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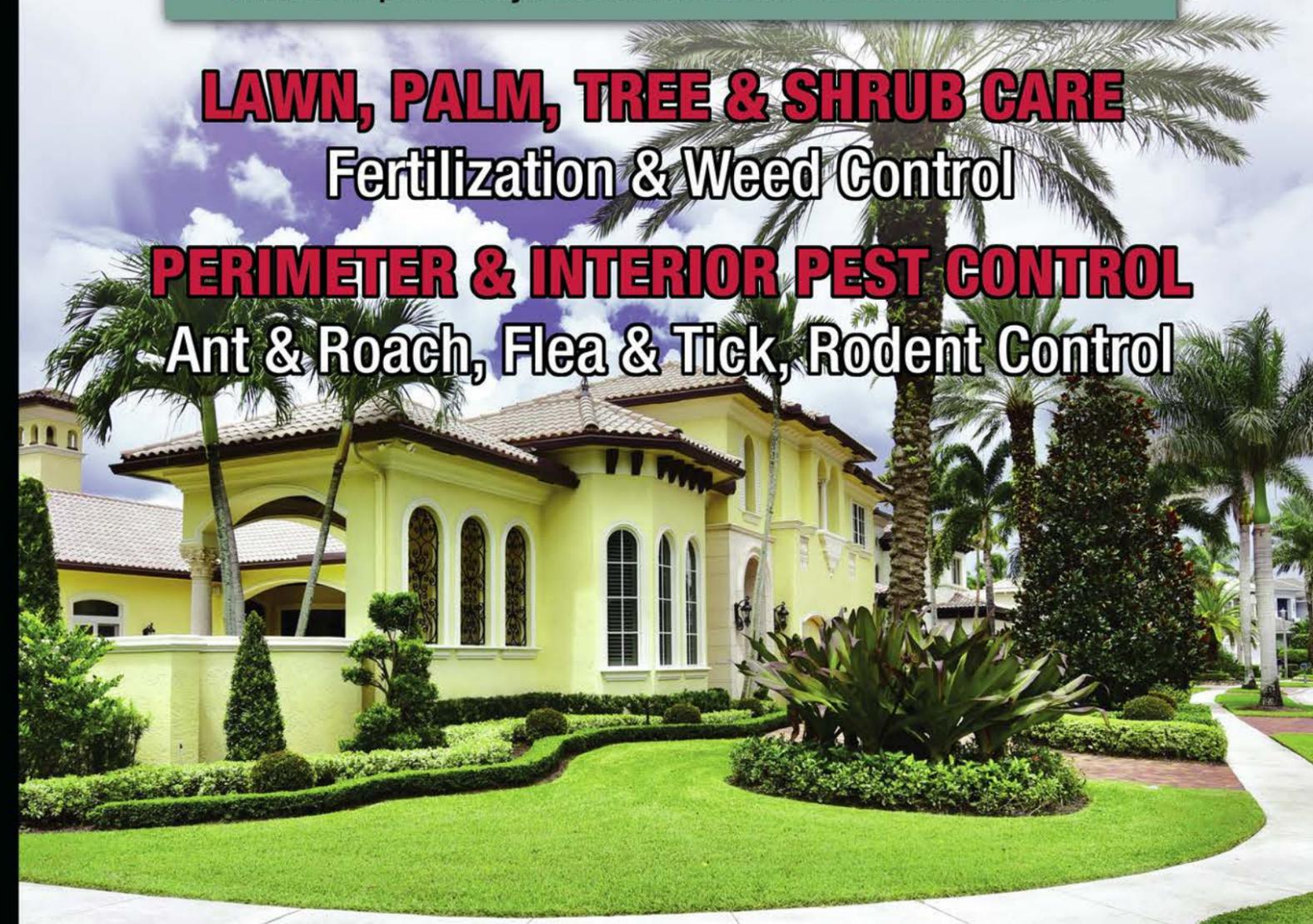
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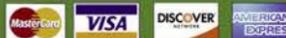
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Moms & Memorial Day; Celebrate Both

May is always a month we think of for Moms first, but in the USA, our Freedom is due to the sacrifices of both men and women who have fought for and insured our freedom.

