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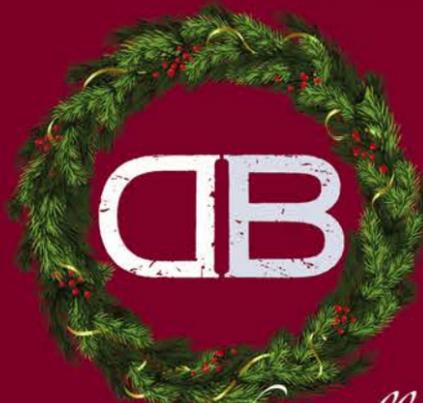
HAPPY HOLIDAYS

From Our Family to Yours



BILL SOHL
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It's All About Community!

Winter Wishes

On the facing page, enjoy my friend Ashley's message about Holiday Magic and sharing traditions that grow family bonds from one generation to the next. As we grow year over year, we eventually realize that every season carries a lesson to cherish.

To repeat our tradition for the fourth year, please consider doing a drive-through Pay it Forward at least once this month. If you're going anyhow, why not take a moment to make someone else's day brighter? The Holidays are the perfect time to truly make a difference for someone who may be stressed over the whole "rush rush" of this time of year. So when you've arrived at the window to pay for your order, tell the cashier you'd like to pay for the car behind you and to please tell them you're wishing them the best for the Holidays! (or insert your favorite comment here...an invite to your church, an invite to 'Pay it Forward' to another unsuspecting person or a wish for them to Have a Great Day). We personally "Triple Dog Dare" you!

And after you've made a difference for a few people you may never meet or get to know, always remember to tell the people you cherish just how important they are to you. You might think it's not necessary, but your kind word can make all of the difference between a bad day and a good one.

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

Shellie & Scott

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'Tis the Season for the Magic Makers

By Ashley K. McCardia

This time of year has always been my favorite. I look so forward to all of the cooking, decorating, and family traditions. I can remember being 7 years old, just at the brink of being a big kid, and it was the last year I believed in the "magic" of the holidays (you parents know what I'm talking about). My mom made that year so special for me! We made reindeer food baskets filled with carrots, granola, and peppermints. She let me sleep on the couch that night to see if I could catch a glimpse of the big guy.

It was the best Christmas of my childhood! I can still remember it so vividly. After that year, as the oldest, I got to start helping my mom make the "magic" for my younger siblings.

Now, I am a mom of two little girls. Last year was my oldest daughter's final year believing. At first I was pretty sad because it was the end of an era in a way. So many of our holiday traditions started with her. Our elf, Frank, started visiting when she was only three years old. She and her dad started their own tradition of giving me grief when I didn't use multicolored lights in our decor. We made cookies to share with our family, and did hundreds of crafts over the years.

She is 8 now, though, and last year when the last gift was opened and she was tucked into her bed, we sat together just us two and I gave her a letter I'd written just for her. That night, I inducted her into our "Magic Makers" club... the one for big kids and grown ups who love to help the holidays be more magical for others. She learned the secrets and was giddy with excitement for next year, as she looked forward to creating joy for her little sister. She learned that this season is for giving, spreading joy, and it is a time to share what she has with others.

Time went so fast and here we are! My first baby shares in the privilege of creating a world where all you need is a few twinkle lights and an imagination. This is a gift my mother gave me all those years ago, and I am so thrilled to share the tradition with my own first born.

Tradition can be anything we want it to be. Whether it's an elf on your mantle or reading the same story each season. The beauty of them is that they can be passed down for ages or they can be brand new! The important thing is finding little (or big!) ways to show our family and friends we are blessed to have them in our corner. Whatever the holidays mean to you or me, I think we can all agree that the spreading of a little extra magic and joy is the best part of the holiday season.



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On the cover: Bill Sohl & Associates wish your Family Happy Holidays. See page 6-7

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SOLD



[Bill Sohl Listed & SOLD Anthony Rizzo's Parkland Home]

Our Amazing Community

By Bill Sohl

It goes without saying: This year has been tragically heartbreaking. As a result, I would like to honor the place I have called home for my entire life and the wonderful residents who make up the Coral Springs/Parkland area.

