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Spectator

November 2018



COASTAL COMMUNITY CHURCH

See feature article on page 6

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Publishers, Shellie & Scott Farrugia

It's All About Community!

Thanks for Everything!

We all know the theme of most November publications, but I'd like to be so bold as to avoid some of the sappy stuff and add some humor. Guess what? I'm grateful. I hope you are, too! I'd like to give thanks for things I often forget to say, and will definitely not be mentioning over turkey. Thank God that I didn't get pulled over when I missed the stop sign, my make-up wasn't on yet and was only wearing pajamas. Thanks to those of you who didn't embarrass me by mentioning the stacks of mail, assortment of shoes (in every size and style...thanks, kids!) and unfolded laundry in our living room. Thanks to my dogs and parrots who are always excited to see me (not always the case with my teenager). Thank you to my amazing husband for trudging to the barn in the early morning rain to fix fences and a water main (country living at its finest) in a flooded, mucky horse stall.

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2018.

God bless your family and each and every one of our troops,

Shellie & Scott

A Community Car Wash Saved My Family!

By Shellie Miller-Farrugia

Anyone who knows me well knows that a clean car is NOT my strong point. Since taking away the kids' privilege to eat in the family vehicle years ago (after finding fossilized french fries and red Gatorade stains all over the previous SUV's beige carpet), today's ride is only slightly more sanitary... and the outside of it? Let's just say that metallic paint is a better choice for a no-fuss girl. A few days before my husband, two of our children and I left for a road trip out of state, I stopped in at a community car wash fund-raiser to improve our gas mileage by reducing the drag likely caused by six months' worth of road crud.

After parking my car and then myself in a nearby chair, I talked to the students and parents about the cause they were raising money for while someone sudsed my filthy chariot. "Hey, did you know you're missing some lug nuts?" What? Sure enough, my car WAS missing FOUR of six lug nuts on one wheel! Oh my! After the initial shock of the realization, I couldn't help but be overwhelmed with gratitude and the realization that, often, we are in the right place at the right time. If I'd said "yes" to the prompts on the gas pumps to use their automated washes, there would have been no one to notice. I felt more than blessed as I made my generous donation...my family was, indeed, safer because of a stop to help others, give up some time in my day, and get to know some people I'd never met before.

The gracious gentleman who'd noticed the shortage then proceeded to remove one lug nut from each of the other wheels and sent me on my way with a clean car and 5/6th of the necessary fasteners on each wheel. And for your safety "nuts," I did get additional ones from a helpful dealership and left for our trip with all four wheels checked, the oil changed and the tires properly inflated.

How many times in your life has God introduced an angel at just the right moment? Is it the bank teller who compliments your well-behaved kids when you're feeling like a parental failure? No ATM can ever replace that. Is it the stranger in front of you at the drive through who pays YOUR bill without knowing that you were 16 cents short and about to cancel your drink? Do we all have to be strangers? Wouldn't it be better to think of most everyone as a "future friend?"

Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Heb. 13:1-2



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On the cover: Parkland's Coastal Community Church NOW OPEN. See page 6-7

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God Bless Our Community!



Coastal Community Church is about to make history in Parkland! Founded in September, 2009 as a “portable church” on Sundays at the Monarch high school campus in Coconut Creek, Pastor T.J. McCormick says, “My wife Shayla and I dreamed of planting a church that was all about community. The majority of people in South Florida are not from here... They are transplants.” As the church at Monarch has now expanded to more than 700 weekend attendees, T.J. and Shayla are excited that the opportunity presented itself to build a new, beautiful sanctuary on University Drive in Parkland.

Because their ministry began with a desire to see people connect with God and with others, the McCormicks’ hope is that anyone will feel welcome to check out the new campus. Their intention is for Coastal Community to be an upbeat place for people to connect in life-giving relationships with others and with God. “Everyone is welcome because nobody is perfect and anything is possible,” T.J. says compassionately.

Down to earth, easy to talk to and understanding, these Coral Springs residents moved to South Florida in June 2009 from Bradenton, Florida. With a ministry desire to focus on community and family, today the McCormicks include seven month-old foster son, Alexander, and a great Dane puppy, Preacher. T.J. says, “Everyone in the neighborhood knows Preacher!”