This month we get a Federal Holiday on May 27 combined with a long weekend, not just so we can enjoy picnics and family time, but to remember those brave souls who lost their lives in an effort for us to relish our American lifestyle. This year, please honor these soldiers by attending a special service, flying your flag at half-mast from dawn until noon and/or patriotically decorating your yard and the graves of those who served.

We are blessed beyond measure and owe it all to those who have gone before us with purpose and vision. Reveling in our liberties while forgetting those unselfish souls will only condemn us to repeat history. Happy Memorial Day! Remember every one who paid for your freedom.

God bless you and our soldiers,

Shellie & Scott

Changing Seasons with Mom

By Shellie Miller-Farrugia

She has been the most influential and positive female force in my life. She nurtured and encouraged me in an age when single mothers endured the unhidden whispers and disdain of fellow neighbors, parishioners and even auto mechanics. The recounting of those hurts is not mine to tell, but I have a story of my own about that wonderful woman. The story of an only child who watches a once vibrant, beautiful and independent woman become a shadow of her former self.....one day, month and year at a time.

When Mom was widowed at age 49, my husband and I took notice of her propensity to be very set in her ways. Everything in her day was always scheduled just so. Lunch at Noon, dinner at 6, bedtime at 10, without variation. When visiting, we noted that her knick-knacks were taped in place, and if one should be moved by a grandchild or well-meaning daughter (that would be me), she became flustered. After almost two years, she mentioned depression, so I took her to a psychiatrist and our lives took a fateful turn. After 5 minutes alone with her, the Doctor called me into his office and very pointedly said, "You mother's short-term memory is practically non-existent," and then proved his point. "Mrs. Miller," he said, "Who is the President of the United States?" My beautiful mother, who had everything together on the outside, who read the newspaper every day from cover to cover, who had a sweet demeanor and assured attitude, boldly stated, "Well, you know, his wife really runs the country." The doctor said, "But Mrs. Miller, what is the President's name?" And he and my mother parried back and forth for five minutes before she paused for what seemed like an eternity and said, "Carter?" (It was Clinton)

Without reliving the following weeks of tests, MRIs, neurological exams and all of the devastating truths they revealed, I will tell you that my mother was diagnosed with brain atrophy and dementia before her 51st birthday. As long as her routine wasn't put off track too much, she could get by. Tests showed that if she limited her driving to the three places she frequented most (the mall, Publix and her hair salon), she would be safe on the road. We were told to be mindful of any changes. She continued to live on her schedule, with daily visits from my family of six. My oldest son was about 7 years old when he called me in the middle of the night from "Nanny's" house (150 yards from ours). She had suffered her first seizure and, following 5 weeks of recovery and rehab, lost her driving privileges for at least a year. We gave her unconditional love and care, taking her shopping and including her in almost all of our activities, but she still valued her privacy and freer life. She didn't understand why we'd taken her car. She didn't believe what we told her, didn't accept her ailment, and soon told anyone who would listen that her family had stolen her car and jewelry (moved to a combination safe because she continued to lose things). She became a woman with two personalities. One, her usual positive, cheery and encouraging self; the other a frustrated, paranoid and angry person that none of us knew.

She kept endless lists; reminders to herself of what she'd done each day. When we'd take her for lunch or dinner, she'd take a business card to, "Remember the name of this place." I'd notice our names and the restaurant's written neatly in the square for the corresponding day on her calendar. Her calendars were diaries of her life, and she kept them all stacked in a drawer....decades of memories. Sometimes she would call me in a tiff, saying, "You probably don't care, but I'm still alive. You never have time for me anymore." When this first happened, I was unnerved, retorting, "What are you talking about? We just took you to lunch at (name of restaurant)! With four kids and a business, I'm sorry, but I can't be with you every moment of the day!" After many of these recurring events, I realized that the days she was angry were days that she'd forgotten to write our outings on her calendar. A blank day on paper told her that we'd neglected her. She took it as an insult.

