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# Spectator

March 2019



**GUARANTEED**

**Pest Control & Fertilization**

Owned & Operated by Parkland Residents  
Nick & Debbie Nelson

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See pages 6 & 7 for details

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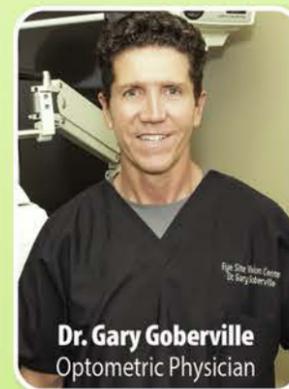
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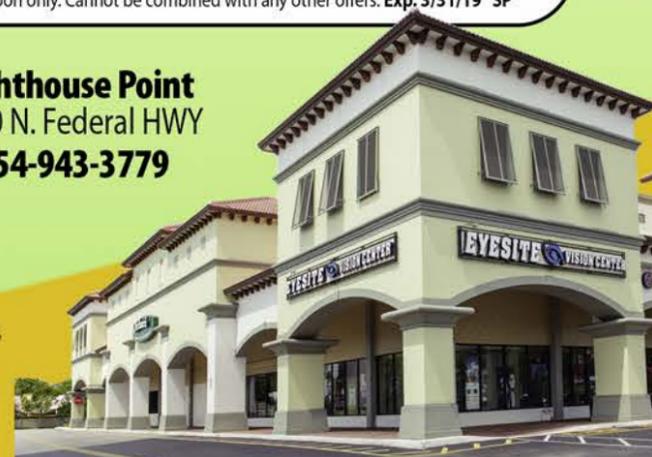
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# It's All About Community!



## Happy Birthday to Us!

The story of our beginning started with a need that wasn't being met for area. Read the article on the opposite page and you'll see that The Spectator was born of a singular experience and, today, it is so much more than that! We have watched our cities and ourselves (Scott & I) grow to be 50 something...and we have watched you and your children all grow along the way. That son who missed Flag Football for a season is now an Army Sergeant First Class and is raising two children of his own (who will undoubtedly need league information to get involved in team sports). Without you and the advertisers you support and encourage, this magazine wouldn't still be here after 17 years!

There is so much going on this month! Fill your calendar up with all of the fun happening on our Up and Coming Events page. There's been a whole lot going on in the neighborhoods and every year there seems to be more and more for families to do! Since 2019's begun there seems to always be something fun happening with March being no exception! Both cities have outdoor shopping events like Coral Springs' and Parkland's Farmer's Markets. Coral Springs will also be hosting it's annual WorldFest! If you're wondering what to do... do it all!

This month, check out [MySpectatorOnline.com](http://MySpectatorOnline.com) and keep up with all of the happenings in and around our area. Get your pirate, knight, faerie, king, leprechaun, queen, wench, steampunk self dressed up and in the action at the Florida Renaissance Festival [www.ren-fest.com](http://www.ren-fest.com) (see pg 9) for four full weekends in March! If you think there's nothing to do this month, you're not paying attention!

Make it fun and make it matter! God bless you and our soldiers,

*Shellie & Scott*

## Thank You for 17 Years!

By Shellie Miller-Farrugia

Technology has brought us so far in the last two decades. Personally, it feels supersonically fast. When we created and began publishing the Spectator more than 17 years ago, it came from a need. As they say, "Necessity is the mother of invention." This magazine that has been coming to your home every month regardless of hurricanes, financial shortage or exhaustion. It arrives because once upon a time there was no way to find out when flag football sign-ups were. It took me half a dozen phone calls to find out that I had missed registration for my (now 30 year-old) son by five days.

We started with hundreds of phone calls to gather league information, a color copy of a magazine mock-up, a borrowed 35mm camera, drugstore prints and a passion to meet new friends. Our aim became to connect families in our neighborhoods and share their stories. In pursuing our passion, Scott and I have made incredible personal connections and friendships that have enriched our lives. The Spectator's first cover stated that it was all about Community, Family and Fun. Today, we are proud to say that our focus has remained the same.

So many heartwarming, funny, and tragic stories have impacted our community in those 17 years. Some of the situations have been heartrending to report. Others have shown us that we are all stronger together... Often when one person or group feels overwhelmed, another will come along to help and encourage them. This is true from a time before the web was popular until today, when just about any situation can become viral in a matter of moments. Because of the Spectator and our effort at community awareness; fundraisers and calls for action have gone from a handful of people bent on a cause, to millions of dollars raised toward everything from finding a cure to granting wishes for terminally ill children.

Instead of re-counting the good, the bad and the day-to-day, let me just say that the last 17 years have been an inspiring adventure! Relatives and friends have become reunited, reacquainted or introduced for the first time because of a photo, an article or an advertisement. Kids within our reach have become part of leagues that their parents may have never known existed. The Spectator has donated funds to scholarship children on to teams, buy necessary equipment, and support community projects.

Every single good thing that has come about because of our humble little magazine has been possible because of our advertisers! From the handful who supported our very first publication in March 2002, to the dozens who are present today, each one has supported the vision and the idea that our corner of paradise is worth investing in! Scott and I are grateful for the opportunity to watch our community grow. As always, our prayer is for every family touched by the Spectator and every home in between.