Most of my team and I grew up in north Broward and have chosen to remain here to work and raise our families. Our roots run deep in is this community. Through our real estate business, we have had the privilege of selling and finding homes for thousands of people who have chosen to live here. As a result of these interactions, we discovered the most common factor for choosing this area is people's desire to do what is best for their love ones. Some move here for their children's benefit and others move here for a home that will allow them to care of their parents as they age! All are motivated by their love and concern for others.

It is no wonder we are a community who, despite our own struggles and tragedies, is always willing to lend a helping hand. We find joy in taking care of and helping others. We jump at the chance to make a difference. This is just who we are and why we live here.

We are the following and so much more:

- We are a community who loves to volunteer and help whenever needed.
- We are a community whose travel baseball program and a local dance studio are currently providing support and help to a former Marine and his family during his battle against cancer.
- We are a community where one of its football programs drove trucks and trailers full of donated supplies through storms and flooded roads to Texas to help the victims of hurricane Harvey! I think they headed to Texas before the storm was over.
- We are a community that offers a wide range of special

needs programs which most have more volunteers than participants.

- We are a community where parents started a national campaign to end wrong way drivers on interstates and highways after tragically losing their beautiful daughters in a horrific crash on the Sawgrass Expressway.
- We are a community of strong, compassionate and intelligent parents who have made it their mission to make our schools and community safe.



• We are a community whose students, from all of our schools, gathered together to support the students of Stoneman Douglas.

- We are a community whose youth, with their brilliance, have captured the ear and hearts of the world.
- We are a community with some of its children and teachers who sadly perished or were critically injured trying to save and protect others.
- We are a diverse community made of different races, ethnicities and religions who are from different parts of the world.

Despite our differences, we all share the desire to do what is best for our loved ones and community. That is why our area is so special and desirable.

In 2018 real estate news, the market was very flat for the spring and early part of the summer. However, it improved during late summer and early fall. As a matter of fact, sale prices increased for September and October compared to the same months in 2017. Lastly, I was able to find a buyer for Chicago Cubs player Anthony Rizzo's Parkland home. We really pushed the market with this home. Although Anthony has moved from Parkland, it's certain that he'll stay involved with the community he loves and that loves him!

We would like to wish everyone Happy Holidays and a Healthy New Year! See ad on opposite page.

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City of Parkland Community Page

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Family In Focus

The Garcias Craig and Danielle are proud of their boys Billy, 15, and Nicholas, 13. Together with their bearded dragon, Norbert, this happy family of five has been proud to call Coral Springs home for 18 years.

Craig is the president of a South Florida mortgage company and, Danielle, a former optometrist, is now a full-time homemaker and devoted mom to their boys. Craig is part of the Coral Springs/ Parkland Express Cycling Club and a very involved coach with the Parkland Buddies program. For three years, he has also assisted volunteers to help players of all abilities have fun while learning a sport.

Billy attends the 10th grade at Westminster Academy where STEM and robotics are his favorite subjects. He is an active member of the school's cross country team and part of their very first robotics team. He is also involved in youth group and summer missions trips. When not participating in school functions, Billy is an active volunteer with Parkland Buddy sports, where he has been encouraging and assisting others since middle school.

Nicholas is in the 6th grade at Center Academy Prep, where math is his favorite subject. An involved teammate in Parkland Buddy sports since the age of four, Nicholas plays football, soccer, basketball and tennis. He really enjoys watching professional and college football and, in his time off the field and out of school, attends a social group and ABA therapy.

When this fun, active family has time to get away on vacation, Danielle says they love going to theme parks and visiting national parks. Some of their most memorable times have been in the Grand Canyon, at Zion National Park, and in the Rocky Mountains hiking and skiing. They also cherish the opportunity to spend time with local family and relatives.

Friendly and engaging, Danielle tells us, "What we enjoy most about living in this area is the sense of community, the convenience and the farmers markets. The parks here in Coral Springs are great! Nicholas loves to go to a different one every weekend."

The Garcia family attends services at Saint Andrew Catholic Church, where Craig and Danielle were married in 2000.



Buddies with No Limits

By Wendy Hunter, photos by kwebsterphotography.com

The 17th season of Soccer Buddies kicked off in early November at Pine Trails Park in Parkland. Since 2002, Parkland Buddy Sports, in collaboration with the City of Parkland, has been providing youth with special needs an opportunity to participate in integrated sports programs.