“Our church is made up of predominately young families,” Pastor T.J. Tells us, “and Parkland is a Community of young families.” The new campus includes an inviting sanctuary, a welcoming coffee bar and an extensive kids ministry. T.J. goes on to explain one of the major mission focuses of Coastal Community. “We want people to experience, know and follow Jesus. We are all about loving God, loving people and showing it.”

Because the Sunday morning services at Coastal are designed to help you connect with God and to experience Him in your life, they will encompass teaching, contemporary, upbeat worship and furthering relationships within the community. Pastor TJ says, “We’ve always been about reaching people. If you’re looking for a place full of real people doing real life in pursuit of a relationship with God, we are the place.”

Praying to debut their new Parkland campus on November 4, services will be held every Sunday at 9, 10:15 and 11:30 AM. All are invited to participate in this non-denominational, positive experience. T.J.’s personal hope is that, regardless of previous religious affiliation, “People will come together to bring life and faith into focus.” Coastal Community Church’s beautiful new campus is located at 6800 N. University Drive in Parkland. More questions?

Visit their website at www.CoastalCommunity.TV



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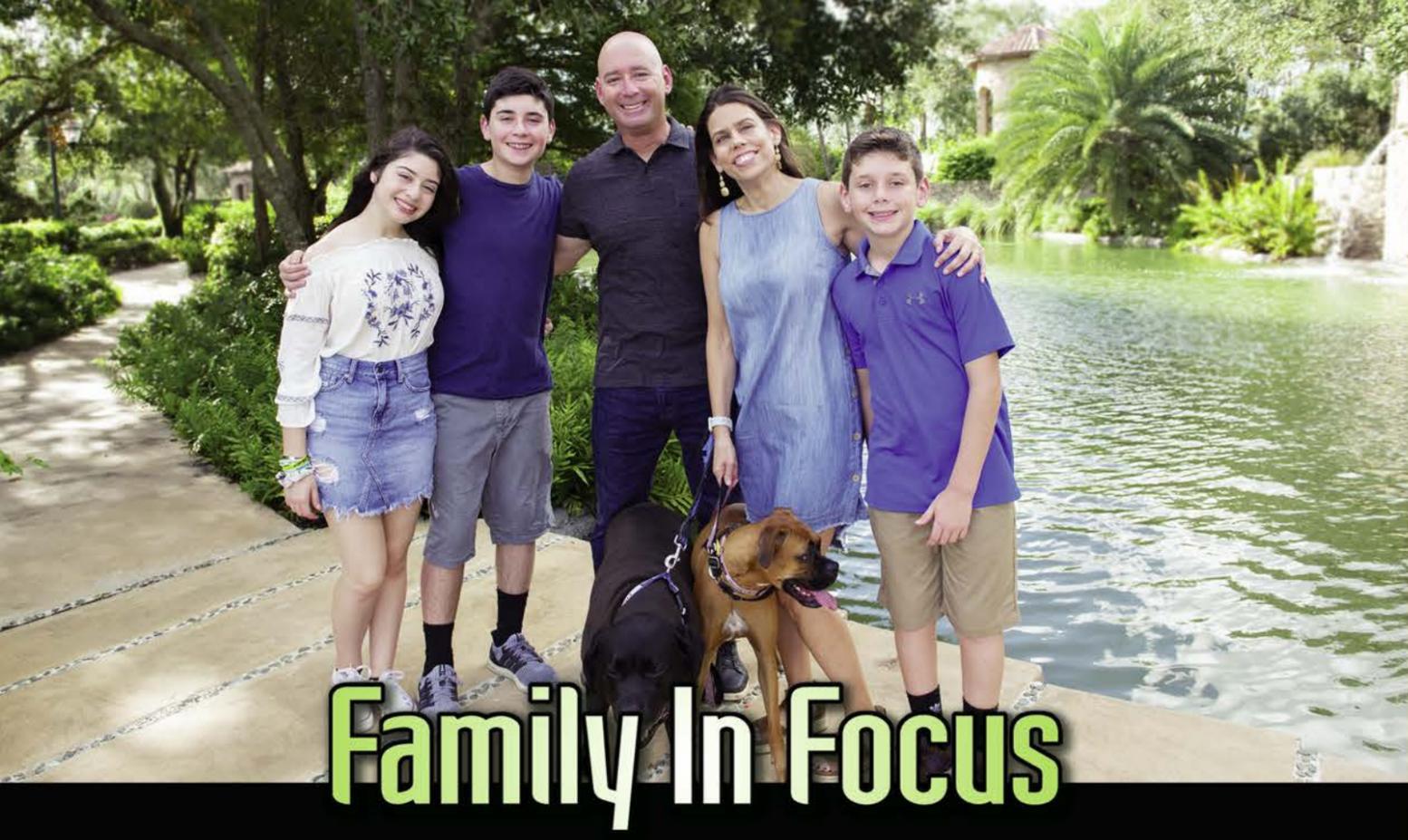
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Family In Focus