Publishers, Shellie & Scott Farrugia

### Spectator™ Magazine

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On the cover: Owners, Nick & Debbie Nelson of Guaranteed Pest Control & Fertilization. See pages 6-7 for more information.

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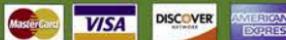
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## Loving Every Shade of Green!

**This is a love story. It may not look like one, but it is.**

For 30 years, Nick Nelson has had a passion for solving problems and making things more beautiful in the process. His pursuit of perfection in the area of pest control regarding foliage and residences has made him a highly accomplished and award winning leader in the industry. He positively loves what he does...for several reasons.

"I love servicing customers, making properties look good and solving problems," Nick tells us in his friendly, affable manner. With wife Debbie as part of the team, this couple is laser focused on treatment and product knowledge, customer care and satisfaction, and sharing information and techniques with their skilled technicians.

*"We've used Guaranteed for over 2 years. They come every 6 weeks. Once we had a problem with a tree, they were out the next day did their thing for it and the tree is doing fine. I LOVE not having to do a thing and have the nicest lawn and foliage on the block."* MRS. POPE – PLANTATION

Nick began in the industry in 1989, and started Guaranteed Pest Control & Fertilization on April Fool's day of 2004. 15 years ago, he was the sole employee. Today, his passion for "Doing right by our customers" has grown the company to 12 full-time technicians and 8 trucks. Busy throughout Broward County, Nick and Debbie, make it their mission to service every client beyond satisfaction, while keeping their technicians supported and in-the-know. Nick's expertise and experience have made him proud to be on a University of Florida / IFAS Advisory Council and also a sought-after guest speaker at the Broward County Extension Office.

Many South Floridians are at a loss when dealing with our exceptional, tropical climes. Nick tells us, "One of the biggest things is understanding our unique weather patterns, how things grow, our bugs and diseases. Ants are the biggest problems inside of homes."

Guaranteed Pest Control offers complete interior and perimeter pest control and extermination services to keep insects where they belong: outside. The first time Guaranteed visits your home, they will come inside and treat the interior, concluding the appointment with treatment on the outside perimeter. For subsequent visits, indoor treatments may no longer be necessary. The aim of the first treatment is to eradicate any pests already in the home and prevent them from entering again.

#### Other services include:

- Palm, Tree, Shrub, and Lawn Fertilization: In addition to these services, Nick and his technicians also control fungus/disease and insects in the lawn and other landscaping. Guaranteed also treats and controls weeds in grass.

- Complete Rodent, Flea & Tick Control
- Mosquito control solutions
- Nick and his company have also been recognized for his groundbreaking discoveries in the treatment of Rugose Spiraling Whitefly on palm and hardwood trees.

Many of Nick & Debbie's clients are focused on their property's lawns, trees, and shrubs. Nick tells us, "They want them to look as beautiful as possible. People may spend a quarter million dol-

lars on landscaping and they need someone to help keep it alive, looking good, and doing well." With his dedication to problem solving combined with many years of experience, Nick confidently says, "Whatever our customers have, we make it look better."

This love for clients, knowledge and finding proven solutions has shown Nick, Debbie and their many employees that success really does come from passion. As our interview concludes, Nick says, "When you do the right thing by your customers first, then everything falls in line from there."

**To make an appointment for Pest Control or Fertilization services, call 954-284-1601, See the ad on the facing page, or visit [www.GuaranteedPestControl.com](http://www.GuaranteedPestControl.com)**



Meet The

# Thomas Family

Jennifer and Colin Thomas are proud residents of Coral Springs and enjoy that the city has, "Great schools, beautiful neighborhoods and plenty of entertainment, including dozens of restaurants." This dynamic duo has used all of this to their advantage, building beautiful and fulfilling lives for themselves, their two sons, Caiden and Declan, and their three rescue pets.

Active from the start, Colin and Jennifer met in 2002 while playing in a volleyball league. They settled in Coral Springs when they were expecting their first child. Colin is an IT analyst and also owns a consulting firm, while Jennifer is the Vice President of a Fort Lauderdale tech company.

Sons Caiden, 13, and Declan, 8, attend school locally and both have an impressive list of extracurricular activities on their plates. Caiden, in the seventh grade, is a member of the National Junior Honor Society and also plays the saxophone in jazz band. He enjoys robotics and even worked with a former NASA employee on a simulation for a mission to Mars! Declan is in the third grade and enjoys writing, drawing and making people laugh. Music is important to him and he recently had a solo in the school play!

The Thomas boys are coached by Dad and play flag football with the Coral Springs Flag Football Club and Xtreme Flag Football League. Both Jennifer and Colin are on the Coral Springs Flag Football Club board. Along with being involved in flag, the entire family is active with Boy Scouts. Jennifer serves as Committee Chair for both the

Cub Scout pack and Boy Scout troop, and Colin is also on the Pack Committee. Together, Caiden and Declan have their sights on ranking as Eagle Scouts in the future. In their down time, both brothers enjoy gaming.