Every child has the right to enjoy the fun of playing sports, the joy of teamwork, the achievement of kicking or throwing a ball, scoring a goal, or running across the finish line. Parkland Buddy Sports has cultivated a portfolio of programs – team and individual sports - that engage children and young adults with special needs in athletic activities. Players benefit from being physically active and outside in the fresh air, whether participating in a team sport like soccer or basketball or an individual sport like golf or tennis.

Players are matched with their own "Buddy" volunteer for the entire season. Our volunteers, both students and adults, learn to create an environment void of physical, social and cultural barriers with "No Limits."

Goals of Parkland Buddies include showing Special Needs Players how not to give up, always try their best, make new friends and have fun! Through their integral involvement in the program, Volunteers/Buddies learn patience, tolerance, responsibility, accountability and that one person really can change the life of another.

Parkland Buddy Sports' mission is to encourage any child or young adult with a mental or physical disability to thrive on the field. Teams are divided by age and

ability, so it's possible to have children from a wide range of ages on the same team if they play at a similar level. "Our players gain confidence, a sense of belonging, accomplishment, and camaraderie," says Andrew Zaukas, president of the board for Parkland Buddy Sports. "That confidence derives as much from being physically able to play the sports and as it does from the meaningful interactions made with their buddies, peers and coaches." Zaukas adds, "Our players take this sense of accomplishment and confidence off the fields and with them into other parts of their lives as well; school, work, family. Every aspect of their lives is positively affected."

Over the past 17 years, Parkland Buddy Sports has served thousands of players and recruited thousands of volunteers, many of whom may start out to earn service hours, but stay involved in the program because of the love. Zaukas says, "We've seen the great gains our players with special needs make, both physically and emotionally. That's what keeps the volunteer board actively involved!"

It is just as important for people with disabilities to be physically active and have the opportunity to participate in sports as it is for anyone. Parkland Buddy Sports is a fixture in the community and proudly serves families from all over southeast Florida. Teammates ages 4 and up with special needs are always welcome, and this successful program provides volunteer opportunities for typical teens. **For more information regarding this extraordinary program, contact Parkland Buddy Sports at www.ParklandBuddySports.org**





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.

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Stress Fractures

By Dr. Howard Gelb

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

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My Aching Bunions

By Dr. Clive C. Woods

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

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

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

CLIVE C. WOODS, MD

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

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

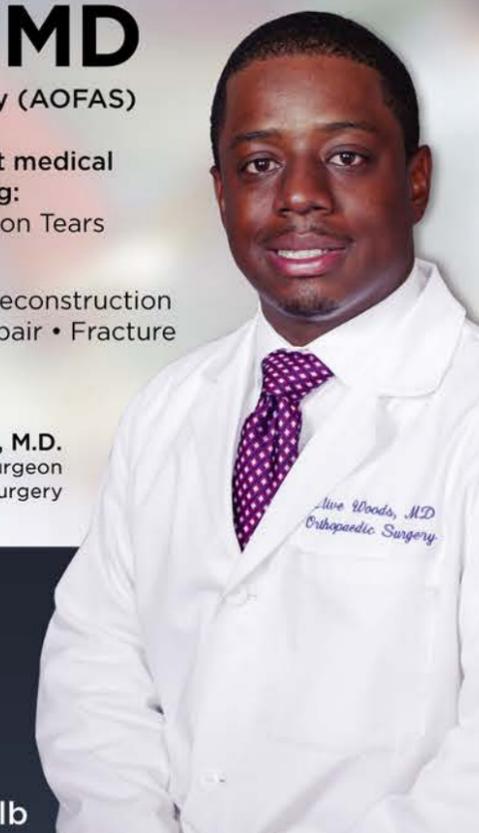
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–Dr. Howard J. Gelb



'18 Tackle Football a Great Success!

By Stacy Case

As the community's recreational tackle seasons have come to a close recently, both the Coral Springs Chargers and Parkland Rangers programs have some accomplishments of which to be proud.

The Mullins Park-based Chargers, who have eight different age divisions of play (6U-13U), had three of their teams make it to the first round of playoffs within the American Youth Football League (AYFL). "We're very proud of all of our teams, as all of them played very hard this season," says Coral Springs Chargers President A. J. Poulin, who is accompanied by 13 other board members for his league. The third-year President continues, "It's a long season for these teams; we start Spring training in May and run through mid November. They worked hard from beginning to end."