Eighteen years after her diagnosis, things happened that I'd rather not recount, but suffice to say that Mom became a danger to herself. Wandering, falling, stitches, and more hospital visits made it clear that we couldn't manage her 24/7 even though we lived at the same address. Her move to a large facility for the memory disabled was a blessing, and the staff there taught us how to better respond to her inability to comprehend a variety of situations. Two and a half years after that, we moved her to a lovely small group ranch (6 residents) with horses, a cat, a dog and a staff that treated her with love and kindness. She tells everyone that she's lived there for 25 years, though it's only been a short while. Moving Mom to an assisted living facility has given her more dignity and all of us greater peace of mind. We still take her out, reminisce, share photos and talk about our growing family with laughter and an ease we haven't known in years.

With full disclosure, you should know that this is truly my story. Making the hard choices to give Mom a safer environment have made an overwhelming and positive difference for every member of our family, especially my mother.

"For everything there is a season, and a time for every purpose under heaven." Ecclesiastes 3:1



Publishers, Shellie & Scott Farrugia

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Fall of 2019 promises hopeful new beginnings for our area. Summit Academy Charter School, 11421 Northwest 56 Drive, Coral Springs, will open its doors boasting a highly qualified staff of educators who will focus their talents toward up to 288 children in grades K-8. Director and Principal Gus Prats ("please, call me Gus.") begins our interview by saying, "We are pleased to become an important part of this amazing community! We are involving the parents early on because things go much better when they have a hand in the school's development and are actively engaged." Gus also feels that the community is an integral part of building a successful school. He continues, "We want to host four large scale, community events during every school year. We'd like everyone here! Parents, grandparents, neighbors, businesses, dogs...I feel that the idea of community is often missing in public schools."

The Broward County Public School system is a sponsor, yet Summit Academy Charter School (SACS) operates independently, having an autonomy regarding curriculum, instruction, and assessment levels. Gus tells us, "Things of that nature are left up to The Charter School Governing Board."

Both Gus and the Board realize that safety and security are two important concerns. "All of our windows and doors are impact resistant," he says. "We have security, with a guardian who has been through the training with the Broward Sheriffs Office, a single point of entry and exit, and cameras. Our facility has a high level of security that is not usually seen at the Elementary or Middle school level."

To add to every parent's peace of mind, all staff at SACS are background checked, fingerprinted, and drug tested. Although not required by Broward County schools, "This is something we have chosen to do at no cost to our staff," says Gus.

SACS is very proactive in their hiring practices. "Our goal is to have the most highly qualified teachers and administrators. The payroll bonuses given for experience, qualification, and certification combined with 100% health insurance coverage are positive steps in assuring families that only the best teachers will be instructing their children." The former CEO of a charter school management company,

Gus also brings his experience as a middle school science teacher and educational administrator to SACS.

By integrating into our community, Gus is clear when conveying the SACS focus. "We want to include parents so that they are active in the classroom, and we will be that school where you walk into the office and we know exactly whose parent you are." Another clear intention is that no child or family feels like a 'number.' "We have so many fantastic schools in our area," Gus tells us, "but they are so large that children who need extra help often get kind of lost." SACS will be offering electives as well as ELL and ESE classes. "We want to make sure that the education we offer is individualized and prescriptive for each student. Our intention is to create a family atmosphere while developing the whole child, not just the academic individual."



He goes on to explain another issue that is not uncommon. "We've also seen many students who need accelerated programs or enrichment." He continues, "Many times, there are students who are ahead of grade level, but because public schools are tasked with maintaining certain standards, advanced students don't always receive enrichment because they are expected to score well on the standardized tests. Unfortunately, this means that some students fall through the cracks and are not being challenged and advanced to their

potential."

Families will be happy to know that the curriculum at SACS will be minimizing the amount of homework to encourage family time at home. Gus emphasizes, "We will not be assigning any lengthy projects to be done at home because we realize that it often becomes a burden on parents." Another added benefit for families at SACS has been implemented because of parent input. Teachers' schedules have been designed to allow time for homework help and tutoring without charge.

At this time, open enrollment at Summit Academy Charter School is available on a first come, first served basis for students K-8. There is no cost involved. Open houses will be held every Wednesday beginning May 1. Please see the ad on opposite page for dates and time.