While Jennifer and Colin spend much of their time supporting their sons' after school activities as well as excelling in their own careers, they are also well traveled. Packing up the entire family, the Thomas's enjoy venturing all over the United States in their RV. To date, they have explored Washington DC, Atlanta, and Houston, to name a few. When they aren't traveling the country, hard at work, or busy with the aforementioned activities, they love movies, bowling and camping. While the entire family keeps very active, Jennifer says, "It's important to stay connected to each other no matter how busy we get. We want our kids to have the core values of integrity and hard work, earning what you get, and pushing through when things are tough. We try to be the example of those things every day."

The Thomas family has found that life in Coral Springs offers a family-oriented atmosphere with its many parks, athletic facilities and more. They also appreciate that the city is a terrific place to have a nice dinner and shop without needing to go very far. It has allowed Jennifer and Colin to raise two active and engaged sons, while the four of them continue leading well rounded, full lives.

The Thomas' are parishioners at St. Elizabeth Ann Seton Catholic Church.

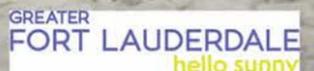
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# Community Sale Fun for Parents



## Shop the children's consignment savings event where local families get more for less!

Just Between Friends (JBF) is North America's leading children's and maternity consignment sales event. The JBF Coral Springs event, held twice annually,

has been held for the last 9 years at the Coral Springs Gymnasium. South Florida's Lauren Maring is the new owner, and her JBF story is inspiring. Lauren and her husband moved from here to Colorado in the summer of 2010 with two small daughters. They had been discussing (and stressing) about how much it was going to cost to clothe all of them for the winter. One day, her husband brought home a shopping pass to the JBF kids' consignment event in Douglas County, CO. Lauren was able to clothe both of their daughters that first winter for less than \$300. She was hooked! She volunteered, consigned, and shopped that event for the next six years.

More than two years ago, Lauren and her family moved back to south Florida. Happy to be participating in the JBF Miramar event, when she became aware that the JBF Coral Springs event was for sale, she knew it was the right time for her and her family to seize the opportunity! She is proud to be part of a company that has helped thousands of families, just in our area alone, to make and save money through this local event.

JBF is an unusual business model in which owners host HUGE community sales events at least twice a year, once in the Spring and again in the Fall. JBF Franchises provide people of all backgrounds with the opportunity to own a business that allows them to make money while raising their families. As more turn to embrace the wisdom of resale retail, JBF has been promoting the concept for almost twenty years. Since the beginning, Just Between Friends Events have facilitated donations to hundreds of charities. In 2018, JBF donated more than \$7.6 million to family and children's charities across the country. Lauren believes, "We should ALWAYS be helping others, and we strive to POSITIVELY affect their lives."

**Don't miss The Just Between Friends Event April 4-7 at the Coral Springs Gymnasium, 2501 Coral Springs Drive. Thursday from 9am to 8pm | Friday from 9am to 8pm | Saturday from 9am to 9pm and Sunday from 8am to 1pm. Follow JBF on Facebook and Instagram @JBF\_CoralSprings and see ad on opposite page.**



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i9 Director Justin Cheresnick



# Practice, Game, and Fun in One!

By the time most parents have made decisions regarding their child's early education, many have also considered involving them in organized sports. One look at the many choices available can often leave a family with more questions than answers. Before allowing uncertainty to quash your hopes of weekends at the field, consider i9 Sports, the perfect introduction to organized athletics. With a convenient, one day a week format, each team's practice is held just prior to the game. Parents are given the ability to enjoy more time with their child during other parts of the week, rather than shuffling them around to practices.

Parkland and Coral Springs i9 Sports Director Justin Cheresnick grew up in Coral Springs, the son of a well-known pediatrician. He is happy to be settled in his hometown with his wife, Noelle, and their two children, 3 and 5 years old. After making the decision to leave a successful position in the corporate world, he became involved with i9 Sports after coaching his son's teams and seeing how much the kids, coaches, and parents enjoyed the encouraging structure of the league. "It's all age-appropriate competition," Justin tells us. "The youngest children should be out there playing, learning the game and having fun with their friends."

When it comes to joining a team, Justin says, "We don't have tryouts. We aren't singling kids out from the get-go. Our goal is for these younger ones is to get outside and have a good time, with their parents enjoying it and seeing the benefits." Sports featured run for 7 week seasons (4 times per year). In Parkland, offerings are T-Ball, Coach Pitch Baseball, Soccer, Flag Football and ZIP Lacrosse. Coral Springs has the same sports except ZIP Lacrosse, but includes an indoor basketball league that meets at the Coral Springs Charter School on Sundays. Enrollment can be in any league in any city regardless of

residency. Justin adds, "Because we play 4 times a year, 7 weeks at a time, it's an excellent opportunity for kids to try all of the different sports. That way they can figure out what they like the most."

One of the perks of being involved with i9 Sports is that competition is not the focus for newcomers. Having a great time playing, learning the FUNDamentals of the sport, and understanding the dynamics of teamwork and sportsmanship are the focus for the youngest players. "For the little guys, it's really great for hand-eye coordination and fine motor skills, social skills, teamwork and learning how to help and root for others," Justin says. Separated into 3 age groups, Pee Wees (age 3+), Juniors (Elementary School) and Seniors (Middle School), each division is coached with their capabilities in mind. Justin hopes to move the older age groups toward a play-off structure as the league grows.

