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| November 3, 2019 | January 5, 2020
<i>Health & Wellness</i> | March 8, 2020
<i>Community Awareness</i> |
| November 17, 2019
<i>Craft Fair</i> | January 19, 2020
<i>Public Safety</i> | March 22, 2020
<i>Health & Wellness</i> |
| December 1, 2019
<i>Craft Fair</i> | February 2, 2020
<i>Pet Expo</i> | April 5, 2020
<i>Environmental Expo</i> |
| December 15, 2019
<i>Craft Fair</i> | February 16, 2020
<i>Craft Fair</i> | April 19, 2020 |

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Spectator

November 2019



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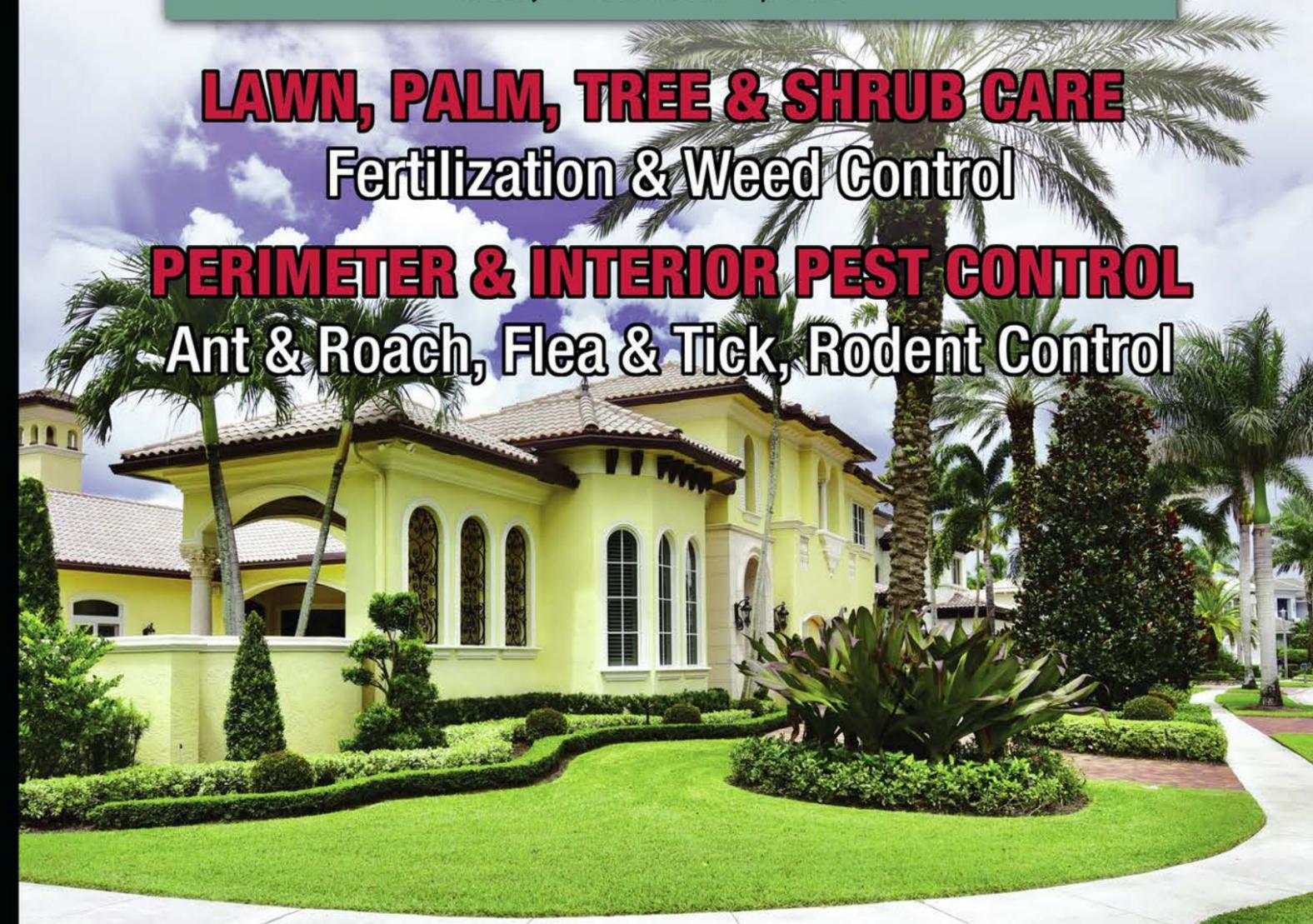
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Publishers, Shellie & Scott Farrugia

It's All About Community!