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Meet The Cruz Family



Chris and Mirella settled in Parkland seven years ago, and have grown to appreciate their home community very much. Chris tells us, "We love how there are so many nice families around us! We love seeing familiar faces everywhere we go, and always look forward to meeting new people." The couple have three active and adorable children; Lucas, 9, Aiden, 7, and Mila, 4. Their household is completed by the family dog, Simba, 13.

A well-known personality, entertainer and DJ, Chris is a business owner (ChrisCruzLive.com) and busy dad. He gives much respect and is appreciative for his beautiful bride. He says, "Mirella is Super Mom and wife! She's the glue of the Cruz family."

Mirella keeps everyone in sync as the kids have full schedules and stay busy with fun activities outside of school. Lucas plays baseball for the Parkland Little League Mariners, and Aiden has a terrific time on the soccer fields. Aiden has big plans to be a professional soccer player when he grows up. Mila is excited to start dance classes in the fall!

Lucas attends the 3rd grade at Heron Heights Elementary school, where he loves writing and his teacher. Aiden also goes to Heron Heights, and is in the 1st grade. In typical active-boy fashion, P.E. is his favorite subject. Mila attends Park Ridge Christian Academy preschool, and is looking forward to VPK next year.

Chris has been assisting Lucas' baseball team this season by coaching and helping with whatever is needed to keep the team and league running smoothly. The Cruzes enjoy going to all games together as much as possible. "Our family has a terrific time at all community and Parkland events," Mirella says, adding that she also enjoys volunteering at the kids' schools, Heron Heights and Park Ridge Academy. Chris DJs and hosts many of the Heron Heights events, including their 5th grade dance, fun runs and more. He has also DJ'd and hosted many Parkland community events over the years including 5Ks, MSD fundraisers, and many others.

When they aren't consumed with school, sports, or work activities, Chris says, "We love watching the sunset at our secret spot by the glades. On weekends or when there are no other activities on the schedule, we are always at the pool, taking a day trip to Disney, or are at the beach. Being near the ocean is one of our most favorite places."

The Cruz family attends services at Church by the Glades.

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His expertise encompasses most every cosmetic and reconstructive procedure. The treatments he is most well known for are rhinoplasty, breast reconstruction, facial cosmetic surgery (including blepharoplasty), fillers, Botox, chemical peels, and laser treatments for hair and vein removal. Fractional laser is also available to improve the appearance of the skin. When discussing the many procedures offered in his office, Dr. Pestana turns his concern to the patient and their potential results. He tells us, "The use of neuromodulators (like Botox) and fillers is a good way to avert surgery, while having great results and avoiding possible complications."

He is very passionate about rhinoplasty because, as he tells it, "I enjoy seeing the faces of these young people when we do rhinoplasty. They don't expect to be that changed. Suddenly, they realize that the feature is nicer than they imagined!" He feels that the majority of rhinoplasty patients have had concerns since before high school. He says, "We are especially attentive to both boys' and girls' growth patterns. Girls who have stopped growing and are mature mentally can have rhinoplasty. To qualify for surgery, boys tend to be a little bit older because they keep on growing after their teenage years."

Dr. Pestana says that women in their early to mid 40s tend to see him regarding breast augmentation and breast lifts after having babies. Some women who

have had C-sections also see him for abdominoplasty (tummy tuck). He also mentions, "Often they are much more concerned about losing fat here and there, and ask for liposuction."

Beginning their practices in the 1980s, Dr. Pestana and his wife, board certified in Pediatrics, Dr. Elsa Pestana, have successfully raised their children to also love medicine. Their son, Dr. Ivo Alexander Pestana, is specializing in plastic and micro-vascular surgery and is currently at Wake Forest in Winston-Salem, North Carolina. Their daughter, Dr. Tatiana Pestana, is board certified in both Internal Medicine and Pediatrics. Having settled here decades ago, Doctor Pestana tells us, "When we first moved to Coral Springs, it was a small town. It was called 'The City in the Country.' We love the quietness, the people are friendly, and we have a neighborhood where everybody knows each other." Dr. Tatiana enjoyed growing up in Coral Springs so much that she has made her home here as well. Still settled in the same beautiful home where they raised their family, Doctors Ivo and Elsa enjoy spending time with friends and family traveling the world.



