

2019 -2020 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

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

SEPTEMBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

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

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

DECEMBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOW ENROLLING GRADES K-7

CORAL SPRINGS' NEWEST CHARTER SCHOOL

SUMMIT ACADEMY CHARTER SCHOOL

11421 NW 56TH Dr. Coral Springs, FL 33076
954-603-3303
www.summitacademy.org

FEBRUARY				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

JANUARY				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

MARCH				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

APRIL				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

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

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

- Employee Planning (no school for students)
- Schools & Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First & Last Day of School

Hurricane makeup days in order of preference: 10/17/19, 12/20/19, 2/20/20, 3/19/20, 4/9/20, 6/2/20

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

Spectator

July 2019



2019-20 School Calendar Cut Out See Back Cover

Family Savings Inside!

What is Your Home Worth?



It's easy... see our website to determine your home's current value.

BILL SOHL
AND ASSOCIATES
PARKLAND LUXURY HOME SPECIALIST

www.BillSohlSellsParkland.com (954) 655-5097

 City of Parkland Community Page



Real Estate Attorney
Charles J. Esposito, Esq
(954) 332-3111

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

Corporate Office:

5489 Wiles Rd. Suite 304 Coconut Creek, FL 33073

Other Locations:

Delray Beach • Fort Lauderdale • Miami

JK Closing Attorneys, PLLC | www.JKClosings.com

GUARANTEED

Pest Control & Fertilization

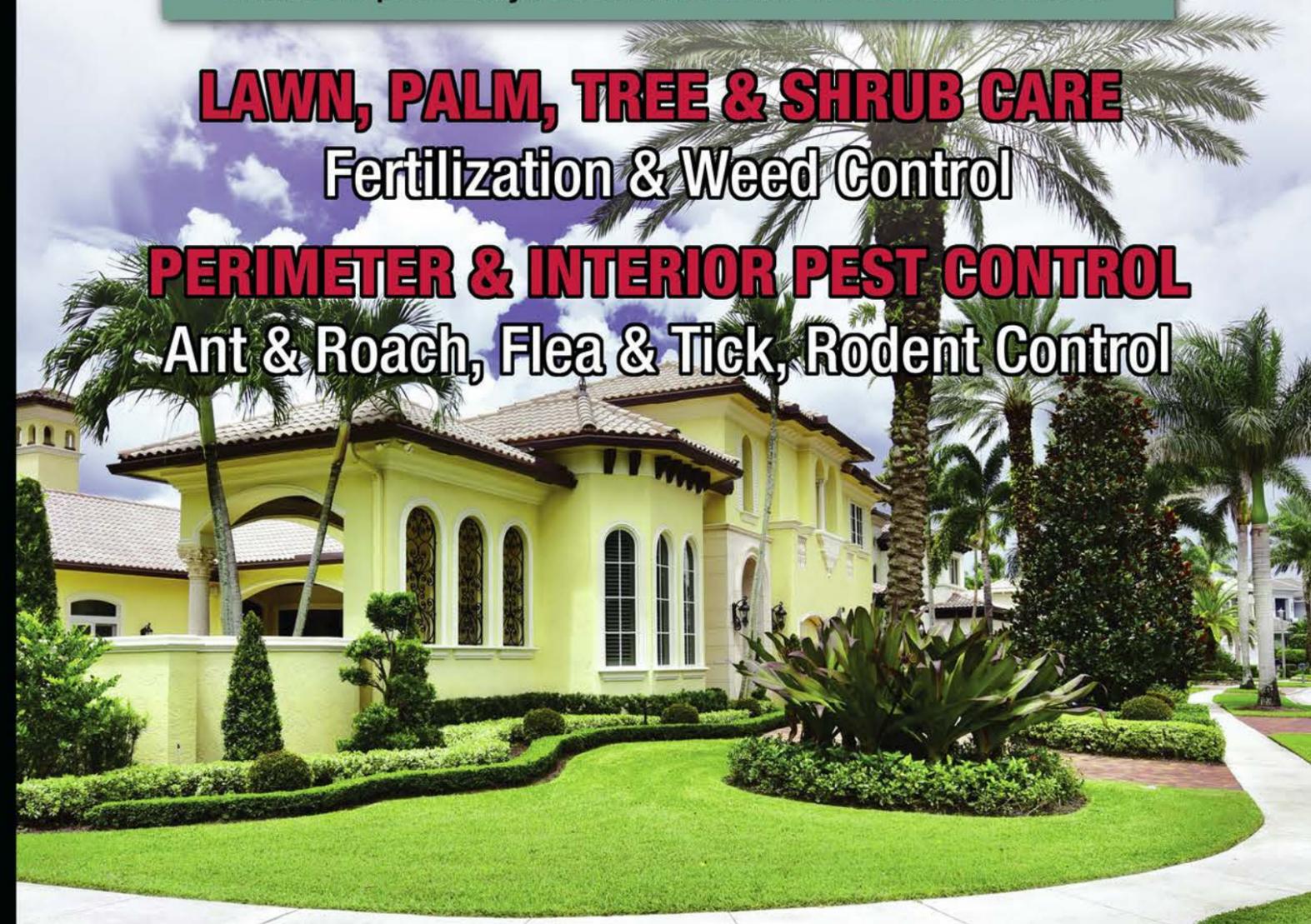
Owned & Operated by Parkland Residents Nick & Debbie Nelson

LAWN, PALM, TREE & SHRUB CARE

Fertilization & Weed Control

PERIMETER & INTERIOR PEST CONTROL

Ant & Roach, Flea & Tick, Rodent Control



One Year **GUARANTEE** On
All Whitefly Treatments!

