

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				
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

OCTOBER				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

NOVEMBER				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

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				

NOW OPEN!

MyBrowardMD
BROWARD SPECIALTY CENTER

SPECIALIZING IN:

- Urology • ENT • Gastroenterology
- Allergy • Audiology (hearing)
- Interventional Pain Medicine

Most Major Insurance Plans Accepted

954-943-1133
www.MyBrowardMD.com



4515 Wiles Road Suite 201 Coconut Creek 33073

JANUARY				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

FEBRUARY				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

MARCH				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

APRIL				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY				
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

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

Coral Springs & Parkland The #1 Family Resource Since 2002!

Spectator

September 2018



Salah Foundation
Children's Hospital
BROWARD HEALTH
CORAL SPRINGS

See article on page 6

2018-2019
School Calendar
Cut Out See Back Cover

Gold Standard in Privacy & Luxury



Personal Residence of
Baseball World Series Champion
Anthony Rizzo.

Pine Tree Estates of Parkland, 6 Bedrooms, 5.5 Bathrooms, 4 Car Garage, Resort Style Pool and Spa Area, 7,840 Total Sq. Ft. 1.09 Gate and Private Acre. Meticulous Attention to Detail with the Finest Craftsmanship. This 7,840 sq ft of Perfection Offers a Stunning/New Gourmet Kitchen w/ Large Island, Marble Creme Marfil & Hardwood Floors, 4 Car Garage, Impact Windows, Stunning Resort Style Pool, Covered/Screened Porch w/ Summer Kitchen & Fireplace, Steam Room, Theater, Fountains, Wine Display, Marble Driveway, Full Home Generator & Professional Batting Cage!

BILL SOHL

AND ASSOCIATES
SOUTH FLORIDA REAL ESTATE

City of Parkland Community Page

See our website for full details.
www.BillSohlSellsParkland.com (954) 422-9500

Expert Electronic Pool & Spa Leak Detection and Repair

We Find Pool Leaks!

No Digging, No Mess!

We are the only company to offer the
NEW TRENCHLESS PIPE REPAIR!

\$50 OFF

Leak Detection Services
Offer Expires 10-15-18

(954) 290-5177
www.leakandsubsurfacelocators.com

Parkland & Coral Springs Counseling

954-263-9657

www.GraceCounselingInc.org

Solution Focused Counseling in a Caring and Confidential Environment!



Rachel Rowitt, Ed.D., LMHC, CAP

Counseling Services Offered:

Adolescent
Adult
Marriage
Family
Group



Stacie Boyar, M.A., Registered Intern



Nadine Henry, M.S. LMHC

Christian &
Bilingual
Counseling
Available



Natalie Jimenez, Ed.S., M.A., LMFT

Some Insurances Accepted

5491 N. University Drive, Suite 202A, Coral Springs 33067



Real Estate Attorney

Joseph L. Kohn, Esq.

(954) 332-3111

- Residential Closings
- Commercial Closings
- Family Law
- Short Sales
- Foreclosures

Corporate Office:

5489 Wiles Rd. Suite 304 Coconut Creek, FL 33073

Other Locations:

Delray Beach • Fort Lauderdale • Pembroke Pines

Law Offices of Joseph L. Kohn | www.JLKohn.com

• VOTED BEST CHINESE/SUSHI in Coral Springs & Parkland •



9710 WEST SAMPLE ROAD
CORAL SPRINGS

(TWO BLOCKS WEST OF UNIVERSITY DRIVE)

954-752-1850

WWW.REDGINGERRESTAURANT.COM

Like us on Facebook for current specials

DELIVERY AVAILABLE • WITH LIMITED AREA

Lunch Special
\$5 OFF

Any purchase of \$20 or more
Dine in only with this coupon. Present prior to ordering. Not valid with other offers or prior purchases. Not valid toward tax and tip. One coupon per table.
Expires 12-13-18 SPECTATOR

Take Out Special
\$5 OFF

Any purchase of \$35 or more
Not valid on Fridays & Saturdays. Please mention prior to ordering. Not valid with other offers or prior purchases. Not valid toward tax and tip.
Expires 12-13-18 SPECTATOR

LADIES NIGHT WEDNESDAY • FREE DRINKS 7-8
(At Bar Only)

Dine In Special
\$5 OFF

Any purchase of \$40 or more
Dine in only with this coupon. Not valid for deliveries. Not valid on Fridays & Saturdays. Present prior to ordering. Not valid with other offers or prior purchases. Not valid toward tax and tip. One coupon per table.
Expires 12-13-18 SPECTATOR

Dine In Special
\$10 OFF

Any purchase of \$55 or more
Dine in only with this coupon. Not valid for deliveries. Not valid on Fridays & Saturdays. Present prior to ordering. Not valid with other offers or prior purchases. Not valid toward tax and tip. One coupon per table.
Expires 12-13-18 SPECTATOR



Publishers, Shellie & Scott Farrugia

It's All About Community!

September Fun Starts Here!

It seems that we've gone from the slow days of summer to the fast-paced, break-neck speed of "school is in session" in the course of two minutes. The same goes for this September issue of the Spectator. We've got a lot going on! From meeting a brand-new family to softball stars and onto articles focused on our health and well-being, we're also featuring a lot of family events to make September (and October) fun for everyone. All of the connections you'll need to keep your children involved in constructive extracurricular activities are here, and if you don't want to miss a minute of what's happening around town, please check out our Up & Coming events (page 30). Don't miss the opportunity to be involved in fun things in our community that will definitely have a positive impact on your family!

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

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

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

Shellie & Scott

church by the glades.com

SAWGRASS CAMPUS
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
SAT 6PM
SUN 9, 10, 11:30AM
1, 6:30PM

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

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

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

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

@CBGLADES @PASTORDHUGHES | 954.755.7767

Before They Go

By Ashley K. McCardia

Parenting is funny in the way that the days can be so long and then you blink and another year has passed by. Blink again and you are buying graduation tickets. With almost no warning, our kids become full grown humans with their whole lives ahead of them. Life really does move at the speed of light, and while 18 isn't the end for us as parents, it is the closing of a chapter in our lives, and the end of our children's childhoods. Parents are often left wondering where the time went.