Well respected by a large network of medical professionals and satisfied patients, Dr. Pestana's skill and desire to help new patients achieve the appearance they've envisioned are what drives him daily. His smile, reassuring manner and confident communication are sure to encourage and more clearly inform anyone regarding cosmetic improvements, plastic, or reconstructive surgery.

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This summer is the perfect time for children to act on their love for performing and the arts. In its 18th season, Next Stop Broadway (NSB) has a fun summer camp curriculum happening at the Coral Springs Center for the Arts, 2855 Coral Springs Drive, with a full size

stage, auditorium and plenty of classrooms.

The theme is "Let's go to the MOVIES!" Campers in grades K-8 will star in their favorite films LIVE on stage at Coral Springs' premier performing arts camp. It's certain to be filled with memories that will last a lifetime.

The Camp's Artistic Director and creator is Cynthia O'Brien, who is friendly, engaging, and well spoken. A professional actress since the age of 17, Cynthia traveled the world, eventually deciding to combine her work with her love for the performing arts after becoming a mother to her two children, now 31 and 27. Working hand-in-hand with the City of Coral Springs, Cynthia says, "What I love about the Coral Springs/ Parkland area is that it is so family oriented! It's wonderful to help all of our children to be powerful, confident, and happy people."

Cynthia understands that many parents have concerns for their child's safety when they are away from home. The trained and experienced security staff at the Coral Springs Center for the Arts is always on duty. There is only one entrance. Cynthia tells us, "As soon as the children are here in our hands, they are secure and safe until we take them out to the circular drive at the end of the day and deliver them back to their family." Certified by and governed under DCF (The Department of Children and Families), Cynthia explains, "We make sure that in every room there are adequate staff, counselors, and tiers of people to keep our children happy and safe."

The Youth Camp, for grades K-8, has Campers split into grade appropriate groups in classes full of activities designed just for them in singing, dancing, acting, show arts, improv skills, and stage performance. Each session culminates in a fully designed production, where every camper participates. The playbill this summer includes FREAKY FRIDAY, SHREK, and MATILDA. Daily activities for youth camp begin at 9 AM Monday through Friday, ending at 4 PM. Extended care hours are available for an additional fee.

From June 24 to July 26, the Teen Summer Theatre Project is a complete, pre-professional experience for grades 9+. It is set in an encouraging environment where everyone participates in their own full-scale, fully designed productions. Led by an incredible team, the Teen Theatre Project is an advanced group that features industry workshops with visiting professionals, agent scouting, and more. It's a terrific way to build confidence and develop skills. This summer, the Teen Project presents: CHICAGO, featuring a dazzling score that sparked immortal staging by Bob Fosse. Hours for the teens are Monday-Friday. Weeks 1-4: 1pm-6pm, Week 5 hours are 10am-6pm.

In addition to CITs and counselors, there are two teachers in every classroom. "We are the 'cool summer school,'" Cynthia says. "Every classroom has a curriculum, and is geared for that particular age group."

And when it's show-time... Cynthia makes sure to focus on the fact that everyone at camp has a place. "Everyone participates," Cynthia says with certainty. "We have many wonderful opportunities for the children to shine and feel included. Our

goal is to build each child's confidence and make them feel comfortable. It's very rewarding!"

Don't miss your act in this summer's 2019 productions! Contact Next Stop Broadway to secure your son or daughter's place on stage!

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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 See ad below.

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 page 11.

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, call 954-346-0236 see ad page 31.

SUMMIT ACADEMY CHARTER SCHOOL

K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, www.summitacademy.org. See ad and article pages 6-7.

Special Needs

PARKLAND BUDDY SPORTS

Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

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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

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i9 Sports - Youth Sports Leagues

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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
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
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Parkland Connections

Parkland Little League

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

Basketball

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

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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 See ad page 16.

Flag Football

PARKLAND FLAG FOOTBALL
For more info, see www.parklandflag.com
See ad below.