The Angers Raised in Brooklyn, New York, Lonny and his wife Jessica are the proud parents of three children; Avery, 15, Cody, 13, and Jaxon, 10. Their family is completed by two fun, beautiful dogs, Frank and Scout.

Parkland residents for eight years, Jessica says, "I can't think of a better place to raise a family. Top rated schools, outdoor living, and the neighborhood feeling are all the things that attracted us to Parkland. We do everything we can to take advantage of everything else it has to offer."

The Anger siblings attend three different local schools. Avery is in the 10th Grade at Douglas high school where she is also in the drama program and part of SHINE. Cody enjoys 8th Grade at Westglades middle school where he is on their baseball team. He also plays travel ball with the Parkland Pokers, and is a teammate on the Parkland Flag football league. Jax is in 5th Grade at Heron Heights elementary. He plays on Parkland Little League Baseball, Basketball, and Football teams.

Outgoing and personable, Lonny is a licensed General Contractor, specializing in Commercial Interior Renovation with a focus in Hospital, Healthcare, and Educational facilities. Jess is a former elementary school teacher, and today this friendly lady is CEO of the Anger household. During the summer months, she is in charge of photography at a summer camp in New York.

Lonny coaches in the Parkland Little League and Flag Football league, and is on the Board of Directors for SHINE, MSD and the Scleroderma Foundation of South Florida. Jess volunteers at Heron Heights Elementary School and with the MSD drama department.

Outside of organized sports, the Anger family enjoys many other outdoor activities. Particular favorites are walking the dogs, riding bikes, skiing, snowboarding and watching Marvel movies. They also have a great time trying and rating new burger places. Lonny tells us, "We enjoy being able to spend so much of our time outdoors; to spend time with the friends we have met, playing in the parks, and the aura of the community feeling when walking throughout Parkland."

Jessica enjoys cooking, reading, spending time with her friends, and visiting family in New York. Lonny writes in his spare time, has written a TV pilot and looks forward to writing a movie script in the near future.

The Angers attend services at Chabad of Parkland.

FAMILY SKINCARE

Sun Protection Tips & Tricks for Every Age

By Dr. Alexis Stephens

Recently released data shows that Florida ranks highest of all US states for skin cancer rates. Everyone is susceptible to skin cancer. Use these sun protection tips to mitigate your risk while enjoying life in the Sunshine State.

Babies

- Avoid direct sun exposure to babies under 6 months old due to skin fragility.
- Use sun-protective fabrics, clothing, hats and sunglasses with both UVA/UVB protection.
- Use non-nano mineral sunscreens to decrease potential irritation.
- Choose parks with sun protective shields.

Children

- Look for SPF30+ broad spectrum water resistant Cream/Lotion/Stick/ or Spray.
- The best sunscreen for your child is the one he/she likes and uses consistently.
- Most important, let them see you putting on sunscreen and frequently reapply.
- Some aerosolized product gets lost before application. For full effectiveness spray in hands and then apply.

Teens

- For acne prone skin, look for non-comedogenic sunscreens to decrease the likelihood of clogged pores.
- The right sunscreen protects against acne, prevents flairs that are induced from sun exposure and helps prevent the skin from healing with dark spots.