During their 2018 games, the mid-1970s-established Chargers faced other AYFL teams from Lauderhill, Pompano Beach, Plantation, Tamarac, Pembroke Pines, Hollywood, Sunrise, Cooper City, Deerfield Beach and Delray Beach. Further, the 7U, 12U and 13U teams represented the Chargers in the post season. "Coral Springs is a good city, and our parks and rec department helps to run our sports leagues very well," says A. J., whose league boasted about 240 players this season. "We have a lot of kids who play sports, and football is something that teaches them a great deal about discipline, and how to respect teammates, opponents, coaches and parents."

Next in proximity, Parkland also earned some performance notoriety of its own on the gridiron. Executive Board Member Ed Hoffman has bragging rights about his league

as all of the Parkland Rangers Tackle Football Club teams earned a first-round playoff berth. "Our teams had a great season and, aside from playing great football, we put a strong emphasis on our players' academics," says Ed, who has been on the 10-member Rangers board of directors for six years. The 2007-established Parkland Rangers offer play for those ages 5-15 and participate under the Pop Warner umbrella. They faced teams from as far as Jupiter, Pahokee and Royal Palm Beach as well as teams more local, from Weston and Boca Raton.

The Rangers' 2018 success was no accident. The league got play underway in early June, then played from mid-August until late October.

Regardless of age of the team or location of a game, Ed and the Rangers continue to instill some important values within the several hundred players. "We teach our players about respect, effort and discipline, and that all three are a 'must' when you play for the Rangers," says Ed, whose Rangers call Pine Trails Park their home. Ed adds, "We expect them to come out to practice and give 100 percent; respect their opponents and referees, and have the discipline in the classroom to get good grades." He concludes that the combination of the aforementioned ingredients is what helps to keep the league's success ongoing from one year to the next.

The Coral Springs and Parkland communities are both hotbeds for football excellence. Although each league just finished their 2018 season, the players, coaches and board members will only have a short hiatus before they prepare for the 2019 games.



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Navigating Your Family's Healthcare Options



By Shellie Miller

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Led by family man and founder Rick Jultak, Apple Insurance and Financial Services is a full-service agency that helps individuals and companies make informed decisions to create value and manage risk. "Due to our strategic partnerships with other top statewide facilities and doctor networks, we give clients access to the full range of products and services typically available only through national brokerage firms," Rick tells us. Beginning the agency 9 years ago with partners Marc Fine and Sharon Zilberman in Fort Lauderdale, Rick says that family has always been their focus. Community and family are constantly top of mind as they help other families feel secure in their healthcare and insurance decisions. "Our goal is to guide individuals, families and

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He goes on to explain that a variety of health plans are "packages," that have unnecessary items bundled into them resulting in costs that are not required for certain clients. For instance, maternity coverage is not necessary for a single man, while also not wanted by the woman over 55. Although these facts are logical, many insurance plans include maternity in the package regardless of the user's needs. In a multitude of situations, there are coverages included in these bundles that will never be utilized, driving costs into the stratosphere.



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For more info. www.csall.com, or call (754) 551-1501. See ad & article pgs 20-21

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
NOW REGISTERING! For more info go to www.eteamz.com/northsprings. See ad page 17

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

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 below.

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
For more info go to www.parklandlacrosse.com

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

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.coralsoftball.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 29.

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 13

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

Special Needs

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

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On site Registrations: 11/3 and 12/8 North Community Park, Upstairs, 10 am - 3 pm

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Parkland Connections

Parkland Little League

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

Basketball

PARKLAND REC BASKETBALL
www.parklandbasketball.com or call the hotline (954) 227-0989.

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
For more info go to www.parklandlacrosse.com

Soccer

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

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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.

i9 Sports - Youth Sports Leagues

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

Important Numbers

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

FAMILY SKINCARE

Spice Up Your Skincare Routine This Holiday

By Dr. Alexis Stephens

The Holidays are a magical time for family and friends. It is also a time we tend to overexert and stress ourselves which can wreak havoc on our skin. Luckily mother nature is on our side. Spices are a very concentrated source of plant phytonutrients providing you with a natural pharmacy in your kitchen.

The link between consuming spices and positive health benefits has been documented since ancient times.

Spices boast several therapeutic possibilities but can be particularly helpful in skin conditions. Add the following spices to your diet and your skin and body will thank you.