We become so busy driving to this ball game and that recital, determined to pack in as much extracurricular 'filling' as we can so our children are well rounded. Sometimes we forget to actually live life alongside these babies of ours.

I've been doing some thinking about the new school year and what I can do to really savor my time with our girls. What can I do to make sure between all the coming, going and studying that there are small pockets of time for living and memorable experiences?

I love the idea of a parenting "bucket list." Of course, not something that sits stuck to my fridge with a piece of scotch tape that haunts me each day. Not a guilty reminder that I am not doing enough to enjoy my time as a mom, but something small that is a reminder to pause the chaos and just live. How many of us spend every waking moment going and doing? We miss out on the good stuff sometimes.

So I propose that we each sit down and write a small list of ideas. Perhaps not a planned trip to Disney or a cruise, but maybe a weekend getaway to a B & B on the beach where you can chase the ghost crabs with your kids, or sit out at night and listen to the ocean next to your babies and hear them talk about life as they know it. Think of something you'd love to experience together with your kids instead of always watching them participate in an activity.

One of the things I'd put on my list has to do with seeing my oldest daughter conquer her fears. She is terrified of high places. I would love the experience of a successful hot air balloon ride with her. Having the chance to see her face when we landed back on the ground would be such a highlight in my parenting journey and probably a defining moment in her childhood! Seeing her check off a conquered fear would be a magical moment for both of us.

Busy is a great thing to be, but sometimes it is an excuse to not really live. I am so guilty of this. The ultimate over-packer when it comes to our girls, I want the best for them; that they have the education and special talents that will set them apart in college. At the same time, my prayer is that these little sisters go into adulthood having experienced life, too. Those are the things they will remember most, and so will we.



Spectator™ Magazine

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

- | | |
|---|--|
| Publisher & Managing Editor
Shellie Miller - Farrugia | Contributing Writers
Stacy Case
Shellie Miller-Farrugia
Dr. Howard Gelb
Dr. Gary Goberville
Ashley McCardia
Dr. Clive Woods |
| Creative Director
Scott Farrugia | Advertising Sales
Office
(954) 753-4300
Scott Farrugia
(954)684-6590
e-mail:
spectatormagsales@gmail.com |
| Photography
Scott Farrugia | |
| Web, Social Media & email Marketing
Speedy-Designs
Links Media | |
| Distributed by
US Mail & Baron Express
954-297-0731 | |



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2018 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher.

4 On the cover: Broward Health Coral Springs New Expansion. See ad & article on page 6-7.

To Advertise Call 954-753-4300

I OFFER HOME INSURANCE OPTIONS

Here in Florida, your choice is clear.
Everyone likes options. My office not only offers car insurance backed by a company with 80 years of experience, but also offers home insurance from several companies. Call me today!

Len Bujnicki and Associates Ins. Co.
954-441-4141
2456 N. University Dr.
lenbujnicki@allstate.com

Allstate
You're in good hands.
Auto Home Life Retirement

Allstate has no financial responsibility to you for any home insurance policy you purchase and would not be responsible for any claims. Allstate does not make any representations or accept liability related to operations of home insurance companies, including, but not limited to, their financial conditions. Subject to terms, conditions and availability. © 2017 Allstate Insurance Co.

www.MySpectatorOnline.com 5

A New Level of Healthcare at Broward Health Coral Springs



Private Maternity entrance



Well-baby nursery



Private Neonatal Intensive Care rooms



Private Mother/Baby Recovery suites with a hotel/spa-like feel

Broward Health Coral Springs hosted the official ribbon cutting ceremony for the opening of its new four-story patient tower, following a two-year, \$65 million expansion – the largest healthcare expansion in the history of Coral Springs. Broward Health leadership welcomed local elected officials, community leaders and supporters for a tour of the new construction.

Visitors, including Senator Lauren Book and Representative Jared Moskowitz, were greeted by Broward Health leadership in the renovated main lobby of the hospital to learn about the advances featured in the construction.

“As Broward County’s population continues to grow, we are committed to meeting the ever increasing needs of our community by providing greater access to care and an enhanced patient experience for generations to come,” said North Broward Hospital District Board of Commissioners Chairman Andrew Klein.

Designed to create an environment that enhances the patient experience, the expansion increased the number of hospital beds from 200 to 250 and enlarged the surgical program, including the use of minimally-invasive robotic procedures.

“This tower is a statement of innovation, taking into account the latest and greatest technology, design and patient care,” said Jared Smith, Broward Health Coral Springs CEO.

Guided tours took visitors around the tower, including the expanded Maternity Place with all-private labor & delivery rooms, a dedicated triage and recovery area, and three new large operating rooms. The second floor hosts the Advanced Level II Neonatal Intensive Care Unit of the Salah Foundation Children’s Hospital with all-private rooms. Surgical suites are housed on the third floor, for key specialties such as general surgery, gynecology, oncology, urology, and more.

“The opening of this beautifully designed, state-of-the-art tower signifies Broward Health’s mission of providing high-quality care to the community,” said Beverly Capasso, Broward Health President and CEO. “This has been our commitment for the past 80 years, and we renew it every day.”

The new patient tower will open to the public in early September. Maternity tours are scheduled by appointment. **Please call our childbirth concierge at 954.344. BABY(2229)**



(L-R) North Broward Hospital District Board of Commissioners: Commissioner Ray Berry, Commissioner Christopher Ure, Broward Health Coral Springs CEO Jared Smith, Chairman Andrew Klein, Broward Health President/CEO Beverly Capasso, Senator Lauren Book, Representative Jared Moskowitz, Commissioner Nancy Gregoire and Dr. Guy Zingaro, Broward Health Coral Springs Chief of Staff



Coral Springs Police & Fire Rescue: (l-r) Jared Smith, Broward Health Coral Springs CEO; Shawn Backer, Deputy Chief Administrative Division, City of Coral Springs Police Department; Dr. Nirit Swerdloff, Assistant Medical Director of Pediatrics Emergency Department; Allison Vandever, Regional Emergency Department Nurse Manager; Frank Badinec, Coral Springs-Parkland Fire Chief; Juan Cardona, Coral Springs-Parkland Chief of EMS

The Wait is Over, We Have Delivered!

Broward Health Coral Springs has expanded its “family” to better care for you and your family!