Adults

- Protect your scalp and ears by wearing a hat and applying sunscreen to ears and hair part.
- Skin cancer affects all skin types, not just fair shades. Everyone needs sunscreen. The micronized version is great for darker skin types to avoid the white film.
- Sunscreen is the best anti-aging ingredient to protect you from ultraviolet radiation induced wrinkles
- Plant based supplement Heliocare offers additional sun protection for days with long sun exposure.
- The SPF in makeup is NOT enough as it does not fully block UVA/UVB rays. Apply sunscreen before putting on makeup.
- Your best line of defense, in addition to using the tips above, is doing regular skin checks and visiting a dermatologist if you notice new or unusual moles or growths.

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Downtown in December

Each year since 2014, the City of Coral Springs has ushered in the holiday season with a fun, family-friendly event called Downtown in December. This year's event, scheduled for December 1 from 5-9 p.m., is one that will not disappoint, as it will be the inaugural holiday event held on the Grand Lawn of City Hall – the new home of the City's signature events.

This exciting, free event, held in partnership with Broward Health Coral Springs and Bluestream, is for families of all ages. Activities will include: The City's formal tree lighting, a visit from Santa Claus and the popular holiday movie – The Polar Express – shown on a huge 3-story screen. Keeping with the theme of the featured film, children will have an opportunity to take a free train ride around City Hall.

Of his visit from the North Pole, Santa Claus himself remarked, "I look forward to this event each year. A trip to Downtown Coral Springs in December is exactly what I need as I gear up for the busy holiday season. From meeting excited children to experiencing all that Coral Springs has to offer, it is my favorite event of the season."

City event planners have received an advanced weather warning, which indicates Coral Springs will experience snowfall that evening. That expected snowfall is just what South Florida needs to make Santa feel welcome. Children will also have an opportunity to "make and take" holiday-themed crafts, as well as free milk and cookies.

Families should plan on coming hungry, as food and beverages will be available for purchase from more than a dozen of our top-rated food truck vendors.

Be sure to wear your dancing shoes because the City will have music and a dance party area too.

Downtown in December will be held at the City Hall Great Lawn, located at 9500 West Sample Road. Bring lawn chairs and blankets if you plan to watch the movie. There is plenty of free parking in the City Hall garage.

For more details, visit CoralSprings.org/events or call 954-344-1111. To receive up-to-date information leading up to, and during the event, text 888-777 with the key word CORALSPRINGS.



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Honor our Veterans on November 11

Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our ending gratitude. America will never forget their sacrifice. – President Harry S. Truman

Veterans Day is an official United States Federal holiday, observed annually on November 11. Its purpose is to honor military veterans; persons who have served in the United States Armed Forces. This Veterans Day, consider showing veterans extra appreciation. Proudly display the flag in salute to those who have protected our freedom. Attend a Veterans Day event and ask a veteran about their service. Veterans Day is not to be confused with Memorial Day, which honors those who have died in their service to our country.

In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Weeks led a delegation to Gen. Dwight Eisenhower, who supported the idea of National Veterans Day. Weeks led the first national celebration in 1947 in Alabama and annually until his death in 1985. President Reagan honored Weeks at the White House with the Presidential Citizenship Medal in 1982 as the driving force for the national holiday. Elizabeth Dole, who prepared the briefing for President

Reagan, determined Weeks as the "Father of Veterans Day."

The Spectator salutes all of the Veterans of the United States Armed Forces, both present and past. Thank you for your unselfish and sacrificial service in the spirit of FREEDOM! We wish you and your families a day of peace, good health and prosperity.



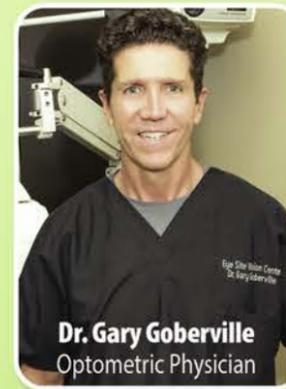
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Hey batter, batter... Calling All Players!

By Stacy Case, Photos by Maurice Ross Photography

It may be the Fall, but North Springs Little League is already preparing for the Spring and what is set to be another fun-filled season on the diamond. The 12-member Board of Directors is currently at work preparing for the upcoming year of play, in which the league will now include the younger aged sluggers in its new T-ball division.

"We are in for another exciting year at North Springs, and it is due to the youngest of players," says Jason Rosoff, in his third year as the President of the league. "This year will be the first Spring season that we will be having T-ball (for ages 4-6)." He continues, "The little ones can now start at North Springs and spend their entire Little League career with us; we could not be more thrilled about that." Jason's two sons have played for NS since they were both young.