Nutmeg - Anti-fungal and antidepressant- Can help in the fight against fungal skin disease and keep you in good holiday spirits

Ginger - Anti-inflammatory and antioxidant- Warding off acne and other inflammatory skin disease with bonus antiaging benefits

Cinnamon - Boost circulation and fades dark marks- Helping to maintain your holiday glow

Clove- Anti-fungal and Antimicrobial- Fights multiple different sources of acne, fungal and bacterial skin disease

Tumeric - Fades dark spots and blemishes and antimicrobial- Helpful at preventing and treating acne, dark spots and blemishes

Pepper - Anti-bacterial and antioxidant- Keeping you youthful and acne free

Garlic - Mineral and Vitamins- Important for youthful looking skin

Black Sesame Seeds - Source of essential fatty acids- Important for collagen regeneration

The spices above are commonly found in holiday food but can also be found in supplemental forms. Always consult your physician before adding any new supplements to your diet and be cautious of any allergies you may have. The above spices are not recommended for direct application to the face as contact allergies can occur. Visit parklanddermatology.com/blog for additional food and dietary benefits for the skin.

"Let food be thy medicine and medicine be thy food"
- Hippocrates, father of medicine, 431 B.C.

Visit parklanddermatology.com/blog for product recommendations



Dr. Alexis Stephens

Board Certified Dermatologist

Parkland Dermatology

4360 State Rd 7,
Coral Springs, 33073
754-999-DERM



2019 Spring Baseball

Now registering for our Spring Season. (February – May).

REGISTRATION IS \$180, and registration is open now through December 31st. (There will be a \$50 late fee for any registrations after 12/31, and placement is not guaranteed if registered after this date)

REGISTER ONLINE AT www.parklandlittleleague.com

TO BE ELIGIBLE FOR PARKLAND LITTLE LEAGUE:
All players must provide proof of age (birth certificate)and 3 proofs of residency prior to being assigned to a team. Paperwork requirements will be communicated via email after successful registration of your player. All players must participate in any evaluation for their age division. There are no evaluations in the rookie division (T-ball).

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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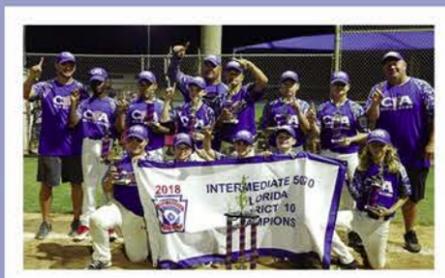
2019 CSA Little League Spring Ball Registration



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

- | | |
|--------------------------|-------------------------|
| Riverside Elementary | Saint Andrews |
| Ramblewood Elementary | Coral Springs Christian |
| Westchester Elementary | Coral Springs Middle |
| Coral Springs Elementary | Ramblewood Middle |
| Forest Hills Elementary | Forest Glen Middle |
| James Hunt Elementary | Sawgrass Middle |
| Maplewood Elementary | JP Taravella High |
| Parkside Elementary | Coral Springs High |
| Coral Springs Charter | Coral Glades High |

Multiple Player Discounts Available!



CS American Little League ...Bigger and Better!

By Stacy Case

Calling all baseball players south of Wiles Road in Coral Springs..... it's time to sign up for Spring baseball once again!

Coral Springs American Little League has been hard at work preparing for its 2019 season, and is expecting it to be just as successful of a program as it has been for close to 50 years. In fact, the league is just coming off of its first-ever Fall Ball season, in which there was a positive showing.

Experienced CSALL President Tony Juliano and his 13 other Board Members are all set to get started now, not only on the heels of a great Fall but are also excited to bring in the T-ball element to their home of Mullins Park.

"It's gonna be a wonderful year; our Fall season had a good structure and we had some great feedback," says Tony, who has been a CSA Board Member for more than a decade. "Now between introducing Fall Ball and then including T-ball, that'll help grow our league even more and is really just a win-win situation for everyone involved."

This past Spring, CSA offered play to both boys and girls from ages 6-16 and will now also cater to the T-ballers as young as four-years-old.

"This will definitely help build up CSA in the near future and I think we're all looking forward to it," adds Tony, who reflects on the longevity of his program.

And as veteran to the local recreational baseball circuit, Tony adds, "We started Little League in Coral Springs years ago and we're still going strong."

Over the years, CSA has made a name for itself. Most recently, however, is the District 10 Championship all star title in its 50/70 (intermediate) division, followed by earning runner-up status in the Section 8 Tournament.