The i9 Sports mission has always been about teaching the game through a series of repetitive drills, team building exercises and equal playing time to develop each player's skills in unique ways. Winning is NEVER the main focus at i9 Sports, but age-appropriate competition is allowed. There is always an encouraging focus on skills attained and good sportsmanship. Justin tells us, "One of our main tenets is to provide an environment that is fun, safe and convenient, the way youth sports should be." Happy to be doing what he loves in a position that positively impacts other families, Justin concludes, "It's home, I grew up here, and it's really awesome to have the opportunity to be involved with the youth of this community."

**Find out more about i9 Sports league offerings, sign-up dates and more! See the ad on the facing page, call 954-227-9955 or visit [www.i9sports.com](http://www.i9sports.com).**



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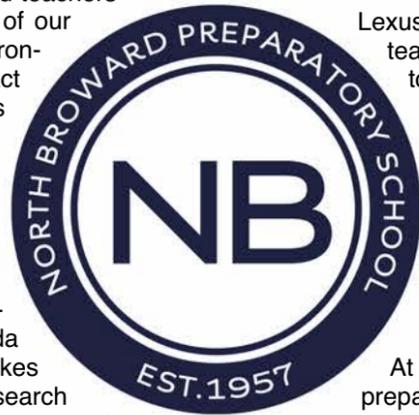
**NORTH BROWARD PREPARATORY SCHOOL STUDENTS WIN \$10,000 SCHOLARSHIP  
IN THE LEXUS ECO CHALLENGE AND ADVANCE TO NATIONAL COMPETITION**

For the second consecutive year, North Broward Preparatory School's (NBPS) sixth grade team has won the regional competition in the Lexus Eco Challenge. The group's team named Food Miles Matter includes sixth graders Camila Palladino, Isabel Wiley, Maddie Sage, Ryan Folic, Nate Harmelin, Grant Fawcett and Hayden Simmons. The challenge is designed to encourage middle and high school students and teachers to make a difference in the eco health of our planet and develop and implement environmental programs that positively impact their communities. The Food Miles Matter Team will now move on to compete in the Final Challenge at the national level.

For the challenge, the NBPS Food Miles Matter Team decided to address global warming after studying about hurricanes, an increasing challenge to Florida residents, and how global warming makes them stronger in science class. Their research showed that the exhaust released from cars and trucks contributes to global warming, because exhaust produces greenhouse gases, which are trapped into the atmosphere. To make an impact the team decided to focus on reducing food miles that the NBPS school cafeteria adds to the world; and produce some food in the school's garden to give to the cafeteria in order to reduce the amount of food that has to be ordered and shipped in.

To make the project a success the students learned all about hydroponics and started their project by planting seeds. They then made a presentation about the tower gardens and learned the parts and how to use them; and shared their success, knowledge and equipment to improve our environment.

The team involved the school community by giving presentations about the school's tower gardens and how to use them. The students made public service announcements and used social media to share their project with the world. They made signs for the school cafeteria to inform the students about food miles. You can follow the team on their twitter page <https://twitter.com/FoodMilesMatter>.



Lexus and Scholastic will choose 16 winning teams nationwide. Each team will receive a total of \$10,000 in grants and scholarships. All winning teams from this challenge and one other challenge will be invited to participate in the Final Challenge for a chance to win one of two grand prizes of \$30,000 in grants and scholarships. Eight first-place prizes of \$15,000 in grants and scholarships will also be awarded.

At North Broward Preparatory School, we prepare our students to be adept and agile deep thinkers, to communicate with skill and poise, to forge connections across disciplines and cultures, and to take risks to stretch one's intellect and talents in new directions. As a member of Nord Anglia Education, North Broward students enjoy unique learning opportunities with world-class organizations like Juilliard and MIT, and participate in enriched educational collaborations like Project Tanzania and Global Campus. Our rigorous academics combined with state-of-the-art facilities, competitive athletics, dynamic fine arts and innovative STEAM programs provide an unmatched educational experience tailored to your child's interest.

**For more information visit [www.nbps.org](http://www.nbps.org).  
See ad on opposite page**



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Players from Parkland and Coral Springs are welcome. Games are held August - November. [www.cswb.us](http://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

## Basketball

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

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Cheer contact: 954-520-2515 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).  
[www.parklandrangers.com](http://www.parklandrangers.com) See ad page 18.

## Flag Football & Cheerleading

**CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING**

For more info, call 954-406-0660, email [info@csffc.org](mailto:info@csffc.org) or go to [www.CSFFC.ORG](http://www.CSFFC.ORG) See ad below

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

## Health & Fitness

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

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For more info see [www.cschargers.com](http://www.cschargers.com)

## Horseback Riding

**MALACHI ACRES**  
Riding Lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction. For more info. call 954-255-7185 See pg 29.

## Ice Skating & Hockey

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

## Lacrosse

**PARKLAND REDHAWKS**  
For more info go to [www.parklandlacrosse.com](http://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.nwbrrc.com](http://www.nwbrrc.com) or email [jaygee725@gmail.com](mailto:jaygee725@gmail.com)

## Soccer

**CORAL SPRINGS RECREATIONAL**  
For more info [www.CSYS.org](http://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.coralsspringsoftball.com](http://www.coralsspringsoftball.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.