Ask About Our
Mosquito Control

Call us Today For A **FREE** Estimate

954-884-0786

www.GuaranteedPestControl.com



Licensed & Insured





Publishers, Shellie & Scott Farrugia

It's All About Community!

Steamy Summer

Florida is always a tropical paradise but in July, the word "Tropical" is even more emphasized! Summer heat is a force to endure and the variety of things families choose to do to cool off is always a whole lot of fun. Backyard pools, water parks, ice cream, water skiing and a day at the beach with a cooler of refreshments are all essentials to keep family time at its most harmonious.

The Fourth of July holiday is not only a great time to enjoy picnics, loved ones, and friends, but to remember our forefathers who braved a lot of conflict in order that we can revel in our American lifestyle. This July, enjoy every minute you can with the kids, fly your flag proudly, and be very careful supervising everyone with anything that goes "pop" or "boom."

We are blessed beyond measure and owe it all to those who have gone before us with purpose and vision. Have an incredible day on July 4th and the rest of the month. Keep it cool, Florida friends!

Our prayer is for every family touched by the Spectator and every home in between.

Shellie & Scott

church by the glades.com

SAWGRASS CAMPUS
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
SAT 6PM
SUN 9, 9:45, 11:30AM | 1, 6:30PM
MON 7PM

SAMPLE RD CAMPUS
3301 RIVERSIDE DR, CORAL SPRINGS, FL 33065
SUN 10, 11:30AM

LAKE WORTH CAMPUS
127 SOUTH M STREET, LAKE WORTH, FL 33460
SUN 10, 11:30AM

ON TV!
M-W-F 6:30PM

@CBGLADES | @PASTORDHUGHES
954.755.7767

Our Freedoms Began With Sacrifice

243 years ago, 56 men signed the Declaration of Independence. They envisioned a life better than the one they left overseas. They forged the blueprint for the rights we have today. Twenty four were lawyers, eleven were merchants, nine were farmers and all were men of means. They were well-educated, and signed the document knowing that the penalty would be death if they were captured.

Here are some of their stories:

Five of them were captured by the British as traitors and were tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons who served in the Revolutionary Army and another had two sons captured. Nine of the 56 fought and died in that war. They pledged their lives and their fortunes.

Wealthy trader, Carter Braxton, had his ships destroyed by the British Navy. He sold his home and possessions to pay his debts and died destitute. Thomas McKean fled the British constantly. He served in Congress without pay and kept his family in hiding. He was rewarded with poverty. At the Battle of Yorktown, the home of Thomas Nelson, Jr. was taken over by British General Cornwallis for a headquarters. Nelson urged General Washington to open fire. He saw his home utterly destroyed and later died bankrupt. Francis Lewis' home was destroyed and his wife imprisoned until she died a few months later. John Hart was forced to leave the bedside of his dying wife. Their 13 children ran for their lives. His land and mill were laid to waste and he lived in forests and caves for more than a year. When he returned home, his wife was dead and all of his children gone. He died heartbroken.

Theirs are the sacrifices of the American Revolution. These men were not rebels or trouble makers. They had educations, jobs and dreams...just as we do. They had security, but liberty was a possession they valued far more. As we ponder all that they gave to assure us freedoms they could only dream about, we most definitely owe their memories a heaps portion of gratitude.

More than two centuries later, there are men and women who unselfishly put themselves in danger to ensure that the liberty our forefathers envisioned and fought for is still available to both America and our allies. Today's modern soldiers are instrumental in preserving the principles that our country was founded upon. Together with their families, they carry the torch of conviction that illuminates the hope those 56 men shared together on July 4, 1776.

The Spectator is unapologetic and fervent in its support of the United States Air Force, Army, Coast Guard, Marines and Navy.



PRIVATE SUMMER TUTOR SESSIONS



Keep Your Child on Track with Summer Learning

Certified K-6 and ESE Certified K-12

Math, Reading, Language Arts, Science & Social Studies.

ESE Certified - students with learning disabilities

To Schedule a Session Call
954-854-1237
Lindsay.henratty@gmail.com



Lindsay Henratty
Private Tutor

Spectator™ Magazine

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

Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director
Scott Farrugia

Photography
Scott Farrugia

Web, Social Media & email Marketing

Speedy-Designs
Links Media

Distributed by

US Mail &
Baron Express
954-297-0731



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2019 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher.