But regardless of wins and losses, age or experience, the sport still yields some very important aspects unto the young participants' lives.

"Little League truly does teach the players about sportsmanship while still having fun with the great sport of baseball," says Tony. "It's the perfect way to keep this community playing together."

CSA looks to do such again, with its remaining on-site registrations on Sat. Dec. 15th and Jan. 5th from 10am-2pm above the concession stand (clubhouse) near the Mullins Park baseball fields.

"We're definitely anticipating another great season, and since we brought some new life with our Fall Ball and now T-ball, CSA can be even better than ever," Tony adds. "I think Little League will become much better in Coral Springs altogether."

For more info, visit www.csall.com or see ad on opposite page.

WHEN

Saturday, Dec 15 • Jan 5

TIME

9am – 12 pm

WHERE

Mullins Park at the Bill Collins Clubhouse

YOU NEED

Original birth certificate and 3 proofs of residence

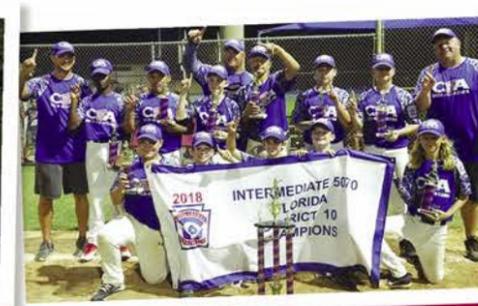
ACCEPTABLE PROOF OF RESIDENCE

- | | | |
|-----------------------------|------------------|-----------------------------------|
| Driver's License | Military Records | Bank / Credit Card Statement |
| Insurance Card / Statement | Federal Records | Employment Record |
| Homeowner's / Tenant Record | School Record | Voter Registration |
| Vehicle Registration | State Record | Internet / Cable / Satellite Bill |

For more information and on line registration please log on to WWW.CSALL.COM

You can also reach the Coral Springs American Little League at (754) 551 – 1501

You can email the league at CORALSPRINGSAMERICAN@GMAIL.COM



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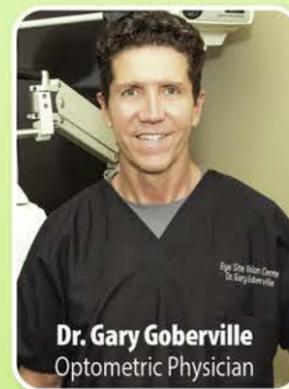


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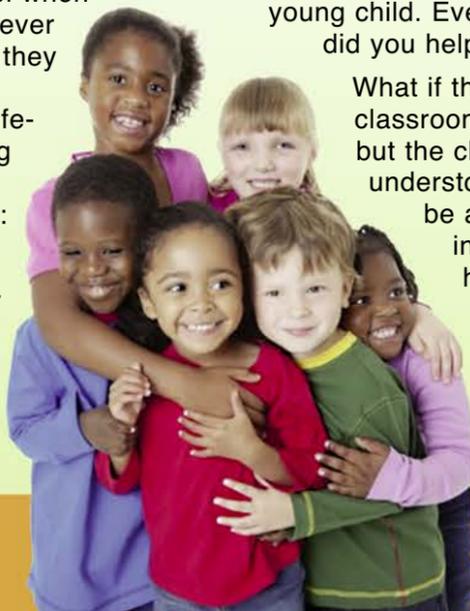
Powerful Little Humans



By Margi Roumain, Assistant Director, Royal Palm Christian Preschool

Kindness, compassion, and empathy are words we hear frequently, and yet we sometimes forget that the most impactful way to impart these values are by example; not just preaching, but modeling. These concepts should be at the forefront of conversations as parents, educators, citizens, and just simply as humans. Raising our little ones to develop a large capacity for values is undoubtedly a huge step in ensuring a better future for the generations to come. It's incredibly important, more than ever, to show our children ways they can actively practice compassion, how they can choose to not just be observers, but to take steps to connect with someone. Think about the children in school; some may be quiet or withdrawn, others have regular negative outbursts, others shows signs of physical neglect, some seem to be always sick. There are also those that will do anything for attention because they may be hurting and need to be seen. All of these are quite common scenarios. We have to begin when they are little and full of wonder, and show them the rush they can feel when they've helped someone in whatever way they need. Show them how they should take initiative that could potentially affect someone in a life-changing way, by simply showing them care. Send them out into their day with intentions such as:

- Make someone smile today.
- Talk to someone you don't normally talk to.
- Invite a child that is by themselves to play with you or join a game.



