, July 17

"My home doesn't look like an HGTV home! Where do I start?" Expert psychological stager and certified color expert Carol B. Clark, will show you how simple, inexpensive updates can make a big difference. From 6:30 to 7:30 PM at the Parkland library, 6620 University Dr., attendees who bring an 8x10 photo of a room that they would like to update will have a chance to get some specific tips for their room. Carol will also talk about the differences between staging to sell and staging to stay, and using an interior designer vs. a home stager/restylist. Carol is president-elect of the Broward Chapter of the Real Estate Staging Association and co-author of Amazon best-seller, *Home Staging: The Power that Sells Real Estate*. She specializes in staging occupied homes.

Registration required. Visit www.cityofparkland.org/library or call (954)757-4207.

Movies in the Gym - Friday, July 20

The City of Parkland is bringing the big screen to your own backyard! Double feature! Wall•e at 5pm and Transformers at 7pm. Join us as we transform the P-REC gymnasium into our own local movie theater with an 18-foot inflatable movie screen, freshly popped popcorn, and more. Bring your chairs, blankets, and pillows and get comfortable. This free event is family friendly and open to everyone. For more info see www.cityofparkland.org/movies or call 954-757-4105.

Scavenger Hunt and Concert - Sat, July 28 The City of Parkland presents a unique photo challenge scavenger hunt at Pine Trails Park, 10555 Trails End, for all ages (geared towards 10yrs+). Beginning at 5 PM, participants will use their own smartphone camera to submit photos and complete challenges to finish the hunt. No previous knowledge is required, just grab some friends to create a team that will work together to solve puzzles, answer trivia questions, and encounter other surprises along the way. Once you have completed the scavenger hunt, join us for a live concert at the Pine Trails Park Amphitheatre featuring music, games, food trucks, and more. For more info, call 954-757-4105.

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.

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

Are You Expecting? We Are Too!

Broward Health Coral Springs is expanding its "family" to better care for you and your family!

In August we are expanding our women's & children's hospitals and surgical center. The new four story patient care tower will include:

- *A dedicated private entrance to labor and delivery for expectant moms*
- *12 labor/delivery private beautifully appointed suites*
- *28 private mother/baby rooms*
- *10 private NICU rooms located steps away from mom's suite*
- *3 cesarean section operating room suites*



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BrowardHealth.org/MaternityPlace

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2018 - 2019 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
M	T	W	T	F
		1	2	3
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13	14	15	16	17
20	21	22	23	24
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SEPTEMBER				
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OCTOBER				
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NOVEMBER				
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DECEMBER				
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31				

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JANUARY				
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JUNE				
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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