Thanks for Everything!

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

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2019.

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

Shellie & Scott

Change is Great

By Shellie Miller-Farrugia

This is the time of year that most of us reflect on just what we are grateful for. When I look back at the years of growing our family from our first son into the five children (and two granddaughters) that we are so thankful for, I realize that, as some friends are becoming empty-nesters, there are others who are nesting frantically for the first time before their first baby's arrival. Ahhhh, the nest. It's never the same after you've added a child...or two...or ten!

Our first Thanksgiving with one 7 week-old son was fairly sedate. Of course, experienced moms know that this mother did not get a hot meal because those are the unspoken rules of motherhood. When the food is ready, the child is ready, too! Ready to spit-up, dirty a diaper, cry inconsolably, (insert dilemma here)...so after our son was clean, dry, calmed down and passed out in dreamland, I reheated some leftovers after the kitchen was clean, grateful for family, friends and a roof over our heads.

Fast forward a few years to a smaller home and two rambunctious boys, 6 & 8 years old. The nest looked nothing like it did years earlier and had morphed into an unorganized melee of scattered toys, shoes and a primary decor of elementary art (including a permanent marker masterpiece drawn directly onto the back of the couch). Life was loud, fun, unpredictable and full of a variety of friends and their progeny. One Thanksgiving was spent with 16 of us, a brownout and a broken air conditioner. It's a challenge to be grateful in 90+ degrees, tropical humidity and an oven that may stop halfway through cooking the bird depending on FP&L's assessment of our neighborhood's usage. That year, I was grateful for a lot of neighbors who were away for the Holiday. The roof over our heads was smaller, but was able to contain the gratitude of the 16 of us for a finely prepared meal, the love we all shared, and the Grace of God that helped us through the hard spots. The pool was a bonus, too!

In our same, small space, we reared all of our kids plus several more who came to stay for unspecified amounts of time. We also shared our nest with friends from overseas who came for as long as six months at a time. Excited about the things we shared to better their lives, we were even more thankful for the changes they inspired in us! New recipes, new friends, new games, new traditions, and new insights prepared our family for the many changes that would shape us over the years. The last Thanksgiving we shared with all of our family together included our sons' spouses and a new baby. One loud (and often obnoxious) 12 year-old, one mood-swinging 2 year-old and a houseful of adult voices (three were soldiers home from tours abroad) trying to discern each what the other was saying in the midst of the din was enough to make anyone feel a little out of sorts. My response was an escape to our now bigger kitchen to check the turkey, its accompaniments and...."Did anyone get ice?" A quick trip to the convenience store was the perfect diversion in a busy agenda....for me, my daughter in law and a little girl who just needed a car ride to calm her. That year and today, our family is so grateful for each other, for freedom and for a nest that is always "home" no matter where we sleep at night.

It seems that our nest will be in a constant state of ebb and flow. We are thankful for the people who come and go and then come again as the landscape of our lives becomes more beautiful with each change.



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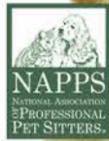
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Meet The

Diehl Family

Parkland residents for six years, Matt and Tina Diehl most enjoy the community feel of living here. Their three children, daughter Matison, 16, and sons Noah, 14, and Cole, 11, stay busy with sports, school and fun with friends. Dogs Oliver and Fenway complete the family circle.

All of the kids enjoy classes at Calvary Christian Academy in Ft. Lauderdale. Mati is in 10th grade and her favorite subject is History. Noah is in 8th grade and his favorite subject is Medical Detectives. Cole attends 5th grade and his favorite subject is bible.

Tina is Vice President with a large car company in South Florida. Matt is an "at home dad" in charge of daily household operations.

Mati, who has just started driving, is involved with varsity cheer at Calvary and the Under Rowers mentorship program for underclassmen.

Noah's sports involvements include tackle football at Calvary, flag football in Parkland, soccer in Parkland, and travel baseball for the Parkland Pokers.

Cole plays flag football in Parkland, soccer with Parkland rec, baseball in Parkland, lacrosse at Calvary, and playing xbox as much as Mom and Dad will permit. Both boys also have fun fishing and being with friends. Matt says, "We usually have an extra few kids at our home and like that they hang out here."

Matt has coached Parkland rec flag football, soccer, and baseball for the past six years. Tina is involved with United Way of Broward County & Feeding South Florida.