Our new patient tower includes 56 private patient suites featuring:

- A dedicated private entrance to labor and delivery for expectant moms
- 12 Spacious labor/delivery suites
- Beautifully appointed private mother/baby rooms
- 10 Private NICU rooms located steps away from mom’s suite
- 3 Cesarean section operating room suites
- A surgical center for gynecological, robotic and general surgical patients



To schedule a tour contact our Childbirth Concierge at **954.344.BABY (2229)**

BrowardHealth.org/MaternityPlace



3000 Coral Hills Drive, Coral Springs



Family In Focus

The Howitts Alan and Laura Howitt are very happy to have moved to Coral Springs from Michigan 11 years ago. Laura tells us, "Coral Springs is family oriented. There a lot of activities for our children to participate in." Their kids, Alyssa, 17, and Josh, 13, are successful students and enjoy being involved in school and community activities. Alyssa is currently active with cheerleading and drama, but also played JV and varsity flag football with her school until this year. Josh, a big time sports fan, plays travel and rec baseball as well as football and golf.

Mom and Dad have busy careers. Alan has a payroll and accounting business while Laura is a clinical social worker, working in the mental health field. On the board for Coral Springs American Little League for the past three years, Alan has also coached Little League baseball, soccer and basketball. He has enjoyed deep-sea fishing trips for the last few years. In her spare time, Laura loves running and has completed three 1/2 marathons. She also volunteers at Alyssa and Josh's schools.

Alyssa is a senior at Coral Glades high school where Psychology is her favorite subject. She is involved with key club, the national honor Society and looks forward to college at the conclusion of this school year. She is considering studies in political science or social work. Josh is in the eighth grade at Sawgrass Springs middle school and says that Civics is the subject that most piques his interest.

Very friendly and outgoing, the Howitts spend precious family time at baseball games, attending movies, going out to dinner and they especially enjoy traveling. More recently, they went river rafting and traveled to several states touring a variety of colleges for Alyssa to consider. Though she looked at the University of Michigan where her parents are alumni (Go Wolverines!), Alyssa has her sights set on becoming a Gator at the University of Florida.

Truly a pleasure to spend time with, the Howitts are grateful for the hometown they've loved for more than a decade. Alan tells us, "Since moving down to Florida, we have met a lot of people through various school and sports activities. We have developed a lot of great friends."

Not My Daughter...Find A Cure Now!



Performance by **Emily Schulteis** who most recently portrayed Elphaba Standby on the **Wicked National Tour**

Email us at nmdfindacurenow@aol.com with any questions or for more information

Please join us for our 9th Annual Shopping Boutique & Luncheon!

Monday, October 29, 2018

Shopping Boutique opens at 10 a.m.
Luncheon begins at 12 noon

Heron Bay Marriott
11775 Heron Bay Boulevard,
Coral Springs, Florida 33076
\$100 per person or VIPink
\$125 includes a special gift

Purchase tickets by October 22, 2018
at www.notmydaughter.com

A Fitting Experience
Mastectomy Shoppe



BRING IN THIS AD AND RECEIVE \$10 OFF
YOUR PURCHASE OF \$75 OR MORE

*Proudly Celebrating our 20th Year
in business providing products for women
after breast surgery!*

- BRAS
- BREAST FORMS
- SHAPERS AFTER RECONSTRUCTION
- CAMISOLES
- POCKETED SWIMWEAR
- TURBANS
- HATS WITH HAIR
- LYMPHEDEMA SLEEVES
- COMPRESSION HOSIERY
- AWARENESS GIFTS



Medicare Accredited Facility & Licensed Fitters. We Accept Medicare and most insurances

COME VISIT US!

2950 North State Road 7 Suite #103
Margate, FL 33063
954-978-8287 | www.affittingexperience.com
[fittings@affittingexperience.com](mailto: fittings@affittingexperience.com)

STORE HOURS

Monday-Friday
9:00 AM - 5:00 PM
Saturdays
10:00AM - 3:00PM



CORAL SPRINGS

Arttoberfest

Saturday, October 6

4 to 10PM at the City Hall Lawn
9500 West Sample Road

Bier • Küche • Musik

Join us in Downtown Coral Springs for our twist on Oktoberfest!

Biergarten by  & German Wine

Traditional Foods by  Restaurant

Authentic Entertainment by The Swinging Bavarians and more!