Last year, about 350 participants called North Community Park their second home, and that number is expected to be surpassed in the 2019 season. When North Springs was established nearly two-and-a-half decades ago, the league was formatted to challenge the more experienced players and to also develop the newer ones, where there are two levels of play for those age 12 and younger.

"There are so many benefits to playing youth sports: accountability, dedication, leadership and problem solving skills," says Jason. "This is especially true in Little League Baseball; kids will learn the importance of working together as a team, which means new friends and social skills, plus it forces them to put down the electronics and get outside to play."

North Springs' registrations have been scheduled for Sat., Nov. 3 and Dec. 8 from 10am-3pm upstairs at North Community Park. Following the registrations, players will be required to undergo evaluations in order to ensure that teams have a balance of abilities, after which coaches draft players accordingly. The newly formed teams start their practices, then games and the exciting new season is officially underway. After the regular season has concluded, some players represent the league at the age 7/8 Select (district) level as well as the age 9/10, 11, 12, 13/14 and 15/16 in the all star circuit.

Perhaps it is the method in which North Springs runs its program that has yielded its notable accomplishments over the years. The league is one of the most successful programs not only in the state, but in the country. "Our North Springs All Stars have accounted for 10 State Championships, 4

Southeast Regional Championships, 2 trips to the Little League World Series and 1 National Title," adds Jason.

And NS fans can be seen near or far, whether it be rooting for former teammates or neighbors on their home turf or following teams on the road to show support, Jason says there is a true sense of community and that is what brings the families together season after season. He concludes our interview by telling us, "There is just something special about the people who make up 'The Nation,' and the pride they have when they put on the teal and black."

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Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.

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Just a Sprain

By Dr. Clive C. Woods

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

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

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

CLIVE C. WOODS, MD

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

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

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

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-Dr. Howard J. Gelb

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NORTH SPRINGS LITTLE LEAGUE
NOW REGISTERING! For more info go to www.eteamz.com/northsprings. See ad & article pages 14-15

WINTER BASEBALL
Players from Parkland and Coral Springs are welcome. Games are held August - November. www.cswb.us or call 954-341-0702.

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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

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

Special Needs

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

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Coral Springs Leagues - Saturday & Sunday Options
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Flag Football - Ages 4 - 13
Baseball - Ages 3 - 7
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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
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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 See ad below

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

Flag Football

PARKLAND FLAG FOOTBALL
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For more info, call (954)410-5172 or www.parklandsoccer.net

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

Parkland P-Rec

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

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Parkland Leagues - Saturday Only

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Baseball - Ages 3 - 7

www.i9sports.com

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

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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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Evaluations are held in mid-January, and the dates and locations for your player will be sent to you after registration.

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The Gridiron Gang

By Stacy Case

The bright yellow goal posts and immaculately manicured fields with perfectly placed yard markers and pylons can denote one thing in this community... That's right... it's flag football season! With playoffs coming to an end shortly, both Coral Springs and Parkland have had quite successful seasons.

Coral Springs Flag Fun is scheduled to wrap up 2018 in the early part of this month, which will have been accompanied by the ever-popular coaches game as well as all star showcases. Parkland Flag is set to conclude around the same time, incorporating its very own post season festivities.

Both groups will also have Superbowl match-ups in their respective divisions. Coral Springs' approximately 220 players spanned across three different age divisions: freshmen (ages 7-9), juniors (ages 10 and 11) and seniors (ages 12-14). Parkland's 750 or so players comprise five co-ed divisions (kindergarten, 1st and 2nd, 3rd and 4th, 5th and 6th, and 7th-9th) and three all-girl divisions (2nd-4th, 5th and 6th, and 7th-9th).

As it all comes to a close, Coral Springs Flag Football Club's President Mike Gorelick expresses how pleased he was with the program this year. "When we prepare for a season and once it does get started, we always expect our players to have fun and learn good sportsmanship," says Mike, who has completed his second season as the CSFFC president. "We've been around for so long that sometimes the season kind of just runs itself," he adds,

referencing the league's 1972-established program. Each year, Mike and his CS organization are met with quite a large group of the newest, youngest players to start the game for their first time. "We had some new coaches as well as a good amount of new players in our freshmen division, which is what's most important," Mike tells us. "It's the younger kids who continue to make our league populate and grow."