The Diehl family, all avid golfers, also have a lot of fun traveling, participating in all things outdoors, and are always up for an adventure. Tina says, "We enjoy visiting our extended family back in Nebraska. Matt and I are each one of 5 children who all live in Nebraska." When you are part of their family it's imperative to be cheering for the Nebraska Cornhuskers and supporting each other at sporting events.

Happy to be living in our South Florida paradise, Matt appreciates that, "Everything is close by and easily accessible. The weather is nice, the sun is shining, and everything is green. It's easy to stay positive when you live in a place people come to vacation." They really are settled in and enjoying life. Tina says, "We have developed amazing life long friendships here. Faith, family, and friendship are the most important to me."

The Diehls attend services at Coastal Community Church in Parkland, where they all agree that Pastor TJ is great!

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Downtown in December

Now in its sixth year, the City of Coral Springs is set to kick off the holiday season with the fun, family-friendly Downtown in December. This year's event, scheduled for December 7 from 5-9 p.m., will bring plenty of free fun activities to City Hall.

This exciting event, presented in partnership with Broward Health Coral Springs, is for all ages. Activities will include the City's formal tree lighting, a visit from Santa Claus and the enchanting movie – Disney's The Nutcracker and the Four Realms – shown on a huge 3-story screen.

Children will have an opportunity to take a free train ride around City Hall and also enjoy the free "ice" skating rink experience.

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

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

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


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Football is in the Air By Stacy Case



Aside from NFL games, with our local youths taking to the city football fields, area parents spend plenty of time watching their favorite players at the community's neighborhood parks. On any given game day, fans are filling up bleachers and lining the sidelines to cheer for the Coral Springs Flag Football Club at Mullins Park and for the Parkland Flag Football League at Pine Trails Park. Both programs offer their a wide range of gridiron opportunities for players interested in some top-notch recreational flag football. This has been the case for years. The 2019 season continues in the same successful vein.

For Coral Springs, after about 50 years in existence, President Mike Gorelick is still pleased by his club's turnout from one season to the next. In fact, they had about 220 players this Fall season, which remains as an 11-on-11 format, spanning all divisions of freshmen (ages 7-9), juniors (ages 10/11) and seniors (ages 12-14). Mike looks to use his Fall's success as a springboard for future seasons yet again. The city will soon be entering its third year of 8-on-8 Xtreme Flag Football of Coral Springs, which starts in March. It focuses more on the skills of running, passing and catching the ball. The age divisions for Xtreme are similar to those in the Fall, with some slight modifications. (freshmen: ages 6-8, juniors: ages 9-11, seniors: ages 12-14, and the newer group of varsity: ages 15-17). At the end of each league's regular season, teams participate in double elimination playoffs, which include a Super Bowl, as well as an all-star game for each respective division.

"Everybody knows everybody and we, as a board, try to make that family type connection. It should always be about the players; not the parents, coaches, or

refs," says Mike of both the Fall and Spring programs.

Parkland has its own contingent of dedicated players who help with that program's longevity. It's no surprise that its players have come back year after year for about two decades already, as President Joe Kohn says his 8-on-8 league's sport yields quite a few valuable lifelong concepts. "Football, probably more than any other sport, teaches kids how to rely on one another, and they learn to appreciate both winning and losing together," says Joe, who is in his seventh year on Parkland Flag's Board of Directors. Joe and his league are hosting more than 760 athletes this season amongst both the co-ed (ages 6/7, 8/9, 10/11, 12/13 and high school) and girls-only divisions (ages 7-9, 10/11, 12-14). This year, Parkland instituted a high school level division, as there was a strong interest to continue to play from those who aged out of the traditional age brackets. Once all divisions have completed their regular season games, they also face double elimination playoffs and Super Bowl games.

"Football is something that can help these kids all around," continues Joe about his league that is always looking for more dedicated board members. "It's just one of those sports where players are forced to trust their teammates to do their job in order to achieve that common goal."

Both Coral Springs and Parkland wrap up their seasons before Thanksgiving.

To register for Xtreme Flag Football of Coral Springs, visit www.csffc.org



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U.S. News & World Report
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Joe DiMaggio Children's Hospital orthopedic physicians and team members, including physicians (in lab coats, front row) Randolph Cohen, MD; Michael Jofe, MD; Jeremy Frank, MD; (back row) Eric Eisner, MD; Neal McNerney, MD; Stephen Storer, MD; Matthew Fazekas, MD.