To Advertise Call 954-753-4300

www.MySpectatorOnline.com 5



Bridging the Summer Learning Gap

By Lindsay Henratty

Summer is here, school is out and now is the time for pool parties and barbecues with families and friends. However; as a parent, in the back of your mind you may be concerned with your child's academic needs and possible "summer slide," a phrase used to describe the slide backwards that many children make in reading and math skills over the academic break. A 2018 study found that in the summer after third grade, students lose close to 20 percent of their school-year reading gains together with 27 percent of their school-year gains in math. Summer learning loss increases with age through elementary and middle school. Giving them an advantage in their next classroom should also be a priority combined with the Summer fun that is planned for the family schedule.



In 6 short weeks, the next school year will be upon us and a whole new academic year will begin for your child. There is nothing more important to parents than their child's health and education. As an educator, I feel that the main thing parents can do during the summer break is to make sure their child is reading every day. They should also be encouraged and instructed to practice a variety of phonics, comprehension and math strategies, encouraging your child to devote a small bit of time each day to keeping up skills. These daily habits will help build their knowledge and allow for measurable and meaningful learning

gains. Especially true for children in need of special accommodations or who deal with learning disabilities, in my practice, I find that summer is the best time to find one-on-one direct instruction without the pressure of the hectic school weekday schedule.

Individual tutoring allows for each child to enjoy special attention without distractions or school pressures. It's never too late to take the first step toward identifying the child's need and then work with them using different strategies, manipulatives and a variety of curriculum resources. All of these tools combined will provide them the best opportunities for individualized learning gains. I'm committed to making a difference in the lives of others and watching them grow and prosper academically. I look forward to helping each child discover their gifts and the strengths that they have within themselves.

For more than 10 years, Lindsay Henratty has been an educator. She is ESE and K-6 Certified. During the summer, she works individually with children to help them bridge the vacation gap with one-on-one service. Help your child start the new school year with a confident edge. Contact Lindsay to schedule your child's in home, private tutoring sessions. Please call 954-854-1237, see the ad on page 5.

Protect Your Family Now & Later

Flexible, Affordable Health Coverage



Enroll Anytime!

- Small Business Owners
- Self Employed
- Families & Individuals



Call Bryan Velasquez, Licensed Agent for A **FREE Quote**

(954) 479-7658

www.ushagent.com/bryanvelasquez



Love Yourself Again...

Ivo D. Pestana, M.D., F.A.C.S.

Diplomate of the American Board of Plastic Surgery

FACE & SKIN

Facelift & Neck Lift
Eyelid Lift
Botox® Cosmetic
Chin Implant

Brow Lift
Rhinoplasty
Wrinkle Fillers
Ear Pinning

BREAST & BODY

Breast Augmentation
Breast Reduction
Liposuction
Body Lift

Breast Lift
Breast Reconstruction
Tummy Tuck
Thigh and Buttock Lift

We invite you to look your best
Schedule your personal consultation today

(954)755-8844

www.pestanamd.com



Member
AMERICAN SOCIETY OF
PLASTIC SURGEONS

3100 CORAL HILLS DRIVE SUITE 201 CORAL SPRINGS 33065

Meet The

Bickler Family

Matthew and Beth are an active couple that absolutely adore their Coral Springs neighborhood. The duo are incredibly proud of their daughters, Jolie, 9, and Addison, 6. Factoring their dog, Cody, and bearded dragon, Spike, the Bickler six are a charming family. Everyone except the pets stays busy with their professions, school, play, and extracurricular activities.

Matthew is a Real Estate agent in Coral Springs. In business for 20 years, Matthew started by teaming up with his dad and carries on his legacy to this day. Matthew says, "Beth and I actually met through real estate! Her sister bought a house (in Coral Springs) that was listed by my dad and I!"

Beth is an elementary school teacher, and has been teaching in our area for 18 years. She tells us, "Working with kids has always been a passion of mine. Even though there has been a lot of change in education, I still enjoy the time I get to spend with them."

Matthew is a Florida native and has lived in Coral Springs since 1984. He graduated from Taravella High School, and Beth has lived here since she moved down from New York in 1996.

Jolie enjoys every minute of the time she is on the field playing softball with the Coral Springs league. Addison played soccer earlier this year, but is planning to play softball like her big sister in the fall. Both Jolie and Addison attend dance classes. Jolie's favorite subjects in the fourth grade are reading and science and she loves anything to do with animals. She wants to be a dolphin trainer when she gets older! Addison enjoys the first grade and especially appreciates science.

As for Mom and Dad, Matthew sponsors the softball team and helps out in whatever way possible during the season. He says, "We love watching them play sports and having fun."

Beth is an avid fitness participant and has recently gotten into running. She has done a few races including Disney races and just signed up for her first half marathon.

When the whole family has time together, they have fun going to the beach and paddle boarding. Beth says, "We particularly love when we can paddle out to the reef and snorkel together. We love when we go on vacation and experience new things. We also enjoy our time just hanging out and snuggling on the couch."

We ask Matthew and Beth what they love most about our little corner of Broward county. They agree that there is so much to do whether it be activities for the kids, family, or going out to dinner within minutes of their home. Matthew says, "All our friends and family live in the area and we enjoy spending time with them." Beth agrees and adds, "We live in an amazing neighborhood and have such awesome neighbors! It is not uncommon to find us with them for holidays or just a simple get together."