- If you see someone sad, sit by them ... maybe they will talk or just sit.
- Be the light in the room, and lead by being kind.

Encourage children to feel supported for expressing the ways they are unique, that we are all different, we come into this world deserving of respect, and of the opportunity to learn from one another.

Let them know:

- That they are a gift to the world, and their gift to the world is to care for it.
- That we all deserve kindness and love.

We adults need to help our children understand that when they make the "right choice" that's their reward. We can thank them and praise them but, ultimately, their reward is that they "chose" the correct path and are well on their way to developing their "moral compass." That pride should be with them throughout their life. We need to guide them to find their inner hero and courage to be the trail blazers. Never underestimate the power of a young child. Every night ask your children, "How did you help someone today?"

What if the young child that is isolated in a classroom didn't become the child to avoid, but the child to embrace? What if we understood how much power we have to be a hero for someone, just by showing them that they are seen and heard? Wouldn't school be a much more positive social environment? Wouldn't the world?

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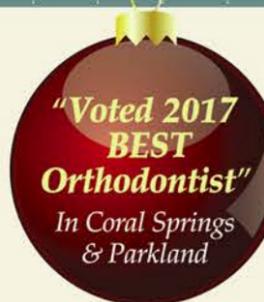
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Pet Sitting and the *Holidays*

The excitement of going away to see family and friends for the Holidays is often tempered by the stress of wondering about giving your pets the best care. Both you and your pet(s) benefit when you've conscientiously hired a professional, qualified person to care for them when you're away.

Hiring a pet sitter assures that your pet stays in his familiar home environment on his regular diet and routine. He doesn't have to reside with unfamiliar animals (such as at a boarding kennel) and continues to enjoy individual attention while you're away enjoying vacation, family and friends.

The benefits for you are terrific, too! Your friends and neighbors aren't burdened with caring for your pet, and you'll know that your "baby" is being taken care of by a professional. You'll also have someone creating traffic in and around your home, bringing in the newspaper and mail (and the plants can be watered, too). Potential burglars won't realize you're away!

To find a professional pet sitter, ask friends, neighbors, your veterinarian, the humane society or a dog trainer. Learn about their qualifications and services by interviewing candidates over the phone or at your home. Ask for written proof of commercial liability insurance (to cover accidents and negligence) and bonding (to protect against theft by the sitter or her employees). What training has the pet sitter received? What if she has car trouble or becomes ill? Does she have a backup? Will your pet have playtime as well as walks? Does the pet sitter use a written service contract spelling out services and fees? If the pet sitter moves into your home, what are the specific times she agrees to be with your pet? Will anyone else be in your home while she is there? Is this detailed in the contract? How does your pet sitter make sure that you have returned home? Will the pet sitter give you the phone numbers of clients who agree to be references?

It's important to have the prospective pet sitter meet you and your pet before actually hiring her. Watch how she and your pet interact. Does your pet seem comfortable with her? Are you?



Help bring joy this

HOLIDAY SEASON

Your donation will make a difference

This is the first holiday season after the tragedy in Parkland, and a difficult one for Marjory Stoneman Douglas survivors, their families, and the community.

Every dollar you donate to Parkland Cares funds mental health programs and agencies.

This is a gift that will keep on giving – and keep on helping.

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PARKLAND  *Cares.org*
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Maintain, Don't Gain this Holiday Season.



2018 Holiday Challenge - Until December 31

By Bob LaMendola, Florida Department of Health in Broward

Would you like an activity that helped 91 percent of participants maintain their weight – or even lose pounds – during the holiday feasting season? If you said yes, join the 12th Annual “Eat Smart, Move More, Maintain Don’t Gain Holiday Challenge,” a seven-week, email-based event that helps people avoid the bulge of holiday overindulging. The Florida Department of Health in Broward County encourages everyone to sign up.

It’s free. You do it in the privacy of your home. And it works.

Surveys show that many people gain one to five pounds over the holidays and may never lose it. Sounds small but it adds up over time. But suppose you didn’t gain it?

The point of the Holiday Challenge is not necessarily to lose weight (although who would complain). The point is to maintain your weight amid all the temptations, feasts, family parties, soirees and endless bowls of sweets that we all encounter over the holidays.