Stein Holding & Yodeling Contests - Unique Artists

CoralSprings.org/events - 954-344-1111



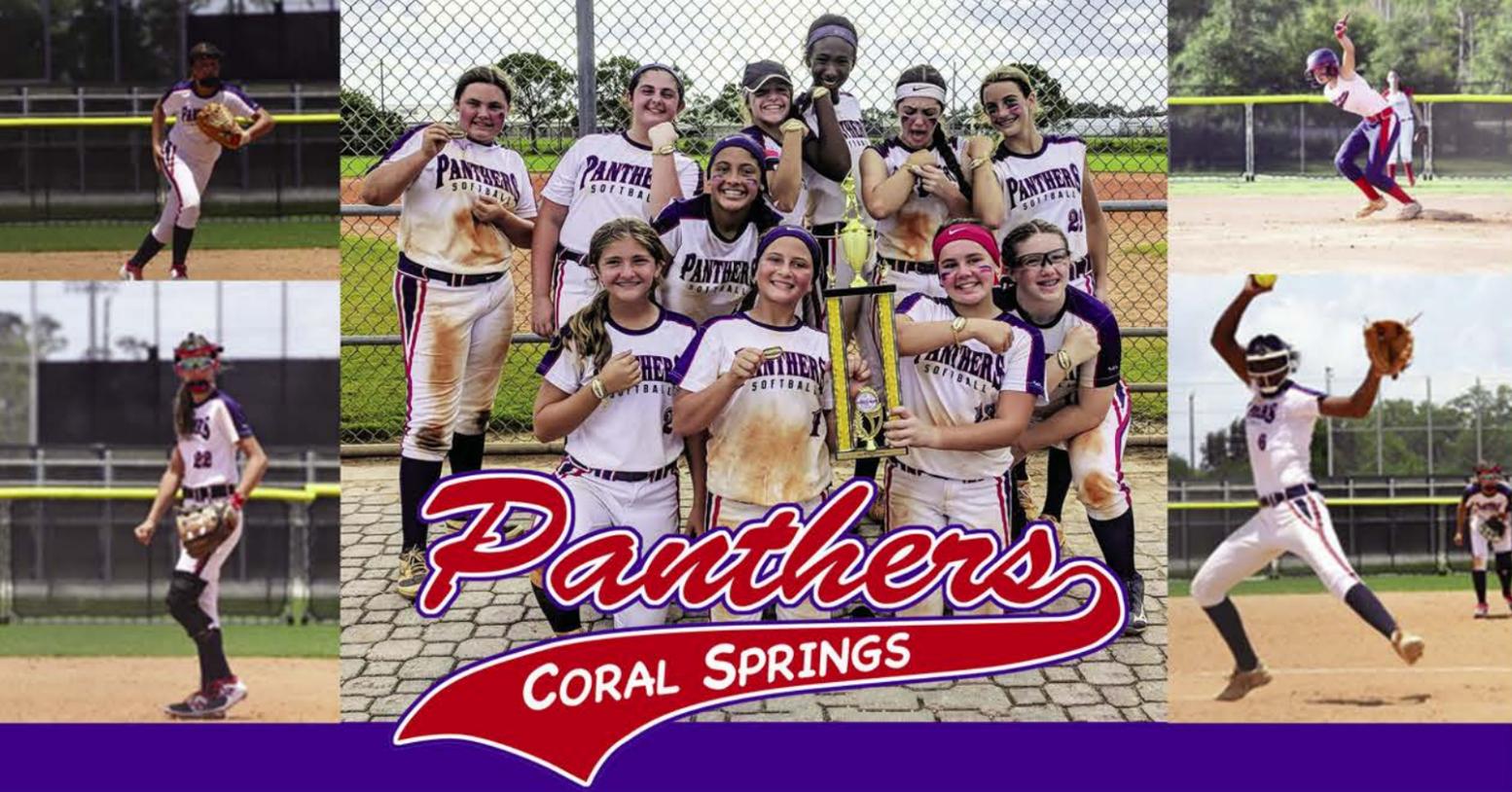

Arttoberfest Returns Oct. 6 to Downtown Coral Springs

Break out your lederhosen and raise your stein – Arttoberfest is coming back to Downtown Coral Springs on Saturday, October 6! This signature event will feature authentic German fare, entertainment, beer and wine, as well as your favorite Bavarian treats. Arttoberfest, which was held for the first time last year, is expanding its hours to 4 to 10 p.m. and will take place on the new City Hall lawn, so plan to make it a full evening of German heritage, music and art.

In what has become an annual tradition, King Ludwig will ceremoniously “tap” the first keg and officiate the yodeling and steinholding contests. Of the event, King Ludwig says, “Considering Oktoberfest started with festivities surrounding my marriage to the fair Princess Therese 185 years ago, it’s only fitting I be invited to participate in this regal affair.”

The Swinging Bavarians will perform traditional songs throughout the evening. Local artists showcase their handcrafted items and hungry festival attendees can look forward to a typical Bavarian fare served by long-time German restaurant, The Ambry. They will be plating up all the favorites, such as bratwurst, potato pancakes and strudel. A variety of Tucher beers and German wines by Republic National Distributing will be available for purchase. Free parking will be available in the City Hall garage. City Hall is located at 9500 West Sample Road. **For more details visit CoralSprings.org/arttoberfest or call 954-344-1111.**





They DO throw like girls..... Fast!

By Stacy Case

The Coral Springs Panthers 14U Travel Softball Club is just about to take to the field again and, this Fall, the team is looking stronger than ever. Head Coach/Manager Ron Hoyt has some impressive tools in his arsenal and intends to maximize his players' abilities as much as possible in order to keep up the program's successful tradition. (The Panthers also have 10U, 12U and 16U programs that have historically done well.) And this season is only getting underway. "It's early to tell but I feel that our pitching and catching staff has improved since last year; the girls are working really hard at their positions," says Ron, whose Panthers play home games at both Cypress Park and Betti Stradling Park in Coral Springs when they play host.

And even at the professional level, athletes need to constantly improve their game. The Panthers follow suit. From the fundamentals to the most elite skills required to perform at a high level on the softball field, Ron is a firm believer in having non-complacent players. "In order to keep our success going, the girls need to focus at every practice and not let down one minute," he adds. "They know they have to work hard for playing time and that nothing is handed to them." He continues to feel that "everything is earned."

Their Fall season, which runs until December, is shorter than that of their typical Spring/Summer one. Ron says the Fall is the most opportune time to prepare for the more intense competition that is accompanied during their traditional play from January through August. "The Fall sched-

ule is like our Spring Training; we do our tryouts, play in some local tournaments and spend quite a bit of time getting as ready as possible for what will start in January," he says.

Fall Ball is also a good dress rehearsal for what the Panthers may once again face at the State tournament and at the National games (held in Ft. Myers and Myrtle Beach, SC, this past Spring/Summer respectively). It sure seems to be a work in progress for Ron and his travel softball contingent, as they endure intense practices nearly 13 hours per week. They work on the many different facets of the game: Hitting, fielding, catching, pitching and running on a consistent basis...Ron keeps a close watch on every one of them. "I expect each of my players to give 100 percent, 100 percent of the time," adds Ron. "I need them to stay dedicated, work hard and hustle when they're on that field."

This season, the 14U Panthers will be playing against teams from around the tri-county area as well as teams from other parts of Florida. Aside from the girls' accomplishments on the field, Ron also has his sights set high on the lessons that this level of play can yield for his players. "The best thing these girls can do is approach this game just like life," he explains. "Being competitive in sports teaches the athlete how to compete in school and work also, and that you have to earn your position every single day."



Let our passion in everything we do transform your life.

**"Voted 2017
BEST
Orthodontist"**
In Coral Springs
& Parkland

- Board Certified Orthodontist
- Doctorate of Dental Surgery & Certificate in Orthodontics from Columbia University
- Specializing in Early Treatment, Damon Brackets and Invisalign for Adults & Teens

Before After

\$500 OFF

ORTHODONTIC TREATMENT

Included in the cost of full treatment is:

- Free Consultation • Free Panogram & pictures
- Free retainers (1 set)

Cannot be used in combination with reduced insurance plans or third party financing. Redeemable for new patients only starting full treatment. No other offers may apply. Expires 10/25/18

(954) 753-0015

4689 N. University Drive, Coral Springs 33067 • www.WileySmiles.com



Joe DiMaggio Children's Hospital

Concussion Clinic

We're your team for expert concussion care.