The Bicklers belong to Temple Beth Orr. Both girls attended the preschool and now the sisters attend religious school there.

8 To Advertise Call 954.753.4300

The power of two working for you

AMERANT

Meant for you



Relationship Money Market + Relationship Interest Checking

gets you a select rate of

2.40% APY¹

on your Relationship Money Market account

Peggy Caracofe
Vice President and Market Manager
NMLS ID# 873084

Coral Springs Banking Center
1755 North University Dr.
Coral Springs, Florida 33071

Call us at
(954) 282-5005

amerantbank.com



¹Annual Percentage Yield (APY) is accurate as of 03/04/2019. Rates are subject to change without notice. This is a variable rate account; balances from \$100 and over receive 2.40% APY. Stated offer is valid only for Domestic Personal Account customers. Fees could reduce earnings. In order to avoid the \$150 monthly service fee for the Relationship Money Market Account, a Relationship Interest Checking account must be maintained with a positive balance of at least \$1. For applicable fees please refer to the Personal Checking and Savings Accounts brochure and the Miscellaneous Service Fees for Personal, Commercial and Corporate Accounts brochure. Customer must be a citizen or resident alien of the United States (U.S.) with a valid U.S. Taxpayer Identification Number.



PANTHERS ICEDEN

SUMMER 2019

PUBLIC SKATING

EXTENDED SESSIONS

JUNE 10TH - AUGUST 13TH

MONDAY - FRIDAY: 10:15AM-3PM

MONDAY - THURSDAY: 6:45PM-8:45PM

FRIDAY NIGHT: 8:30PM - 11:00PM

SATURDAY & SUNDAY: 1:00PM-3:00PM

SATURDAY NIGHT: 8:00PM-10:00PM

PRICING VARIES BY SESSION

SEE WEBSITE FOR FULL DETAILS

AUGUST 5TH - 9TH (10:30AM INSTEAD OF 10:15AM)

CHRISTMAS IN JULY

JULY 20TH

1:00PM - 3:00PM

LEARN TO SKATE USA SKATE SCHOOL CLASSES

MONDAY, THURSDAY & SATURDAY

CLASSES ARE ORGANIZED BY SKILL LEVEL

SKATE SCHOOL 1: 5:00PM - 5:30PM

SKATE SCHOOL 2: 5:30PM - 6:00PM

SKATE SCHOOL 3: 6:00PM - 6:30PM

MONTHLY PROGRAM

PRICING VARIES BY PACKAGE

CAMP INCREDIBLE WEEKLY CAMP THROUGH AUGUST 9TH



PANTHERSICEDEN.COM

PANTHERS ICEDEN | 3299 SPORTSPLEX DRIVE | CORAL SPRINGS, FL | 33065 | 954-835-8500



Come Out to the COOLEST Place in Town!

The Sunshine State may be known for its beaches and warm weather, but ice skating, hockey and figure skating are all a part of the Florida Lifestyle at the Panthers IceDen in Coral Springs. Whether you are looking to come out for a Public Skating session, learn the basics of skating forward and backwards, improve your hockey abilities, or just grab a bite at the Panthers Point Bar & Grill, there's something here for everyone.

As the official training facility for the NHL Florida Panthers, the Panthers IceDen Summer programming focuses on growing skaters and athletes of all ages. Our Skate School is the starting point for 90% of skaters in our building and the foundation for all athletes. Skate school classes are Monday, Thursday and Saturday (schedules can be found on PanthersIceDen.com) and are 30 minutes for each class level. Branching off from our Learn to Skate program is our day camp, Camp Incredible, which runs each week, Monday through Friday through August 9th. This camp is for children ages 4 - 12 and features a group skating lesson, arts and crafts, and a live animal show every other Friday from The Jungle Florida. Sign up now at PanthersIceDen.com/camp-incredible.

Public Skating is scheduled daily during the Summer with 2 sessions each weekday and Saturday, and once on Sunday. Our weekday sessions are Monday through Friday from 10:15am - 3:00pm and Monday - Thursday nights from 6:45pm - 8:45pm. Friday night is our teen night and features a live DJ, glow sticks, and disco lights. Friday nights are not recommended for small children and skate aids are not available for purchase on Friday nights. Our weekend skates are Saturday and Sunday from 1:00pm - 3:00pm and Saturday night from

8:00pm - 10:00pm. Our days and times can vary based on building events so please be sure to check the website and our social media pages for any updates or cancellations. Our facility will be closed on July 4th.

Our brand new "Girls Kick Ice" camp will be July 16th-18th and will be for girls ages 5-14 of all skill levels. It is a fun and exciting experience that will build your hockey player's skills and understanding of the sport. The camp features 2 on-ice sessions, 1 off-ice session, 1 yoga/stretch class, and video session per day. For more information, please visit PanthersIceDen.com/girls-hockey.

Are you celebrating a birthday this Summer? Let our birthday party staff take the guess work out of planning the perfect day for you. From party rooms to public skating, our birthday parties are out of this world and something unique for the area. Want something more private? We also offer private parties and can customize the space and day to your specifications.