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com

Soccer

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

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)757-5040
Tennis(954)757-1910
P-REC(954)757-4105



Parkland Egg Hunt

The City of Parkland's Annual Egg Hunt for Parkland Residents took place on Saturday, April 13, at Terramar Park. The event drew hundreds of kids and their parents for a fun filled morning with perfect weather.

The Parkland Bunny was hard at work spreading over 10,000 eggs in the baseball fields, each for a different age group.

Children patiently waited for Mayor Hunschofsky's countdown and scooped up the eggs in record time. Shortly after, they huddled together to open the eggs and see what goodies they had collected, some even found a golden ticket and took home a special gift basket.

Other activities included spring crafts, photos with the Parkland Bunny, DJ with interactive games, sponsor booths, and more.

The City of Parkland is proud to put on wonderful events like this for the community to enjoy. For more info on Family Fun Events please visit www.cityofparkland.org

To see more event images please visit the Spectator Facebook page at www.facebook.com/myspectator



Will Your Kids be Sitting on the Sidelines Next Season?

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Parkland & Coral Springs Residents

Co-ed NEW Divisions

- Kindergarten
- Ages 6 & 7
- Ages 8 & 9

All Girls Divisions

- Ages 10 & 11
- Ages 12 & 13
- Ages 14 & 15

FREE Youth Clinic, Saturday June 1st, from 10am -1pm

Hosted by the Board and Athletic Performance Training (APT). For more Info. see our website www.ParklandFlag.com

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CSFLAG19**

www.CSFFC.org



CS Flag ... Getting in the Game!

By Stacy Case

The school year may be winding down shortly but some families are already preparing for next Fall and that can only mean one thing ... Are you ready for some football? A few hundred Coral Springs youths definitely are, and the city program's board members have been hard at work the past few months in order to prepare.

The Coral Springs Flag Football Club (CSFFC) opened online registration March 1st and will remain available until mid July, which is the deadline for all player evaluations. Once registrations and evaluations have been completed, games can get underway.

League President Mike Gorelick and his board of directors are excited for what the 2019 season may bring to all involved. "Each year we want the kids to come out to the field and have fun while learning a great sport," says Mike, who has been on the CSFFC's board of directors for a decade. "They learn about teamwork and sportsmanship over anything else, and it really is more than just a game because football teaches these kids some valuable life lessons."

This coming season, like those past, the league will have three separate divisions of play based on age: Freshmen (ages 7-9), Juniors (ages 10 & 11) and Seniors (ages 12-14). As always, both boys and girls are welcome to participate in what Mike likes to consider, "as close to playing the game of tackle football without actually playing tackle football." Regarding the 11-on-11 format of play the program follows, Mike believes, "It's the same concept as tackle, but not as intense."

Last year, the Coral Springs Flag Football program had 18 teams spread amongst the three age divisions, in which approximately 200 area athletes took to the

league's home fields at Mullins Park. To mirror the 2018 season, players will participate in 12-14 regular season games, depending on age, followed by double elimination playoffs. Each division will then conclude its respective season with a Super Bowl and All Star game. To top things off, the league will, once again, offer a coaches game.

Before anyone heads to kick-off, the league gets things underway with its Jamboree, where teams get introduced and participate in a showcase-like game. Various raffles and contests take place, together with many other family-friendly opportunities offered at the pre-season festivities.

As successful as 2018 was, Mike is hoping to keep that momentum going. He says, "I'd always like to get more players out there, but we know there are a lot of other great sports opportunities around town that kids participate in, which is a good thing." Regarding the 1972-established CSFFC and its longevity in the city, Mike is encouraged about the future when he says, "It's great to see so many coming back here from year to year."

For more info, visit www.csffc.org
See ad on opposite page



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The Greatest Show Above the Earth

This Memorial Day weekend, make plans for your family to attend the most spectacular event in South Florida this year! Happening on beautiful Miami Beach, save the dates to enjoy the excitement of The National Salute to America's Heroes presented by Hyundai®, comprised of the Hyundai Air & Sea Show® and the Music Explosion™ presented by Hyundai. These exciting, family friendly events are designed to honor and pay tribute to our heroes.