954-538-5566

If you think your child has a concussion - a mild traumatic brain injury - seek immediate medical attention.

Whether it's a sports-related or non-sports-related concussion, count on us to deliver quality, coordinated care.

We help navigate and expedite appointments with the right pediatric specialists to meet your child's needs:

- Pediatric Sports Medicine
- Pediatric Physical Medicine and Rehabilitation
- Pediatric Neurology
- Pediatric Neuropsychology
- Pediatric Vestibular Rehabilitation
- Pediatric Neurosurgery

**Joe DiMaggio
Children's Hospital**
AT MEMORIAL

If insurance or another healthcare payor does not cover these services, or does not apply, then you can have the following services at the following rates:

- \$25.00** for one pre-season neurocognitive test, or
- \$50.00** for one pre-season neurocognitive test with prevention education with a healthcare professional

Payment must be made in advance. These rates are valid until December 31, 2018.

Show. Barn. Street.
Everything equestrian, with style.



Enjoy 20% off when you visit us!

HorzeStylz
6510 N. State Road 7, Coconut Creek

Malachi Acres

Making horse dreams come true for children and adults since 1999

Lessons

Correct, safe riding lessons in a relaxed, encouraging environment for children and adults, beginner through advanced.

Horse Shows Boarding

**Sign Up
Now For
Fall
Sessions!**
Spaces are limited

4-H Club
Home of the
Malachi Acres 4-Her's

Camps (ages 7-14)
Most holidays &
teacher planning days.
Summer, Winter & Spring Break

954-255-7185 (barn) • 954-464-1239 (mobile)
4701 Godfrey Rd., Coral Springs/Parkland, FL 33067
Located off Wiles Rd. • www.malachiacres.com

Bonded &
insured

We love them all...give us a call!

Over 30
Years Exp.



SAFE at HOME™

YOUR IN HOME PET SITTING SERVICE

Stress free!
Let someone
who cares be
home when
you can't be.

(954) 415-5425
Overnight in-home service
Veterinary references

Your pets'
feeding,
walking
& play stay
on schedule.



email: safeathomepets@gmail.com



**NORTH BROWARD
PREPARATORY SCHOOL**

A NORD ANGLIA EDUCATION SCHOOL



TODAY

Student athletes learn to compete at a high level, set goals and develop **leadership** skills that will last a lifetime.

EVERY DAY

AT NORTH BROWARD PREPARATORY SCHOOL

Call to Schedule a Tour: 954-247-0179 | www.nbps.org

Coral Springs Connections

Baseball & Tee Ball

AMERICAN NATIONAL LITTLE LEAGUE
For more info. 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.

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.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 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 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 or visit www.nexuscycle.com

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING
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 14.

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
NOW REGISTERING! For more info go to www.parklandlacrosse.com See ad page 17.

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.nwbrcc.com or email jaygee725@gmail.com

Soccer

NOW REGISTERING! CORAL SPRINGS RECREATIONAL
For more info www.CSYS.org or call Mimi Milton for further info. 954-341-6391.

Softball

YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)
Two seasons run each year, February-May and September-November. See the website at www.coralsspringssoftball.com or call (954)344-0171. See ad below

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 14.

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or www.NBPS.org See ad pg 15.

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

An immovable object... Meets an irresistible force...

Aftercare pickup
Daily workouts
Limited enrollment
Fun games & enrichment classes
Homework help

Fitwize 4 kids

954-363-2349 • www.fitwize4kids.com
4641 North State Rd. 7, Unit 15B, Coconut Creek, 33073

2019 SEASON
Parkland
RED HAWKS
Lacrosse

2019 Registration is Now Open
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

DIVISIONS:	BOYS & GIRLS FEE SCHEDULE
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

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 14.

Lacrosse

PARKLAND REDHAWKS
NOW REGISTERING! For more info go to www.parklandlacrosse.com See ad pg 17.

Soccer

NOW REGISTERING!
PARKLAND SOCCER CLUB
For more info, call (954)410-5172 or www.parklandsoccer.net

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

NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or www.NBPS.org See ad page 15.

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 Call 954-363-2349. See ad page 16.

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.

19 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

Family Eye Care

Improving Your Child's Vision

By Dr. Gary Goberville

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

Birth to four months

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

Five to eight months

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

Nine to twelve months

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

One to two years

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

Baby's First Eye Exam

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



Dr. Gary Goberville,
Optometric Physician

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

Licensed & Insured #CFC054102 **New Construction • Full Service • Remodeling** No Discount Gimmicks Reasonable Prices for Quality Work



PRO BOWL PLUMBING

(954) 346-9873
www.ProBowlPlumbing.com

- All Plumbing Repairs
- Bathroom & Kitchen Fixtures
- Drain Stoppages
- Backflow Preventers
- Hot Water Heaters



Call Today & Receive A FREE Estimate & Flashlight

Excellence in Family Eye Care & Eyewear



- We carry a Phenomenal Selection of Frames
- Come Visit Our Extensive Sunglass Boutique
- Medical Savings Accounts Accepted

Contact Lens Special

Contact Lens Exam, 7 Month Supply of Contacts & FREE box of cleaning solution

\$130

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 10/15/18 SP

Buy One Get One FREE!

Prescription Eyeglasses of equal or lesser value.

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 10/15/18 SP

FREE Kids Safety Lenses with purchase of frame

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 10/15/18 SP

www.EyeSiteVision.com

Eye Site Vision Center

Coral Springs
2344 N. University Drive
954-344-EYES(3937)

Boca Raton
9874 Yamato Road, #120
561-479-1411

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

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.



October 7, 2018

Pine Trails Park

5K | 5 Mile | 1 Mile Fun Run

7:00AM START TIME



The Parkland Dash

October 7th

Over 40 million pairs of running shoes are sold in the United States every year, so chances are, you have a pair. If you have a sole, we will see you on October 7th at the Parkland Dash.