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Sign up now for this well-known program full of a wide variety of daily activities for campers 3 to 14 years old. FREE daily buses to and from our area. For more info, call (954) 472-0022 ext. 3043, [www.AHSchool.com](http://www.AHSchool.com). See pages 28-29.

**CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP**  
Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime... For more info see [www.nextstopbroadwaycs.com](http://www.nextstopbroadwaycs.com). or ad on page 31.

**HERON LAKES SOREF JCC SUMMER CAMP & PRESCHOOL**  
Serving Parkland and Coral Springs. Focused on Judaic learning. Elementary & teen camps at our 16-acre Plantation Campus. For more info call 954-346-0002 or see [www.sorefjcc.org](http://www.sorefjcc.org) See ad pg 13

**NORTH BROWARD PREPARATORY SCHOOL**  
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See pgs 14-15

**PARKRIDGE CHRISTIAN ACADEMY**  
For 16 years, this school for children in preschool to 8th grade has been educating students spiritually, emotionally and academically. For more info, [www.ParkridgeCA.com](http://www.ParkridgeCA.com), call 954-346-0236 or see ad below.

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

## Special Needs

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

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

**THE FRIENDSHIP INITIATIVE**  
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, call 954-753-9430 or [www.thefriendshipinitiative.org](http://www.thefriendshipinitiative.org)

## Volleyball

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

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

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

## Important Numbers

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

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# Parkland Connections

## Parkland Little League

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

## Basketball

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

## Cheerleading

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

## Tackle Football & Cheerleading

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Cheer contact: 954-520-2515 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).  
[www.parklandrangers.com](http://www.parklandrangers.com) See ad below

## Flag Football

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

## Lacrosse

**PARKLAND REDHAWKS**  
For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)

## Soccer

**PARKLAND SOCCER CLUB**  
For more info, call (954)410-5172 or [www.parklandsoccer.net](http://www.parklandsoccer.net)

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

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**Parkland Leagues - Saturday Only**  
Soccer - Ages 3 - 12  
Baseball - Ages 3 - 7

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

## Important Numbers

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

# Family Sports Health

## Knee Injuries: The ACL

By Dr. Howard Gelb

Anterior cruciate ligament (ACL) injuries are increasingly common in younger athletes, especially in female athletes. The ACL is one of four major ligaments that stabilize the knee. Its main function is to prevent injury to the knee cartilage (meniscus-cushions and articular surface). Without an ACL, the knee becomes unstable with twisting turning sports. Injury to the ACL is usually associated with a non-contact twisting injury. ACL tears are usually diagnosed by a combination of history and physical exam. In a majority of the cases, the patient reports planting the foot while twisting the knee and falling to the ground. Most people recall hearing a pop in the knee at the time of injury. Usually the patient cannot return to the sport the same day as the initial injury and the knee swells within the first 24 hours. The Lachman test is the most important physical exam finding that aids in the diagnosis of a tear. There can be associated injuries to other ligaments as well, such as the MCL. An orthopedic surgeon trained specifically in sports medicine is usually more experienced and accurate in this diagnosis. MRI can be useful to confirm the diagnosis and assess the meniscal cartilage. The meniscus is damaged almost 50% of the time in association with an acute ACL tear. Treatment of an ACL tear is patient specific but includes reconstruction of the injured ligament using one of several arthroscopic surgical techniques. It is essential that the meniscus be repaired if possible in the young athletic patient in order to prevent future damage to the knee. Certified in Sports Medicine, Dr. Gelb specializes in the treatment of ACL injuries in both adult and pediatric patients.



**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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ages 5-15 welcome



# American Cancer Society and Parkland / Coral Springs

## Lead the Fight for a World Without Cancer Through Relay For Life Event

On Saturday, April 6, more than 500 participants will join together at the annual Relay For Life of Parkland and Coral Springs at the Sportsplex at Coral Springs, 2700 Sportsplex Drive, to help the American Cancer Society attack cancer from every angle. The event starts at 5:00pm and takes place on the football field next to Coral Glades High School.

“Our theme this year is ‘Imagine a World Without Cancer’,” said event co-lead Rachel Frydman “The Relay For Life movement is the world’s largest peer-to-peer fundraising event to save lives from cancer.”

The American Cancer Society is fighting cancer on every front; standing shoulder to shoulder with cancer patients and those supporting them. Last year, 2.7 million participants in the U.S. raised more than \$279 million at more than 3,500 events to help beat our biggest rival. Funds raised help the American Cancer Society attack cancer in dozens of ways – from developing breakthrough therapies to building supportive communities, from providing empowering resources to deploying activists to raise awareness.

Local cancer survivor Trish McKibbin will join with other community members to celebrate at the annual event and to raise funds and awareness in an effort to free the world from the pain and suffering of cancer. “The mission of the American Cancer Society is to save lives, celebrate lives and lead the fight for a world without cancer,” explains Trish. “This can only be done if we all come together, educate ourselves and support each other. Relay For Life is the perfect event to do all of that. Meet survivors, such as myself, and see that cancer does not have to be a final chapter. We want to convey a message of hope, and that there are many more pages to be written in your book of life.”