Make sure you stop by Panthers Pro Shop while you're here! The largest full-service hockey and figure skating store in Florida. Armed with the latest 3-D skate fitting technology, we have everything you need to be sharp on the ice! Don't forget, we have a customer loyalty/rebate program that gives customers 10% back in store credit from nearly every purchase and, oh yea, we price match the internet!

Website: PanthersIceDen.com
Twitter: @PanthersIceDen & @PanthersProShop
Instagram: @PanthersIceDen & @PanthersProShop
Facebook: /PanthersIceDen

See ad on opposite page



Coral Springs Connections

Baseball & Tee Ball

CORAL SPRINGS AMERICAN LITTLE LEAGUE
For more info. visit www.csall.com, or call (954) 871-3997. coralspringsamerican@gmail.com

WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info you visit www.csall.com, or email coralspringsamerican@gmail.com call (954) 871 3997 See ad below

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

For more info go to www.eteamz.com/northsprings.

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

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

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 & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG See ad and article pages 20-21.

ULTIMATE FLAG FOOTBALL

For more info. see www.UltimateFlagFootball.org

Health & Fitness

STRETCH ZONE

Takes stretching to the next level with their patented equipment following a specific method and protocols the Stretch Zone Method can increase your activity range of motion and the quality of those movements. For more info visit www.StretchZone.com call 954-840-8648 or see ad below.

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

The triple rink known formerly known as Saveology has programs all year long! www.PanthersDen.com or call (954)341-9956. See ad & article pgs 10-11.

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.nwbrrc.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.coralspringssoftball.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.

Private Schools & Camps

CONGREGATION BETH ADAM

Children's Sunday School Program. Jewish culture, history, traditions, and Hebrew language, kindergarten through Bat/Bar Mitzvah, taught with a modern, human-centered, non-theistic approach. For more info, call 561-443-1769, email info@bethadam.com, or visit www.bethadam.com. 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

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 on back cover

Tutoring

PRIVATE TUTOR

Keep your kids on track with summer learning. Certified K-6, ESE Certified K-12. Math, Reading, Language Arts, Science & Social Studies. For more info call Lindsay Henratty at 954-854-1237 or email lindsay.henratty@gmail.com see pages 5 & 6.

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.

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)

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

STRETCH ZONE®
STRETCH BACK THE YEARS®

GET A BANG OF A DEAL

ALL PAID IN FULL PACKAGES WILL BE DOUBLED FOR FREE.

WHAT IS STRETCH ZONE?

Stretch Zone practitioners work with the stretch reflex and some lesser known but extremely powerful principles of neuromuscular behavior. Utilizing our patented equipment, our stretch practitioners follow specific methods and protocols to properly position, stabilize, isolate and manipulate muscles in a scientific way. When your body is correctly stabilized, fear is reduced. Your body is better able to relax and allow for the full stretch. The great benefit of Stretch Zone's practitioner assisted stretching is the ability to control and alter the timing of and even overcome the stretch reflex.

954-840-8648
4686 CORAL RIDGE DRIVE
CORAL SPRINGS, FL 33076

RESTRICTIONS APPLY. CALL FOR DETAILS. PACKAGES MUST BE PURCHASED PRIOR TO 8/31/2019

OPEN HOUSE ...

Register Now & Receive a FREE Initial Class

- Individualized Bar/Bat Mitzvah • Post Mitzvah Classes & Confirmation
- Affordable Tuition/Scholarships • Small Class Sizes • Ages K – Bat/Bar Mitzvah

Sunday August 18 at 9 am

Open House, class to follow 10 am - 12 noon

We combine contemporary rational thinking with a celebration of Jewish culture and identity.

For more info. on the Children's Education Program please call,
(561) 443-1769
email: info@bethadam.com or visit www.bethadam.com

Congregation Beth Adam

South Florida Center for Humanistic Judaism

We meet at Olympic Heights Community High School, 20101 Lyons Rd, Boca Raton

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.

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 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

For more info, call (954)410-5172 or www.parklandsoccer.net See ad page 15

PARKLAND TRAVEL SOCCER CLUB

For more info, call Keith Brodsky 954-439-2596 www.parklandtravelsoccer.com

Private Schools & Camps

CONGREGATION BETH ADAM

Children's Sunday School Program. Jewish culture, history, traditions, and Hebrew language, kindergarten through Bat/Bar Mitzvah, taught with a modern, human-centered, non-theistic approach. For more info, call 561-443-1769, email info@bethadam.com, or visit www.bethadam.com. See ad page 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

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 on back cover

Tutoring

PRIVATE TUTOR

Keep your kids on track with summer learning. Certified K-6, ESE Certified K-12. Math, Reading, Language Arts, Science & Social Studies. For more info call Lindsay Henratty at 954-854-1237 or email lindsay.henratty@gmail.com see pages 5 & 6.

Health & Fitness

STRETCH ZONE

Takes stretching to the next level with their patented equipment following a specific method and protocols the Stretch Zone Method can increase your activity range of motion and the quality of those movements. For more info visit www.StretchZone.com call 954-840-8648 or see ad on page 12.