The City of Parkland, along with Northwest Medical Center, presents the 2018 Parkland Dash 5K/5 Mile and 1 Mile Fun Run. The race will begin at 7am at Pine Trails Park on Sunday, October 7, 2018. All courses are stroller friendly.

This year, the run benefits the five Broward County Public Schools located in Parkland.

The Parkland Dash is fun for the whole family. Come out and meet other fellow runners/walkers from the community. All participants will receive a finisher medal, t-shirt (for pre-registered participants while supplies last), and food will be available following the race. Awards will be given for overall winners, masters, and individual age groups.

Running is a great kick start to a healthier lifestyle. Running can aid in weight loss; delay aging; improve muscles and bones; lower high blood pressure; balance cholesterol levels; and assist in diabetes management. Putting a 5K race on your calendar is the perfect motivational tool. Training for a 5K will allow you to see significant changes in your fitness level. A five mile race can transform you into a true distance runner who has the confidence to take on even greater challenges. Maybe you choose to start training for a half marathon or a full marathon next. The Parkland Dash is open to runners, walkers, joggers, and anything in between.

Pine Trails Park also contains a large fishing pier, sports fields, basketball courts, pavilions, and a state-of-the-art, inclusive playground. Also included are the Parkland Recreation and Enrichment Center (P-REC) and Amphitheatre that were completed in January 2008. The P-REC provides fitness and enrichment programming in a 24,000 square foot indoor climate-controlled environment. It includes a full-court gymnasium with stage, aerobics room, and multi-purpose rooms that house a variety of art, recreational, and cultural activities.

Parkland has nine beautiful parks located within the city. Plenty of serene, wooded environments. Be sure to enjoy them as you train for the Parkland Dash.

Packet pick up will be available on Friday, October 5, 2018, from 11:00 am to 6:00 pm and Saturday, October 6, 2018, from 11:00 am to 5:00 pm at the Coral Springs Runner's Depot. See ad on opposite page.

To reserve your spot today, visit
www.cityofparkland.org/dash
For more information, call 954-757-4105.



Fun for the whole family!



North Broward Preparatory School



www.cityofparkland.org/dash • (954) 757-4105



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

The Athlete's Elbow Part 2

By Dr. Howard Gelb

Little league elbow is a common problem in the growing athlete and describes medial elbow pain that is attributed to a microscopic injury to the growth plate or apophysis, where the tendon attaches to the inner elbow. Pain and loss of motion are common symptoms of little league elbow. Pitchers sustain the majority of injuries but any player may develop it from overuse. X-rays are very important as part of the work up for little league elbow. Comparison x-rays can be helpful in certain cases to evaluate the extent of the injury. The UCL (ulnar collateral ligament) can be involved in severe cases. If the apophysis or UCL origin is significantly displaced, surgery may be indicated. If the ligament is completely torn, a formal UCL reconstruction (Tommy John procedure) may be needed to return to competitive throwing. Prevention of overuse injury in the throwing athlete is critical to avoid long term injury. Injury to the young athlete's elbow may be prevented by limiting the number of pitches in a game or practice, allowing the athlete adequate rest after throwing, and limiting the number of teams that he or she plays on. Recent studies demonstrate that the fast ball may be worse than breaking pitches for the immature elbow, causing the growth plate to separate or ligament to fail.

Fortunately, most athletes can return to their sport after adequate rest and rehabilitation.

That's Gotta Hurt!

- Specializing in Adult and Pediatric Orthopaedic Sports Medicine, Arthroscopic Surgery of the knee, shoulder, hip, elbow, wrist and ankle
 - Fracture care and joint replacement
 - Licensed physical therapist on staff
- ACL reconstruction, meniscus repair and arthroscopic shoulder reconstruction

Howard J. Gelb, MD, PA

Sports Medicine & Orthopaedic Center

American Orthopaedic Society for Sports Medicine

Fellow American Academy Orthopaedic Surgeons

Diplomat American Board of Orthopaedic Surgery

Subspecialty Certified in Sports Medicine

Fellowship Subspecialty trained in Sports Medicine & Arthroscopy

Member Arthroscopy Association of North America

www.GelbMd.com

561-558-8898

9980 Central Park Blvd. N., Suite 222, Boca Raton,
Between Palmetto Park & Glades Rd. on 441/State Rd. 7



Ankle Arthritis

By Dr. Clive C. Woods

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

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

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

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

CLIVE C. WOODS, MD

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:

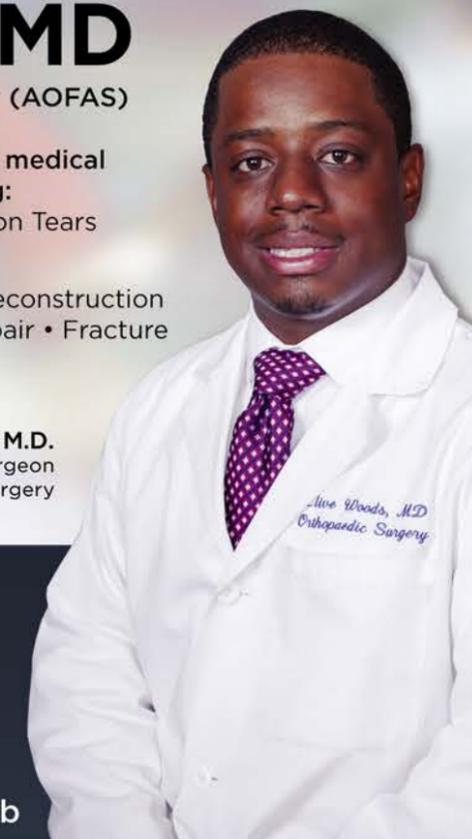
- Bunions • Hammer Toes • Arthritis • Neuromas • Achilles Tendon Tears
- Trauma • Fractures • Flat Foot

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

Howard J. Gelb, MD, PA
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

Smile. Your search for a new dentist is over.

We provide thoughtful, modern dental care.
Call for an appointment today.