Last year, of those who reported their results after the Challenge, 64 percent maintained their weight, 18 percent lost three to five pounds and 9 percent lost over five pounds.

The motto of the challenge is: “This year, the only thing that should be stuffed for the holidays is the turkey.”

Think of the Challenge as a friend encouraging you to be strong. Until December 31, your “friend” will

email you daily tips, a weekly newsletter, a weekly challenge, recipes, social media posts and logs for you to track your food, weight and activities. With balance and moderation, you can enjoy the holiday festivities and remain healthy.

Choose fresh fruit instead of candy. Limit fat, salt and sweet foods. Find fun ways to stay active, such as dancing to your favorite holiday music or going for a brisk walk after holiday meals. Make it a goal to be active for at least 30 minutes a day.

The Challenge gives you tips on how to:

- **Survive a holiday party;**
- **Manage holiday stress;**
- **Be a healthy host;**
- **Fit physical activity into your day;**
- **Prepare quick and healthy meals; and**
- **Serve healthy holiday recipes.**

Last year, 28,618 people participated nationwide – 56 percent more than the previous year. That includes 3,471 Floridians through Healthiest Weight Florida (second largest state behind North Carolina). More than 85 percent of the participants reported they were confident they could keep off the weight or lose more after the holidays were over, using the tips they learned from the Challenge.

Get more information and enroll:

healthiestweightflorida.com/activities/holiday.html
or www.esmmweighless.com/holiday-challenge-live



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For a guide to help you decide where to seek treatment, visit BrowardHealth.org/ER.



3000 Coral Hills Drive, Coral Springs

Follow us:    

Up & Coming

Parkland Farmers' Market - Sun, December 2 & 16

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.

Parkland Library Used Book Fair - Tues-Sat., Dec. 4-8

Sponsored by the Parkland Friends of the Library during operating hours these five days, the fair features used books. The address is 6620 University Dr., Parkland. For more info, call 954-757-4203.

Pearl Harbor Day: Film Screening and Eyewitness Account - Monday, December 10

Refuge from the Holocaust, at this event at the Parkland library, 6620 University Dr., marking Pearl Harbor Day. Mr. Lipetz will tell how his family of five managed to escape Belgium as the Nazi bombardment started, then ended up in Manila, Philippines shortly before the Japanese bombed Pearl Harbor on December 7, 1941. Come hear this miraculous story of survival spanning five years of worldwide turmoil as seen through the eyes of a child. Registration required. To register visit www.cityofparkland.org/library or call (954)757-4207

Coral Springs Holiday Parade - Wed., December 12

The theme of The City's annual parade is Holiday Express, and begins at 7 p.m. The procession will feature marching bands, decorated floats and other entries along Sample Road from Coral Springs Drive to City Hall. In case of inclement weather, the parade will be held on The following evening. For more info, call 954-345-2112.

Parkland Snowfest - Thursday, December 20

Search your closet for your coziest mittens and boots as the City of Parkland presents Snowfest 2018. From 5:00-8:00pm a frosty cold front will come through Pine Trails Park, 10555 Trails End. This event is open to Parkland residents only and requires registration in advance for \$5 per person. Featuring dual snow slides as tall as mountains, toddler slide and snow area, crafts, music, food trucks, and more. We bring in more than 50 tons of snow to transform the park into a winter wonderland. For more info regarding registration, call 954-757-4105.

Bites-N-Sips - Saturday, January 5

From 6 to 10 p.m. at Downtown Coral Springs at City Hall 9500 West Sample Road. Enjoy a variety of food trucks, beer and fun on the lawn! Bring your blankets and chairs and don't forget to come hungry! Plenty of free parking will be available at the City Hall Parking Garage. For more details, visit CoralSprings.org/events or call 954-344-1111.

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CHRISTMAS DU SOLEIL

CHRISTMAS SERVICE TIMES

SAWGRASS CAMPUS

WED 19 7PM SAT 22 6PM

SUN 23 9, 10, 11:30AM
1, 6:30PM

MON 24 4:30, 6, 7:30PM

SAMPLE RD CAMPUS

SUN 23 10, 11:30AM

MON 24 6PM

LAKE WORTH CAMPUS

SUN 23 10, 11:30AM

MON 24 6PM

FT L CAMPUS

SUN 23 5PM



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