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

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

Tennis(954)757-1910

P-REC(954)757-4105



PARKLAND SOCCER

2019-2020 RECREATIONAL PROGRAM

ONLINE REGISTRATION ONLY

A \$50 late fee per family will be added starting September 1st

Visit: www.ParklandSoccer.net

NEW PLAYERS need a birth certificate and 2 proofs of residency. Returning players need 2 proofs of residency. Non residents **MUST** have a city issued sports card number. Online registration also for coaches, assistant coaches and team sponsors.

FOR MORE INFORMATION
CALL 954-410-5172 or
email p6336@aol.com

Referees Always Needed
for Our Expanding Program

• COACHES & TEAM SPONSORS ALWAYS WELCOMED



Will Your Kids be Sitting on the Sidelines Next Season?

REGISTRATION NOW OPEN!
Parkland & Coral Springs Residents
Register online at www.ParklandFlag.com

Co-ed NEW Divisions

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

All Girls Divisions

- Ages 7 - 9
- Ages 10 & 11
- Ages 12 - 14



Final Registration! Don't Miss Out the Season Starts In August

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

Licensed & Insured
#CFC054102

New Construction • Full Service • Remodeling

PRO BOWL PLUMBING

No Discount Gimmicks
Reasonable Prices for
Quality Work

(954) 346-9873
www.ProBowlPlumbing.com

- All Plumbing Repairs
- Bathroom & Kitchen Fixtures

- Drain Stoppages
- Backflow Preventers
- Hot Water Heaters



What's News in Coral Springs

By Coral Springs Mayor, Scott Brook

Congratulations to former JPT Principal, Shawn Cerra, on becoming our newest City Commissioner! Our City Commission team is excited to work with you and create a strategic plan that works for all of our 130,000 residents and over 5,000 businesses. On that note, if you are a small business owner, please know that you are valued and I would like to connect with you and visit your business. If you are interested in setting up a visit or a meeting, please call Randi Odette at 954-344-5906.

My condolences go out to the family of Lisa Boccard as she recently passed after many years of successfully battling breast Cancer. She was a tireless advocate and supporter of women with breast cancer and I can never recall seeing Lisa without a smile on her face. My good friends, Former Mayor Vince Boccard and his wife, Terry, founded the Lisa Boccard Breast Cancer Fund in 2003. Through the Fund's commitment and with the support of Broward Health, over 2,000 women have been screened for breast cancer and over 90 were identified with cancer, who remain alive today! I am so proud that my colleagues voted unanimously at the last meeting to honor Lisa and her commitment to our Community with naming a future day in her honor and paying respect to her family at a future City Commission meeting. Lisa, you are already missed greatly.



As you may know, since I was elected we lost two beautiful souls to suicide after they were impacted by the tragedy at Stoneman Douglas. As you may not know, I lost my dear Mom, Marcia, to suicide when I was only 23 years old. Suicide is devastating to the family and survivors. Our City is committed to continue to share Eagles Haven and 2-1-1 Broward as

resources. I am personally committed to helping to eliminate the stigma so often associated with someone's need for mental help. SO far, over 35 people and businesses have expressed an interest in a campaign I am calling #ELIMINATETHESTIGMA. If you would like to join me and many others to help reach the tipping point so that people can share openly the need for assistance with mental health issues, like anxiety and depression, please email me at Sbrook@coralsprings.org or text me at 954-494-9872.

Thank you to Nora Elatab for creating the logo and thank you to all of my Mayoral interns for assisting me on this and other endeavors. Jonathan, Jaylene, Zachary and Nico, you are awesome! I also want to thank the Parkland Mayor and the 50+ individuals who have been working on suicide prevention in our County.

Kudos to Commissioner Joshua Simmons for your recognition as a Hometown Hero for your commitment to Hometown Rule! This summer, your Commission team will be attending retreats, workshops and Commission Meetings that are all open to the public as we prepare for our two budget hearings in September. Please look at our website www.coralsprings.org for the dates so that you can learn about the details, hear our discussions and ultimately give your input as to what you think our priorities should be.

Lastly, and not least, thank you again State Representative Dan Daley for your ongoing commitment to our community. We are glad you are sworn in and will be having an office on the second floor to meet with your constituents.

Enjoy the summer and your families.



BACK TO SCHOOL SPECIAL SATURDAY HOURS ARE AVAILABLE!

When choosing a pediatrician to be responsible for your child's health and well-being, you can trust the experience of the pediatricians at Total Health Medical Centers. From treating illness to preventing it, your child's health is our priority. We offer exceptional child health care, from birth to the age of 18.

Why Choose Us?

Choosing a pediatrician to care for your child can be a stressful experience. That's why we aim to make your decision easy by offering high-quality care and convenience.