New Patient Special
\$59
Cleaning, Exam
& Digital X-rays*

FREE
Take-Home Teeth
Whitening Kit*



Jim Van, DDS



CORAL SPRINGS
MODERN DENTISTRY

Jim Van, DDS
5810 Wiles Rd, Coral Springs, FL 33067
954-651-9725 | CoralSpringsModernDentistry.com

*Regular value of at least \$290. In absence of gum (periodontal) disease. New patients only. Cannot be combined with any other offers. Coupon must be presented at appointment. Limit 1 per patient. Subject to insurance restrictions; cannot be applied to insurance co-payments or deductible. Not valid for appointments with pediatric dentist. Fee advertised is minimum fee only. May include D0150, D0210, D0220, D0230, D0272, D0274, D0330, D1110, D1120. Offer expires January 1, 2019. DN23005. **Regular retail value of \$21.41. New patients only. Not all patients will be candidates. Clinical exam required to confirm a patient is a candidate. May require Digital X-rays and/or cleaning at additional cost before whitening procedure. Subject to insurance restrictions; cannot be applied to insurance co-payments or deductible. Age restrictions may apply. Cannot be combined with other offers. Limit 1 per patient. AZ, CO, ID, NM Delta Dental members: valid toward cosmetic dentistry only. Offer expires January 1, 2019. DN23005.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT 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.**

BMW BENSON MUCCI & WEISS P.L.

Attorneys at Law

Outstanding Legal Solutions and Extraordinary Client Service for 20 Years.

- Are you behind in your mortgage payments?*
- Have you recently lost your job or suffered a medical setback?*
- Do you owe more on your home than it is worth?*
- Have you recently been served with a foreclosure action?*

Don't try and tackle these problems alone. The attorneys' of Benson, Mucci & Weiss, P.L., have been protecting clients against foreclosures for over 20 years. We are skilled at working with lenders on short sales and can help you save your home and your credit.

CALL US TODAY FOR A FREE CONSULTATION

Disclaimer: The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you full written information about our qualifications and experience.

5561 N. University Drive, Suite 102, Coral Springs
(954)323-1023 • www.bmwlawyers.net



Back to school SPLASH BASH!

Parkland's annual Back to School Splash Bash on Saturday, August 18 was the perfect way to cool off on a hot summer day. Over 1,200 participants brought in the brand new school year with games, crafts, and more than 10 water slides and inflatable obstacles. Friends and neighbors caught up while enjoying snow cones, cotton candy, giveaways from our community sponsors, and even a friendly game of color wars. The DJ played our favorite tunes into the afternoon and the food trucks served up some tasty grub. The future of this event is looking bright, so we hope to see everyone at Splash Bash next year.



Confidence Comes Naturally

Receive \$500 OFF

your Hair Restoration when you mention the Spectator

Plus 0% financing for 12 months* when you request a FREE consultation by **October 15th**

*For qualified applicants



BEFORE

AFTER



Choose Florida's premier hair transplant surgeon to get your desired results.



Dr. Glenn Charles
Hair Transplant Surgeon
20 years experience



CHARLES MEDICAL GROUP

Hair Restoration Specialist

200 Glades Rd #2

Boca Raton, FL 33432

Monday-Friday: 8 am-5 pm



(866) 395-5544 • www.CharlesMedicalGroup.com

Acupuncture & Oriental Medicine



Offering Physical Therapy.
Medicare Welcomed!

How good is your health?
GET YOUR PERSONAL
AcuGraph
SCREENING NOW
\$49 REG \$99

REDUCES STRESS AND ANXIETY • ELIMINATES PAIN • MIGRAINES AND DEPRESSION

ACUPUNCTURE ALSO TREATS: ARTHRITIS • WEIGHT LOSS • FATIGUE • INSOMNIA • ADDICTION

INFERTILITY • SCIATICA • MENOPAUSE • ALLERGIES • CHEMO AND STROKE SIDE EFFECTS • AND MUCH MORE



ACUPUNCTURE
NEW CLIENTS
50% OFF

ACUPUNCTURE



ACUPUNCTURE
FACELIFT



HOMEOPATHIC
WEIGHT LOSS



ENDERMOLGIE
DECREASE CELLULITE

Tired of dieting and exercising yet you still have cellulite??

BELIEVE IN MIRACLES... We do!



MONIQUE G. BAIN
MAC, LAC
ACUPUNCTURE
PHYSICIAN

CUPPING THERAPY

Helps pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

\$25

WITH ACUPUNCTURE TREATMENT

\$30

WITHOUT ACUPUNCTURE TREATMENT

LIPOTROPIC INJECTION SPECIAL

Shed Unwanted Pounds • Metabolize fat
Boost Energy Level and Metabolism
Remove Toxins and Waste From Liver

\$35 ONE SESSION

\$240 12 SESSIONS

HOMEOPATHIC FAT REDUCTION

PAINLESS • NO SURGERY • NO DOWN TIME
Reduce Cellulite • Eliminate Stubborn Fat
Minimize Signs of Aging • Injection Therapy

\$95 ONE SESSION

\$499 6 SESSIONS

954-657-8342 | 7310 W. MCNAB RD., SUITE 107, TAMARAC, FL 33321 | 5EWC.COM

WE ACCEPT WORKMAN'S COMP, PIP, AND VA CASES. WE ARE PROVIDERS FOR BLUECROSS BLUE SHIELD, HUMANA, AETNA, CIGNA & UNITED HEALTHCARE

International Dinner Dance

Bella Notte in Italia – That's Amore!

Calling all Cultures!



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

Last chance!
Tickets are almost sold out...

*No tickets will be sold at the door



One of the best things about living in our community is how greatly diverse we are.

This is celebrated in large part by the Coral Springs Multi-cultural Advisory Committee. It is their mission to "Recognize and develop responses to the growing diversity of the city's population and to promote appreciation, acceptance, and respect for cultural differences and similarities."

The Committee is passionate about cultural inclusivity and helps organize events like the International Dinner Dance; which celebrates multi-cultural month and increases community appreciation for the many diverse ways of life and nationalities that are part of our community. One of their closely held tenets is, "To celebrate, experience and learn in creative ways about cultural differences; to increase our self worth by adding value to our lives through understanding and appreciation of others."

Formed in February of 1995, the Multi-cultural Advisory Committee has constantly been striving to make Coral Springs "The Nation's premier community in which to live, work, and raise a family." They are succeeding by making cultural appreciation such a large piece of what our corner of northwest Broward is about.