Parkland resident and Executive Producer Mickey Markoff is thrilled to be planning another spectacular tribute. He says, "There is no better time than Memorial Day Weekend to recognizing our Military, First Responders, and those that have paid the ultimate sacrifice on behalf of our freedom. All of them deserve this world-class Salute."

Envision a National Salute to America's Heroes, wrapped in a world-class Air & Sea Show®, with a patriotically infused concert, climaxing with spectacular star-spangled fireworks, all shared with a national television audience.

Witness some of the finest military equipment our nation has to offer including the F-35 Lightning II Demonstration Team and B-52 Bomber, to name just a few. See Precision Exercises including the Air Force Para-Rescue SAR, Coast Guard Air Sea Rescue Demo and many more thrilling flybys, exhibits, and demonstrations.

"The Greatest Show Above the Earth" will showcase the men, women, technology and equipment from all five branches of the United States Military as well as our first responder agencies. This two-day spectacular event also features offshore powerboat racing demonstrations, extreme water sports, an interactive Display Village including military recruiting exhibits, an Action Zone, a Kid Zone and more, all on the beautiful shores of Miami Beach.

On Sunday, after the Hyundai Air & Sea Show® the stage will be transformed for the Music Explosion™, featuring Miami native FLO RIDA. In addition, there will be performances by the U.S. Air Force "Max Impact" Band, the U.S. Army "As You Were" Band, and the U.S. Air Force Honor Guard Drill Team. The show will culminate with a special night-pyro parachute demonstration by the U.S. Army Golden Knights Parachute Team kicking off a spectacular fireworks extravaganza.

Ticket Details

Admission is FREE to the public on Miami Beach between 10th Street & 14th Street, yet you can upgrade your experience with VIP tickets to The Beach Club at Show Center, giving you:

- The best view of all the Air & Sea Events
- Watch the Parachute Demonstration Teams in the landing zone
- Meet and greet our American Heroes in person
- Access to concessions with "All American BBQ" and refreshing beverages including beer, wine and cocktails
- Private restrooms
- Close proximity to the stage featuring video content throughout the day
- Front row access to the Music Explosion stage
- Direct access to the ocean

Saturday, May 25 - Hyundai Air & Sea Show
\$30 per ticket

Sunday, May 26 - Hyundai Air & Sea Show and the Music Explosion
\$45 per ticket

Sunday, May 26 - Music Explosion (only) access after 4:30pm
\$25 per ticket (children 12 years and under are free)

For more info, and for Beach Club and Music Explosion tickets, visit www.usasalute.com



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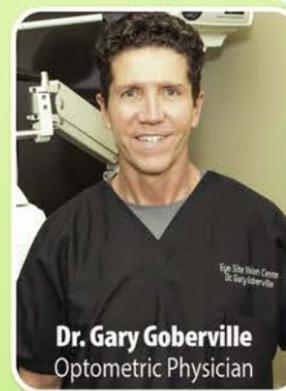


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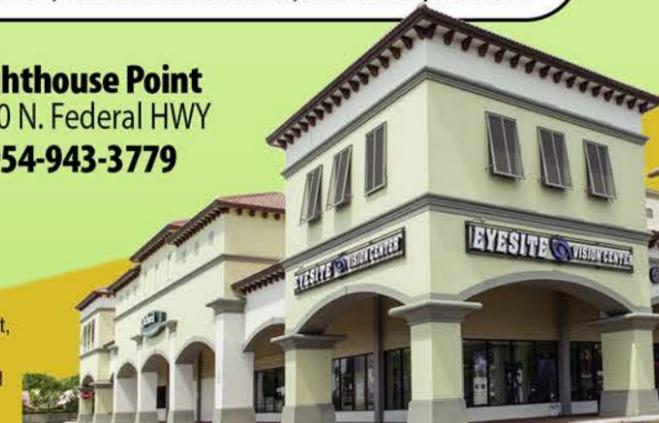
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A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

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See our ad below

Stress Fractures

By Dr. Howard Gelb

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

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City of Coral Springs
WorldFest It's all about Culture!