Founded by Dr. Gordy Klatt in Washington in 1985, the Relay For Life movement unites communities across the globe to celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Symbolizing the battle waged around the clock by those facing cancer, the event empowers communities to take a stand against cancer.

The opening ceremony will include a special Survivors Lap. Survivors and their caregivers will also enjoy a complimentary dinner. After sunset, we light Luminarias to remember those we have lost, to celebrate cancer survivors, and to show those affected by cancer that they are not alone.

In addition to the support of the community, Relay For Life of Parkland and Coral Springs is also supported by many local businesses and organizations. This year’s sponsors include: Memorial Cancer Institute, Hitachi Vantara, Coldwell Banker, Performance Title, The Frydman Law Group, PLLC, School of Rock Coral Springs, and Parkland Veterinary Hospital, among others.

Be part of the fight, and together we can Imagine a World Without Cancer. Relay For Life is seeking volunteers to form teams. Join Relay or donate to American Cancer Society at [relayforlife.org/parklandandcoralspringsfl](http://relayforlife.org/parklandandcoralspringsfl).

**Relay For Life of Parkland and Coral Springs**  
**April 6, 2019, 5 pm – 10 pm**

**Sportsplex at Coral Springs 2700 Sportsplex Drive Coral Springs**  
 (Next to Coral Glades High School)

[www.relayforlife.org/parklandandcoralspringsfl](http://www.relayforlife.org/parklandandcoralspringsfl)



1.800.227.2345



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## HELP ATTACK CANCER IN OUR COMMUNITY

Beating our biggest rival takes more than breakthrough research. It takes things like our 24/7 cancer help line and free rides to chemo. Most of all, it takes you. Join Relay For Life. And help attack cancer in our community.

**RELAY FOR LIFE OF PARKLAND AND CORAL SPRINGS**

**APRIL 6, 2019**  
**5 PM - 10 PM**

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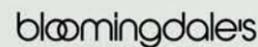
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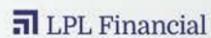
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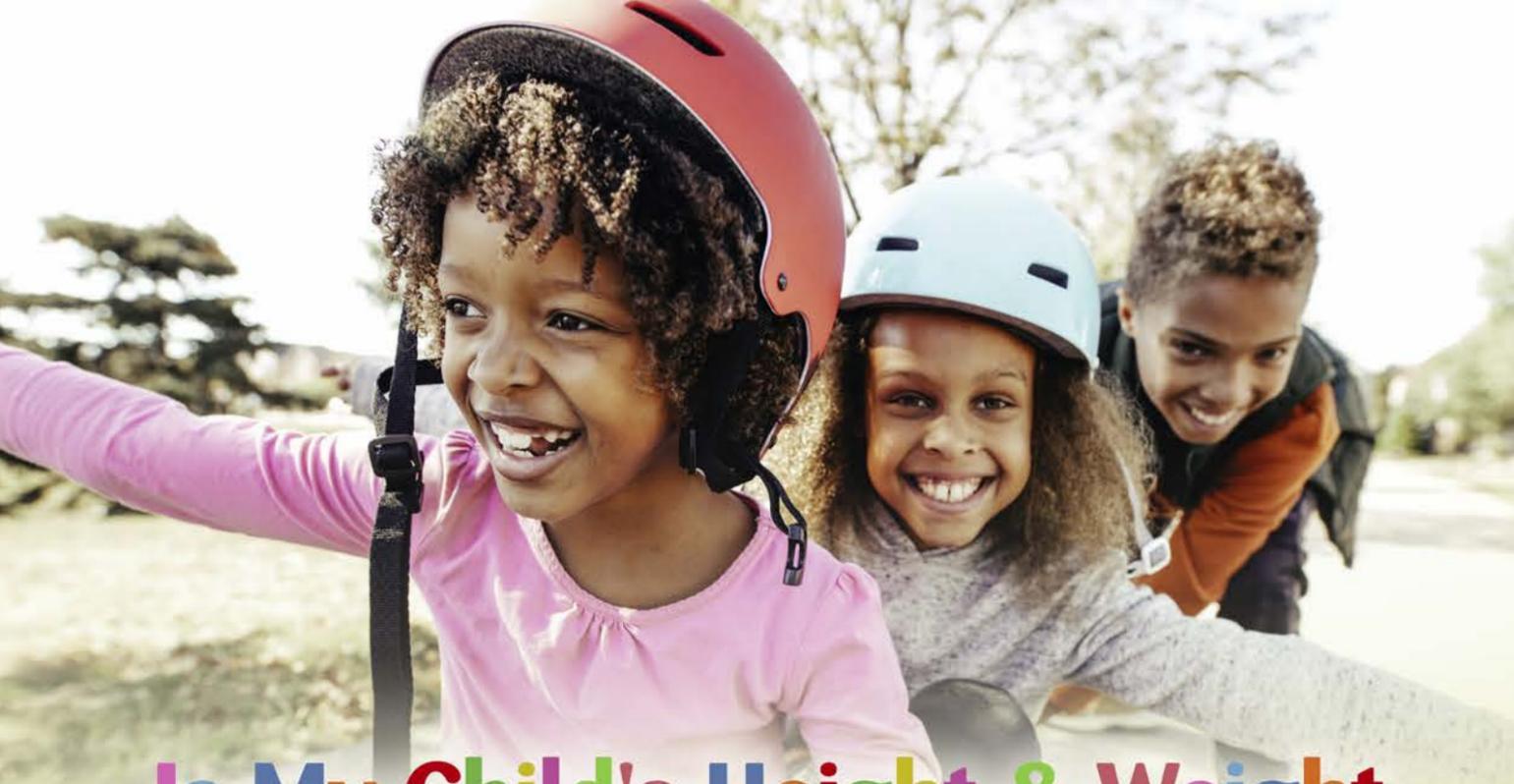
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# Is My Child's Height & Weight Appropriate for Their Age?