City of Coral Springs Community Relations Manager Joyce Campos says, "Serving as the staff liaison on the Multi-Cultural Committee since its inception has been

one of the most rewarding parts of my job. This group of dedicated volunteers has been an inspiration to me as they devote their time untingly to the educational and cultural programs we host for the City. Even if we touch the lives of one person in a positive way, it is time well spent."



Multi-Cultural Advisory Committee members.

Joyce and her colleague Gladys Castro enjoy ensuring that events like the International Dinner Dance and WorldFest continue to be available to us for years to come! This empowers Coral Springs to continue to blossom and thrive in our cities' diverse traditions.

Gladys Castro tells us, "As a Chair for the Multicultural Gala Dinner for 23 years, I love the vision of the event. A rich celebration of the different Cultures, Traditions,

Music, Arts, and Food of other countries. We celebrate the cultures of our neighbors and foster great sense of unity and respect for one another. Coral Springs and Parkland have a wealth of cultures that give our communities strength, innovations and endless possibilities".

We hope our readers will take the time to stay informed about the many programs that the Coral Springs Multi-cultural Advisory Committee puts together as well as get involved and attend these events! We encourage you to take the opportunity to celebrate the cultural wealth that we share as a unified community!



Purchase tickets online! CoralSprings.org/DinnerDance

Questions? 954-344-1063 • lcutz@coralsprings.org



Up & Coming

Parkland Library Used Book Fair - Wed-Sat, September 5-8 Sponsored by the Parkland Friends of the Library from 10 AM to 5 PM on these four days, the fair features used books at the city's library, 6620 University Drive. For more info, call 954-757-4203.

Coral Springs Remembrance 5K Run/Walk - Saturday, September 8 Coming together as a community, the race begins at 7 AM at the Coral Springs Northwest Regional Library, 3151 University Dr., Coral Springs. Each year, the City remembers the victims and honors the heroes of September 11, 2001. This is a family friendly event. Awards will be given to the top three overall male and female, as well as the top three in the age-appropriate categories. Team awards will also be given to the top fire rescue department, law enforcement department, EMT paramedic department, and top club. All finishers will receive Medals and t-shirts. For more info, visit www.itzevents.com

September 11th - Never Forget Mobile Exhibit - September 11 & 12 Plan to visit the Stephen Siller Tunnel to Towers Foundation Exhibit in the parking area of the Coral Springs Gymnasium, 2501 Coral Springs Drive. Launched in 2013, the exhibit, which is housed in a 1,000 square foot trailer - is a tribute and educational tool that travels across the country. The City of Coral Springs is bringing the exhibit to our community for residents and students to visit. Pre-scheduled students from Coral Springs schools will visit the exhibit each morning, with public viewing on September 11 from 2-8 p.m. and on September 12 from 4-8 p.m. Residents are encouraged to text 888-777 with the keyword - 911EXHIBIT to receive updates on the event. For more info, call Gina Orlando at 954-344-1147 or email her GORLANDO@coralsprings.org.

Parkland Redhawks Lacrosse FREE First Time Player Clinic - Sunday, Sept 16 Plan to visit the From 4-5:30 PM at Pine Trails Park-Turf Field. No equipment needed to come to the clinic. For more info see www.parkland-lacrosse.com

Parkland Art-for-Autumn Mural Painting - Thursday, September 20 It's almost autumn! What better way to celebrate than to add your creative mark on a big mural that will be dis-

played at the library all season long? This all-ages family fun painting event will get you in the spirit of fall fun. Drop in to the library, 6620 University Dr., any time between 3 PM and 4:30 PM to participate. Parkland Library card required. Register online www.cityofparkland.org/library or call (954)757-4207.

Parkland Chess Club (age 8 and up) - Wednesday, September 26 From 4:15 PM - 5:15 PM come to the library, 6620 University Dr., for a friendly game of chess. All levels welcome. Parkland Library Chess Club is for children ages 8 and up. Registration is required for each game date. To register visit www.cityofparkland.org/library or call (954)757-4207.

Coral Springs Artoberfest - Saturday Oct 6 Coral Springs is putting its own twist on Oktoberfest! Join us for a night of German culture and art at our second annual Artoberfest celebration in Downtown Coral Springs. The event will feature everything from authentic entertainment to a stein-holding competition and a Yodeling contest. So grab your friends and meet us on the City Hall lawn from 4 to 10pm. Biergarten by Tucher and German wines available. Traditional Foods by The Ambry will be available for purchase. Proceeds from alcohol sales will benefit the Coral Springs Museum of Art. Plenty of free parking will be available in the City Hall parking garage. City Hall is located at 9500 West Sample Road. For more info see the article on page 11, www.coralsprings.org/events or call 954-344-1111.

Parkland Dash 5k/5mile and 1 mile fun run - Sunday, October 7 The 2018 Parkland Dash 5K, 5 Mile, and 1 Mile Fun Run begins at 7:00 AM for the benefit of the five Broward County Public Schools located in Parkland.. The race will take place at Pine Trails Park, 10555 Trails End, Parkland. Check-in is from 6:00 - 6:30 a.m. Participants can choose either a certified 5K course, 5 Mile course or a 1 mile fun run/walk. The 1 mile fun run/walk can be enjoyed by individuals or families. Strollers are welcome for all courses. For more info, call 954-757-4105 or see www.cityofparkland.org/dash



CAFÉ ♦ RESTAURANT ♦ BAR LOUNGE

DÉJÀ BLUE

A MEDITERRANEAN CULINARY JOURNEY

Back to School!

BOOK NOW YOUR
SUNDAY BRUNCH ON THE WATER



YOUR "TO-GO SPOT" FOR ANY FAMILY REUNION



OPEN FOR LUNCH, DINNER & SUNDAY BRUNCH ♦ HAPPY HOUR DAILY 4-7 PM ♦ EXCLUSIVE & PERSONALIZED VENUES
WEDNESDAY LADIES' NIGHT 2-FOR-1 ♦ TUESDAY KIDS 3-12 EAT FREE ♦ DJ & LIVE MUSIC AT "EAGLES LOUNGE"

IN PARKLAND

7805 N. UNIVERSITY DRIVE PARKLAND FL 33067
DEJABLUERESTAURANTS.COM - (954) 345-0128