Coral Springs is set for its Superbowl games on Sat., Nov. 3 starting at 9:00am, followed by the all star match-ups at 7:00 in the evening this year on Aiello Field at the league's home of Mullins Park. (freshmen- Nov. 7, juniors Nov. 8, seniors Nov. 9).

On the more northern end of this heavily-involved sports community, Parkland Flag Football calls Pine Trails its home for such games. They plan to end 2018 with Superbowl games on Nov. 2nd and 3rd, followed by an end-of-the-year picnic later in the day on Nov. 3rd, in which the league will commemorate its 20th anniversary.

"We had another great season, and our Superbowl trophies are the best around," says Mike Bartlett, proud president of Parkland Flag Football. "The league started a (successful) social media campaign this season, asking the parents to get involved. Our Instagram account has some great pictures and videos, and they show perfect examples of how the coaches found creative ways to make (the season) a great experience."



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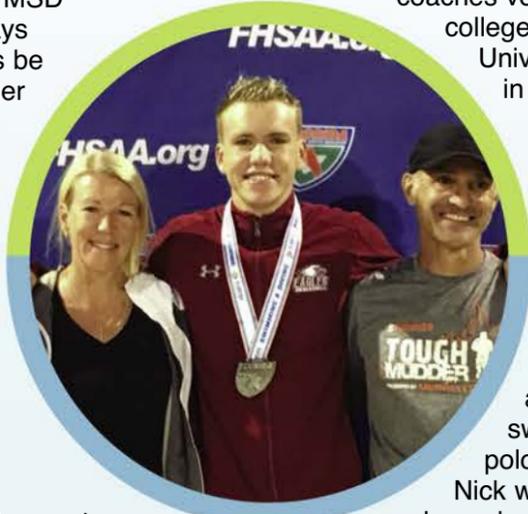


Honoring Nick Dworet

By Joe Chiarella. Photos by Aboobarley Photography

The Nicholas Dworet Memorial Fund Inc. is a 501c(3) non profit charity organization focused on helping make the world around us a better, happier place. Their mission is to keep Nick Dworet's memory alive by helping kids learn how to be better swimmers! Nick, who lost his life in the MSD tragedy on February 14, was always helping his friends and teammates be better. He wouldn't have it any other way. Future swim clinics will provide FREE instruction to middle and high school aged boys and girls. We also provide assistance to families that need access to swimming lessons through various partners in the area. In addition, we plan to provide college scholarships to swimmers at Marjory Stoneman Douglas High School and other organizations.

The event had approximately 100 swimmers from elementary, middle, and high school. Some were beginners and others were experienced club swimmers. Coaches from local swim clubs including TS Aquatics, ECAC, as well as several high school coaches volunteered their time. In addition, college coaches from Nova Southeast University and Lynn University were in attendance.



The event was intended to keep Nick's memory alive and impart his love for swimming. Captain of the Douglas high school swim team, Nick earned that honor by, not only being a great athlete, but by being a great teammate who was always there to help his fellow swimmers improve. Also a water polo player for Douglas, in the pool, Nick was a true competitor and showed good sportsmanship win or lose.

The event held on September 30th was the first free #Swim4Nick clinic. It was held at the Coral Springs Aquatic Complex where Nick spent years becoming a better swimmer. It was a perfect venue to hold it. The City was generous to allow us to use the pool and were very helpful during the event. Nick's parents, Annika and Mitch Dworet, were thrilled with the turnout for this first clinic. Mitch said, "Nick was a very big mentor to people... He loved swimming. He was very successful, and he would pass along things that he learned to others who were trying to improve."

He was well respected by everyone who knew him. Before his life was taken in February, Nick was looking forward to fulfilling his commitment to the swim team at the University of Indianapolis.

It was a wonderful event that had swimmers from all over South Florida join together and swim for someone they may or may not have known, but loved in their own way. For more info please visit our website www.swim4nick.org and follow us on social media @nicholasdworetfund.