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

Come learn about normal growth in childhood, how to better understand your child's growth chart, and factors that can influence your child's growth. Get the facts about how weight can affect your child's height, and learn tips to make sure your child maintains a healthy weight.



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

**Date:** Thursday, March 14 from 6-7pm

**Location:** Broward Health Coral Springs  
Multi-purpose Room (enter through  
the main hospital visitor entrance)  
3000 Coral Hills Drive, Coral Springs

Refreshments will be served.

Call 954.759.7400 To RSVP Today!



## Assessing Your Child's Weight, Height & Nutritional State



By Lisa Kenigsberg Fechter, M.D., and Lisa Farkas MS, RD, LD/N, CDE

Nutrition plays a very big role in health in childhood. It is very important that children eat a healthy, well-balanced diet to help them to grow and develop normally. In addition, children should be getting 60 minutes of exercise or activity every day.

There are many reasons why a child may need to see an endocrinologist for nutrition. For example, when children are underweight they can have poor growth in height, called short stature. Children and teenagers who are overweight are at risk for developing many health conditions, including diabetes, cholesterol abnormalities and irregular periods.

At the Broward Health Salah Foundation Children's Hospital Endocrine Clinic we assess many aspects of a child's health, including their growth, weight, and nutritional status. To make changes to a child's diet and overall health, we take a team-based approach. The members of the team include the endocrinologist, dietitian (or nutritionist), parents, and most importantly, the patient!

The endocrinologist can screen for health problems related to being overweight or underweight, and explain the changes that happen to a child's body when they are not at an ideal weight. The dietitian can do a comprehensive assessment of your child's current diet and suggest changes to help improve their health.

The first step is to assess your child's current weight and nutritional state. Our team will identify your child's dietary and physical activity behaviors, which may be promoting energy imbalance, and we will aid in modifying these behaviors. We also assess a child's and their family's desire to make changes and what their means and motivation include.

At the time of the appointment, the dietitian obtains a detailed diet history and assessment of usual food and beverage intake. Behaviors addressed include, but are not limited to, frequency of eating food prepared outside the home, consumption of sugar-sweetened beverages, and frequency and quality of breakfast.

After the assessment, we will provide the child and their family with personalized recommendations based on their specific needs and goals. Specific behaviors we target may include reduced consumption of sugar-sweetened beverages, recommending appropriate intake of fruits and vegetables, eating breakfast daily, and proper portion sizes for the child's age. Some patients may need more specific recommendations, such as carbohydrate guidelines, foods to aid in lowering cholesterol, or even foods to aid in weight gain.

Our goal is to help with children, teenagers, and families help to improve long-term health. When taking care of children, we have an important opportunity to make sure that we are establishing life-long healthy habits. These habits, such as healthy eating and getting enough exercise, will decrease a child's risk of developing medical problems as they get older, and help ensure that they grow and develop normally.

**Broward Health Pediatric Endocrinologist Dr. Lisa Kenigsberg Fechter will discuss how to better understand your child's growth chart and the factors that influence growth and height on Thursday, March 14 from 6-7pm, at Broward Health Coral Springs (Multipurpose room). Call to register for this free lecture at 954-759-7400.**





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# Creative Summers Start Here!

American Heritage Camp Director, Wayne Lenoff, is passionate about summer camp, not because it's his profession, but because he loves the idea that each camper can have an amazing and active summer experience doing a variety of things that are both fun and engaging.

Hosting summer camps for more than 30 years, American Heritage's summer sessions begin June 10th and continue through August 9th. One aspect of the camp is a traditional day camp where children will experience a variety of activities, including various field sports, drama, art, swimming, video arcades, and more. The camp supplies healthy lunches with appetizing choices and snacks throughout the day. Day campers range in age from 3 to 13, and beginning at age 8, campers participate in a variety of field trips throughout the summer. American Heritage also features specialty camps in 3-week sessions for children who prefer to concentrate in specific areas of interest.