- ✔ Same-Day Appointments for Sick Children and Urgent Visits
- ✔ Weekend hours available by appointment
- ✔ Separate Waiting Areas for Well Children and Sick Children
- ✔ Doctor-on-Call After Hours for Emergencies and Questions
- ✔ New to our office? Meet the Doctor, just call us for an appointment



Trust Us For:

- Routine Comprehensive Health Checks as Outlined by the American Academy of Pediatrics (AAP)
- Physicals/Forms for School and Sports
- Vision and Hearing Exams
- First Newborn Exams
- Adolescent & Teen Health Care
- Vaccines, Immunizations and Flu Shots
- On-Site Lab Services



Total Health Pediatrics

939 N. University Drive
Coral Springs, FL 33071
Telephone: (954) 344-9257

Hours of Operation: Monday - Friday 8:30am to 5:00pm
Saturday's by Appointment
www.totalhealth4me.com
Review us on Google and Yelp. Like us on Facebook/[totalhealth4me](https://www.facebook.com/totalhealth4me)



Eye Site Vision Center

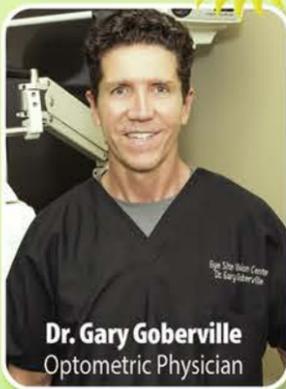


Excellence in Family Eye Care & Eyewear

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



SIZZLING SUMMER SAVINGS END 7/31



Dr. Gary Goberville
Optometric Physician

New Patient Special!
\$125 OFF
Eye Exam & Glasses

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 7/31/19 SP

Contact Lens Special!
Up to **\$450 OFF** *
Daily Contact Lens Exam, Annual Supply and Glasses!

* \$250 Instant Rebate and \$200 Mail in Rebate. Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 7/31/19 SP

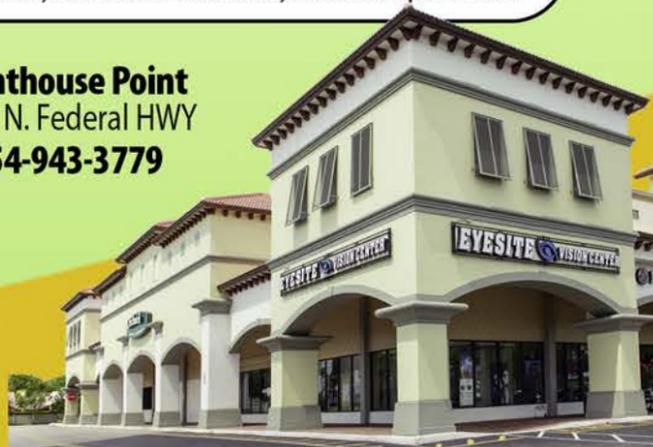
Coral Springs
2344 N. University Drive
954-344-EYES (3937)

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

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

www.EyeSiteVision.com

The patient and any other person responsible for payment has a right to refuse to pay, cancel a payment, or be reimbursed for payment for any other service, examination, or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment.



MOSQUITO PREVENTION

For Your Family



By Sallie James, Florida Department of Health in Broward County

You're trying to fall asleep when you hear that barely-audible, high-pitched buzz that tells you a bloodthirsty mosquito is waiting to take a bite.

It can be annoying, but mosquitoes are more than just annoying. They can carry serious diseases like encephalitis (West Nile, St. Louis and Eastern Equine), yellow fever, dengue and malaria and Zika. Mosquitoes bite in the day AND the night, and their bites can be itchy and painful.

As mosquito season rolls into full swing, it's time to take preventative measures to safeguard yourself and your home.

The bug to watch for is the Aedes aegypti mosquito, a small, black one with white markings on its legs and one in the form of a lyre on the upper surface of its thorax. These mosquitoes live close to people, right outside or inside your house. They specialize in biting humans, and stay active all day.

Preventing bites is the best way to stay safe and there are lots of easy ways to accomplish this. Most importantly, drain standing water in and around the house.

- Keep flower pots and saucers free of standing water
- Check old tires, buckets, toys, and birdbaths for pooled water
- Flush out water-holding plants like bromeliads with a hose every week
- Discard items where rain or sprinkler water collects and clean pet water bowls twice a week
- Check your house for torn window screens and keep windows and doors closed to prevent mosquitoes from coming inside
- Use air conditioning
- Cover cribs, strollers and baby carriers with mosquito netting

"Mosquitoes typically breed in very shallow water, a cupful of water or a puddle behind a bush," explained

Anthony Vomero, Environmental Health Administrator for the Florida Department of Health in Broward County. "The average homeowner should make sure if they have potted plants they dump any water that collects and check anything that could hold water."

Aedes aegypti can even breed inside the home, in spots where water drips and collects.

Remember, as the weather gets warmer, mosquito activity increases. If you go outdoors on a buggy night, wear shoes, socks, long pants and long sleeves. Spray your skin and clothing with an insect repellent that contains DEET or other approved ingredients.

Draining standing water is the most effective way to stop them from reproducing.

"Mosquitoes multiply quickly, but you can stop them in their tracks," said Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County. "Practice 'drain and cover.' When you dump standing water, you eliminate the breeding ground for mosquito larvae and getting rid of the source is the best way to avoid being bitten."

Mosquito eggs that are laid in shallow water can hatch in a day or two. The larvae grow fast, turning into a pupa that quickly develops into a full-grown mosquito. The life cycle, from egg to adult mosquito, takes eight to 10 days. The pupae become flying mosquitoes in two to three days.