U18 Sports Medicine Physicians



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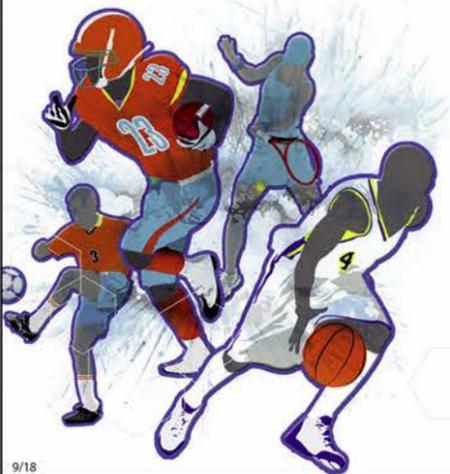
U18 Sports Medicine is a multidisciplinary program offering comprehensive orthopaedic surgical and rehabilitation services to student athletes. Our medical team includes fellowship-trained pediatric orthopaedic surgeons from Joe DiMaggio Children's Hospital's Department of Orthopaedic Surgery.

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Reducing the Stigma: Mental Illness



Rachel Rowitt Ed.D., LMHC, CAP | Grace Counseling, Inc

One of the main reasons that mental illness carries such a negative stigma is that typically our society refers to it as something severe, debilitating and causing a person to be non-functional. When we think about mental illness we assume 'crazy' due to our lack of education and awareness. For those who are not in the psychological or medical world, some clarification may be helpful to understand that mental illness is more common than you think.

Mental Health America reports that 1 in 5 Adults have a mental health condition. That's over 40 million Americans; more than the populations of New York and Florida combined.

It is important for us to recognize that the term mental illness does not mean that one cannot get better. The very indication of the word illness means that change can occur through treatment, medications and/or behavior modifications. Depending on the severity of the mental illness outcomes for recovery will be different.

Who gets mental illness? There is a difference between mental illness and occasional mood swings, depressed mood, anger outbursts and so on. Mental health is like a swinging pendulum, each of the kinetic balls are representations of our feeling and thought options: sadness, happiness, anger, disorganization, grief, abandonment, rejection, etc. it's when the motion stops and gets stuck on one characteristic that we then see mental illness being an explanation.

Let's examine how a person who does not suffer from mental illness experiences a death of a family dog. They may respond with grief and loss feelings for a period of time. They may have bouts of crying and depressed mood. However, the physical and psychological response lessons over time even though the pain of loss remains permanent. In this example, there is an active event that triggers a response which gets better over time. Because mental illness is classified as a disorder, it will last longer than a usual timeline response to an activating event and sometimes there is no activating event. Mental illness can be influenced both by nature (genetics) and nurture (environment).

The National Association of Mental Illness defines it as "a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and

function each day. Each person will have different experiences, even people with the same diagnosis."

Understanding Barriers to Treatment Shame is a feeling that is common for those diagnosed with mental illness or even someone who is struggling with emotional distress triggered by an event. The Merriam Webster dictionary defines shame as a painful emotion caused by consciousness of guilt, shortcoming or impropriety. By this definition, the person with mental illness is carrying around responsibility for something he or she cannot control and, therefore, could not be faulted for the development of such. It is the judgment from others, whether spoken or unspoken, that creates the stigma surrounding mental illness.



Because of the stigma, someone may be less likely to get help at the initial development of the mental illness when things are more manageable and less damaging. It is the ongoing neglect of treatment that results in some of the deterioration of quality of life which reinforces the ignorance surrounding mental illness. Shame needs to be eliminated through education and awareness so that early interventions can be applied. This is not a guarantee for all persons with mental illness to recover. However, this is a good start.

Changing Our Perspective Community awareness is important in ending the stigma of mental illness. We collectively need to be less judgmental of others and ourselves regarding our emotional health. First, we must believe the mental illness is not something that someone does to themselves. Secondly, we must recognize that the majority of individuals with mental illness do not want to have it. Lastly, we should become more aware of the signs and symptoms within ourselves that need to be addressed before pointing the finger at others. Most of the time those traits we see in others are the very ones we struggle with. Let's not shame each other but embrace our differences with an open mind.