"Our Robotics Camp is for the camper who would like to build a robot and get it to do different tasks, such as digital electronics, 3-D printing, coding with Java, and CAM," Wayne says. "Each session has its own unit that they focus on." Going through the list of offerings, he lists weekly sports activities available. "We host a Tennis Camp for the enthusiast who wants to get out on the courts every day and sharpen their skills, a Soccer Camp headed by a former professional soccer player and Olympic development coach, Lacrosse Camp run by a former collegiate coach, a Baseball Camp by a current high school coach and former Major Leaguer, and a Softball Camp headed by a current high school coach and former collegiate coach." The choices don't stop there. Wayne continues, "We also have an Art Camp where the campers will study and create art using different mediums throughout the summer; a Science Adventure Camp where each session will concentrate on a different aspect of our local ecosystem, such as marine life, and campers will learn how to snorkel, observe marine life, and the environment in the Everglades. Campers will also be conducting different investigative science experiments in our science lab. Video Production Camp is offered to campers ages 10 to 14 for two sessions."

Wayne is especially proud of the level of each instructor's professional accomplishments and all that they offer to the children. "Because we are a successful college prep school, all the instructors in charge of our specialty camps are experts in their fields. For instance, our Robotics instructor runs our Pre-Engineering Lab during the school year." Wayne adds, "This is not a classroom instruction type of thing—everything the children will be doing throughout the summer is hands-on."

For the musical theatre enthusiasts, Theatre Camp is offered for ages 6-13 in a six-week session. Campers will develop their talent in dance, acting, and voice through instruction from American Heritage's award-winning theatre faculty, students, and alumni. "Our Theatre campers will learn and experience the casting process and work towards a production," Wayne says. "The last week culminates in three performances to packed audiences, including an evening show."

For the 9-week camper, Wayne emphasizes that the main goal of American Heritage's program is to ensure that each camper loves the camp experience. "Every week is different, and each week stands alone. All our specialty camps include getting the kids out for one hour each day and engaging in something different. Most of the time they go swimming because our pool is right here on campus." When asked, Wayne shares his personal favorite. "I love the Day Camp! It lets you experience a variety of activities every day and gives our campers a well-rounded summer experience."

Free central bus transportation is available every day. A bus picks up and drops off children at one of many central locations. Door-to-door bus service is also offered for a fee.

Involved with the camp for 20 years, Wayne began as a senior counselor and has continued to be a vital part of every summer season. His passion for the campers and the activities available to them is evident in the energy with which he speaks. Definitely focused on his role in making sure that every child attending American Heritage's Summer Camps has the best summer of their life, he puts it simply, "We want every child to look back and say, 'Wow! That was amazing!'" **See ad on facing page.**

# Memories That Last A Lifetime!



# American Heritage Summer Day Camps



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# Up & Coming

**Parkland Family Craft: Mardi Gras Mask - Tuesday, March 5 (ages 4 and up)** Celebrate National Craft Month from 6:00 - 6:45 PM in style by using markers, glitter, feathers and more to design your own Mardi Gras mask at the library, 6620 University Dr. Children must be accompanied by an adult. Parkland Library card required to register. visit [www.cityofparkland.org/library](http://www.cityofparkland.org/library) or call (954)757-4207.

**Assessing Your Child's Weight, Height & Nutritional State - Thurs March 14** Come learn more as Broward Health Pediatric Endocrinologist Dr. Lisa Kenigsberg Fechter discusses how to better understand your child's growth chart and the factors that influence growth and height. From 6-7pm at Broward Health Coral Springs (Multipurpose room) Call to register for this free lecture at 954-759-7400. See ad & article on pages 24-25.

**2nd Annual We Are Stoneman Douglas - Winemaker Dinner and Food & Wine Event - March 16 & 17 Saturday, March 16th**  
Held from 6:30 - 10pm at Woodfield Country Club Grande Ballroom, 3650 Club Place I Boca Raton, The Winemaker Dinner features a cocktail hour, where participating wineries will pour a variety of both red and white wines. This will be followed by a 4-course dinner by Executive Chef Bart Messing. Each of the 12 tables will feature a winemaker who will pour various Zinfandels from their personal Zinfandel library.

**Sunday, March 17th**  
4:30 - 7:30pm at Parkland Golf & Country Club Sports Club, 10001 Club Place I Parkland, Ticket includes delicious food from over 30 local restaurants, open bar, entertainment, parking and access to silent auction. For more info see [www.parklandcares.org](http://www.parklandcares.org) or ad on page 22

**Coral Springs WorldFest 2019 - Sunday, March 31**  
From 11:00 AM - 6:00 PM at the Sportsplex, 2575 Sportsplex Drive, with FREE Admission & \$3 Parking, bring your family and friends out to experience the diverse cultures that make up the community of Coral Springs. Worldfest features cultural entertainment, amusements and food from around the world! Live Entertainment will showcase Caballo de Paso Peruano/Marinera Dancers. Other features include Free Cooking Demos, Recipes and Sampling of International Food • Inflatables • Petting Zoo • Pony Ride available for nominal fees. No pets/animals allowed (Service pets only with proper documentation)

**Just Between Friends Consignment Sale Event - April 4-7**  
You want the best for your growing kids—but you don't want to break the family budget. That's why we created these local savings events where you and your friends can SAVE MONEY and MAKE MONEY on kids' clothes, toys, shoes, and equipment—in one safe, clean, organized place—saving you time and money for other things you need...like a vacation! For more info see [www.jbfsale.com](http://www.jbfsale.com) Follow JBF on Facebook and Instagram @JBFCCoralSprings and see ad and article win pages 10-11.

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