Stop mosquitoes from breeding by draining standing water, and stay healthy!

Request information on mosquito control: DOH-Broward, 954-213-0607.

Report infestation: In Broward, County Mosquito Control will consider spraying your neighborhood if you have a large number of mosquitoes. 954-765-4062 or www.broward.org/Mosquito/Pages/MosquitoServiceRequest.aspx

It Ain't Over til it's Over!

By James Madera



Summer is in full swing, and South Florida offers a variety of fun filled activities that are ideal for families with children of all ages.

Butterfly World in Coconut Creek is home to many different species of butterflies, and is a tranquil environment for families to explore and garner more of an appreciation for nature. General admission for adults and seniors is \$29.95, children from ages 3-11 are \$21.95, and kids aged 2 and under are admitted for free. Reservations are not mandatory, and military personnel are entitled to a 25% discount for their entire party. Butterfly World is open 7 days a week. 9am-5pm Monday-Saturday, and 11am-5pm on Sundays. The location is 3600 West Sample Rd., Coconut Creek, FL 33073.

For those interested in exploring botanical gardens and learning more about the animals that inhabit the Everglades, **Flamingo Gardens in Davie** is sure to impress. The reserve is "60 acres of tropical paradise," and displays over 3000 species of plants. On a daily basis, the reserve hosts wildlife encounter shows that provide entertainment and education on the different species of animals for those in attendance.

Flamingo Gardens also features an on-site museum known as the Wray Home Museum. Originally built in 1933, this historical residence gives Floridians a glimpse into what life was like in Florida during the 1930s. Tickets for adults (age 12+) are \$19.95, children of ages 3-11 pay \$12.95, and children ages 2 and under are free of charge. College students and seniors 65 and over, are entitled to a 20% discount. Additionally, parking is free of charge. Flamingo Gardens is open 7 days a week from 9:30am-5:00pm. The address is 3750 S Flamingo Rd. Davie, FL 33330.

For those looking for the adventurous thrill from amusement parks while also looking to learn about over 1000 animals, **Lion Country Safari** seemingly has it all. It is the only reserve in Florida that allows guests the opportunity to drive through and admire the scenery. "One of America's wackiest and best camping sites & road trip stops," said Peter Greenberg of the Travel Detective. The park is open every day of the year, and in order to appreciate the experience for what it's worth, it's strongly recommended to spend at least 4-5 hours at the location, given that the park is over 300 acres in size. General admission to the park is as follows: Ages 10-64, \$37.00, Seniors ages 65 and over are \$33.00, Children (ages 3-9) are \$28.00 admission for children 2 and under is free. Parking is \$8 per vehicle. The park also offers a variety of dining experiences, including Carvel and its own African themed restaurant. Doors open every day from 9:30am-4:30pm, and the walk through closes at 5:30pm. Lion country Safari is located at 2003 Lion Country Safari Rd, Loxahatchee, FL 33470

Summer break will be over before we know it! Make sure to spend some family time exploring a few of the amazing, fun attractions that will make your day trip memorable for a very long time.

The Athlete's Elbow Part 2

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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

Sports Medicine & Orthopaedic Center

(561) 558-8898
See our ad below

That's Gotta Hurt!

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

Howard J. Gelb, MD, PA Sports Medicine & Orthopaedic Center

American Orthopaedic Society for Sports Medicine
Fellow American Academy Orthopaedic Surgeons
Diplomat American Board of Orthopaedic Surgery
Subspecialty Certified in Sports Medicine
Fellowship Subspecialty trained in Sports Medicine & Arthroscopy
Member Arthroscopy Association of North America

www.GelbMd.com

561-558-8898

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



Nancy Wiley
ORTHODONTICS

Let our passion in everything we do transform your life.

"Voted Best Orthodontist"
In Coral Springs & Parkland



Before

After

\$500 OFF

ORTHODONTIC TREATMENT

Included in the cost of full treatment is:

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

Cannot be used in combination with reduced insurance plans or third party financing. Redeemable for new patients only starting full treatment. No other offers may apply. Expires 8/15/19

(954) 753-0015



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



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

FREE SUMMER KIDS MOVIES

at the Newly Renovated

PARAGON
CORAL SQUARE

Tuesday, Wednesday, & Thursday at 10:00 AM * First Come, First Served

Shrek July 9, 10, 11

Despicable Me July 16, 17, 18 Sing July 23, 24, 25

Penguins of Madagascar July 30, 31, August 1

Captain Underpants August 6, 7, 8

Thank You To Our Sponsors!



CORNER OF RAMBLEWOOD & RIVERSIDE, CORAL SPRINGS • 954.796.4465 • PARAGONTHEATERS.COM

DISCOVER YOUR ELEMENT

Let Five Element Wellness Center enhance your health and well being by relieving pain and stress, decreasing inflammation, building up the immune system with Acupuncture, cupping, manual therapy and other adjunctive therapies.



F I R E



WHICH ELEMENT ARE YOU?

Visit our website to learn more about our wellness philosophy and discover which elemental therapy best suits you.

5elementwellnesscenter.com

Tamarac (954) 657-8342 Weston (954) 204-3124