If you are or have a loved one that is suffering from mental illness finding the right support is essential to management and overall satisfaction of life. Working with a therapist who is well versed in techniques to challenge behaviors and unwanted thoughts is extremely important for behavior modification. In addition, if you are on medications for your mental health it is of utmost importance that you also attend counseling sessions for optimal results. **See ad on opposite page**

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Nana's Pumpkin Pie Recipe



Since everything is now just a click away, we know that finding a recipe isn't very hard, but experience has taught us that what you stumble over on the internet may not always be the BEST. When it comes to Pumpkin Pie, everyone in the Farrugia family keeps Nana's tried and true recipe on hand. Always at every Thanksgiving celebration...and many other meals throughout the year, in honor of Angela Concetta Gulluzzo Farrugia, the woman who perfected it for three generations, here is our favorite.....

Nana's Pumpkin Pie!

- Preheat the oven to 425
- Using your favorite homemade recipe or a refrigerated pie crust, prepare and place it, uncooked, in a ceramic or glass pie pan. Crimp the edges and set aside.

In a blender, food processor or mixer, combine:

- 15 oz. can of 100% Pumpkin (not pie mix)
- 2 eggs
- 14 oz. can of Sweetened Condensed Milk (NOT evaporated)
- 1 tsp. Ground Cinnamon
- 1/2 tsp. Ground Nutmeg
- 1/2 tsp. Ground Ginger
- 1/4 tsp. salt

- Blend thoroughly and pour into pie shell.
- Bake for 15 minutes and then reduce oven temperature to 325
- Bake 35 minutes or until a toothpick test in the center comes out clean.

Note - if crust is becoming too dark, shield it with foil while the pie continues baking

Enjoy your Thanksgiving and the coming Holiday Season!

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Up & Coming

Coastal Community Church NOW OPEN in Parkland

Come visit their beautiful new sanctuary located at 6800 N. University Drive in Parkland. Services will be held every Sunday at 9, 10:15 and 11:30 AM. All are invited to participate in this non-denominational, positive experience. See www.CoastalCommunity.TV for more info.

Parkland Farmers' Market - Sun, November 4 & 18

Held from 9 AM to 1 PM, the annual season begins at the Parkland Farmers' Market at the Equestrian Center at Temple Park, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4105.

Coral Springs FREE Movie in the Park - Sat, Nov 10

Watch a hit movie on the big outdoor screen from 730 to 9 PM at Betti Stradling Park, 10301 Wiles Rd. The City's free Movie in the Park will feature Wreck-It Ralph rated: PG. Parking and admission are free. Blankets, lawn chairs and coolers are welcome, and refreshments will be available for purchase. Please refrain from bringing glass containers, alcohol and pets. More info, call 954-345-2200.

Veterans day celebrations - Sunday, November 11

CORALSPRINGS From 10:45 AM to noon, bring your family, friends and neighbors, and join us for the City's

annual Veterans Day Ceremony at Veterans Park, 8601 Royal Palm Blvd. Ceremony will begin promptly at 10:45 a.m. Wear your patriotic colors and support those who served our country. The ceremony will include speeches by veterans and politicians, a 21-gun salute, placing of wreath and raising of the military and United States flags.

PARKLAND From 5 PM to 8 PM, this event will be honoring the men and women who have served our country, taking place at the Amphitheatre at Pine Trails Park, 10555 Trails End. Join us for a sunset ceremony at 5:30 PM that will include the National Anthem, Presentation of Colors, TAPS, and more. Stay for live music, food trucks, and crafts for the kids. For more info, call 954-757-4105.

Downtown in December - Saturday, December 1

Downtown in December - Saturday, December 1
The City of Coral Springs has ushered in the holiday season with a fun, family-friendly event from 5-9 p.m. This inaugural holiday event will be held on the Grand Lawn of City Hall located at 9500 West Sample Road. For more details, visit CoralSprings.org/events or call 954-344-1111. See ad and article pages 10-11

7th Annual Walk-Off For Cancer - Sun, Dec 2

Come join three-time MLB All-Star and World Champion Anthony Rizzo for the Anthony Rizzo Family Foundation's Seventh Annual Walk-Off for Cancer 5K! The walk will take place at Pine Trails Park, 10555 Trails End in Parkland. The family-friendly event will consist of a 5K walk, entertainment and refreshments from local merchants. For more info go to www.rizzo44.com

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