Families celebrated the diverse cultures that make up the community of Coral Springs at the 2019 WorldFest. The event featured ethnic foods, cooking demonstrations, live entertainment, arts and crafts, amusements, cultural games and activities. With thousands of visitors, it was a fun and exciting event for the whole family! To find out about other city events see www.coral Springs.org/living/events



Delivering the Experience of a Lifetime

When Kathya delivered her first baby at Broward Health Coral Springs, she and her family were overjoyed. From the maternity tour through the birth of her baby girl, Kathya's experience far exceeded her expectations. She is already planning on returning for her next baby!



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- Kathya, Proud mom of Khloe (Coral Springs resident)



Part of the new patient tower that opened in fall 2018, The Maternity Place is designed to offer an upscale, spa-like environment tailored to the needs of expectant mothers. Features include:

- *Dedicated private entrance for expectant moms*
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To schedule a tour, contact our Childbirth Concierge at **954.344.BABY (2229)**

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We Are Stoneman Douglas

Thank you to co-chairs George Temel and Debi Weisman for leading the charge of the One Beat CPR + AED 2nd annual We Are Stoneman Douglas event. They raised over \$300,000 – and designated Parkland Cares as its charitable cause. We also thank the entire event committee for a weekend of food, wine, and music events. Their efforts will help Parkland Cares continue to provide immediate and long-term mental health counseling in our community.



Howard Dvorkin
Parkland Cares Founder

Stacy Udine
Parkland Cares Executive Director



PARKLAND Cares.org
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Plantation Campus: (954) 472-0022 ext 3043 Delray Campus: (561) 637-2440 www.ahsummerprograms.com

Up & Coming

Mother's Day Craft and Story - Monday, May 6

From 3:30 to 4 PM at the Parkland library, 6620 University Dr., children age 5 and up can honor their mom, grandma or aunt this Mother's Day with a creative Do It Yourself craft to give as a gift. Make a homemade card to go along with it. Parkland Library card required to register. Visit www.cityofparkland.org/library or call (954)757-4207.

Parkland Fishing Derby - Saturday, May 11

From 8:00 AM- 10:00 AM, cast your line for a great time at the Parkland Fishing Derby held at the Pine Trails Park fishing pier, 10555 Trails End. Open to all kids ages 3-12, anglers can win awards for the biggest fish, smallest fish, and most fish caught. For more info, call 954-757-4105.

Summit Academy Charter School Open House - Wednesday, May 15

Bring your family for an impressive tour at this newest charter school, 11421 NW 56th Dr., Coral Springs, where FREE enrollment for grades K - 8 is open to families on a first come, first served basis. Please see the ad and article on pages 6-7 for a complete description and info.

Yellowbird Hawaiian Music Performance - Wed, May 15

From 4 to 5 PM at the Parkland library, 6620 University Dr., join us for this all-ages Hawaiian music concert and fun craft. The Yellowbirds Ukulele Group will play traditional Hawaiian tunes and familiar favorites. A Parkland Library card is required. Visit www.cityofparkland.org/library or call (954)757-4207.

The National Salute to America's Heroes presented by Hyundai - Saturday and Sunday, May 25, 26

Don't miss the excitement of a world-class Air & Sea Show®, with a patriotically infused concert, climaxing with spectacular star-spangled fireworks, all on beautiful Miami Beach. These exciting, family friendly events are designed to honor and pay tribute to our heroes. For more info, see page 22.

Memorial Day - Monday, May 27

Also known as Decoration Day, this federal holiday is for remembering and honoring persons who have died while serving in the United States Armed Forces. The practice of decorating soldiers' graves with flowers has been an American custom since before the Civil War. Flags should be flown at half staff from sunrise until noon.

Teton Nation Adventure Guides Annual Charity Golf Tournament | Four Man Scramble - Saturday June 15

At the Coral Springs Country Club, proceeds will benefit ParklandCares.org. Win a Harley Davidson! Putting Challenge, Longest Drive, Closest to the Pin and Hole-in-One for a Harley! To Register visit www.tetonnation.com, or call 954-805-6405.



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Saturday, June 15th

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