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When Baseball Becomes Life

Article and photos by Michelle Richard

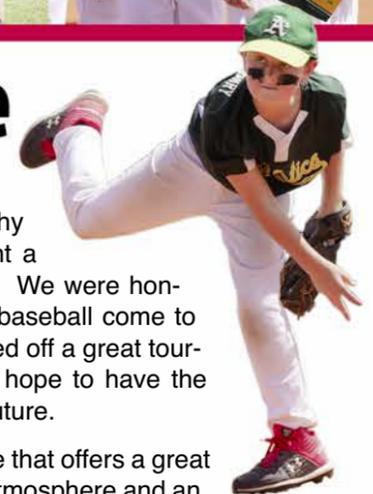
As parents we promise to do anything for our children, so when our two boys showed interest in baseball we didn't hesitate. We tried a couple different leagues and finally landed at Coral Springs American Little League at Mullins Park. My husband, Ryan, having grown up in the same neighborhood thought how cool it would be for our boys to play for their hometown and find the same pride he did playing for their city. We are both heavily involved with our boys, so Ryan has always been the team manager of our sons teams and I myself their number one fan cheering in the stands. Fast forward 3 years later and my husband is an active board member, holding the Vice President position and I am league photographer as well as helper in all aspects needed. So let's just say, we are all in! CSA is not only a baseball league but a baseball family. Our boys, as well as ourselves have made lifelong friends here at CSA. We have received incredible coaching, learned life lessons, improved our baseball skills and have had tons of fun! Our oldest son Dominic, age 8, was able to play for the CSA select team this past spring and again put his heart into it and came out learning so much! While our youngest son Duke, age 6, is becoming a little powerhouse and enjoying the social aspect with friends while improving his baseball skills.

We are all proud to say, CSA hosted the 12U State Tournament this past summer where we had teams from across the state come and play for their chance to advance on to play in the Little League World Series. From announcing games, to merchandise sales, conces-

sion stand duties, photography and much more; everyone lent a helping hand as a community. We were honored to watch some amazing baseball come to our town and successfully pulled off a great tournament for all involved. We hope to have the privilege to do it again in the future.

So if you're looking for a league that offers a great learning experience, a family atmosphere and an all around time check us out! If your child attends any of these schools OR you live South of Wiles Rd., CSALL is YOUR Little League: Riverside Elementary, Ramblewood Elementary, Westchester Elementary, Coral Springs Elementary, Forest Hills Elementary, James Hunt Elementary, Maplewood Elementary, Parkside Elementary, Coral Springs Charter, Saint Andrews, Coral Springs Christian, Coral Springs Middle, Ramblewood Middle, Forest Glen Middle, Sawgrass Middle, JP Taravella High, Coral Springs High, Coral Glades. REGISTRATION will be held on Nov 16th, Dec, 14th & Jan 11th from 10:00Am-1:00PM at Mullins Park, Collins Field Clubhouse.

For more information and online registration for an upcoming season, please log on to www.CSALL.com, call us at (954) 871-3997, or email us: CORALSPRINGSAMERICAN@gmail.com. Also, like us on Facebook for up to date information!



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See ad and article on pages 16-17.

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The triple rink known formerly known as Saveology has programs all year long! www.PanthersDen.com or call (954)341-9956.

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com

Running

NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities. For more info. go to www.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. See ad & article on pages 19-20.

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.

Swimming

AQUATIC COMPLEX & FITNESS CENTER

12441 Royal Palm Boulevard • Coral Springs, 33065 • 954-345-2121

MULLINS PARK POOL

10180 Ben Geiger Drive (NW 29 St.) • Coral Springs, 33065 • 954-345-2170

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For more information see AquaticComplex.com

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Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or www.NBPS.org See ad page 15

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)345-2170
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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11 STATE CHAMPIONSHIPS
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Parkland Little League

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Basketball

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

Cheerleading

PARKLAND CHEERLEADING CLUB
Contact Susan Keiton (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 pages 18-19.

PARKLAND TRAVEL SOCCER CLUB

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

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL

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Parkland P-Rec

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

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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

The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.



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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Between Palmetto Park & Glades Rd. on 441/State Rd. 7





2020 Spring Baseball

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

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

REGISTER ONLINE AT www.parklandlittleleague.com

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

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

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Providing Big Care to Little Hearts



Meet Mia! Mia tripped over a rug and required stitches. Her parents rushed Mia to the Children's ER at Broward Health Coral Springs. She was treated by a board-certified pediatric ER physician, and quickly was back to having fun again.

Nirit Swerdloff, MD
Pediatric ER Medical Director

"We can't thank the medical team enough for their excellent care. As parents you want to know that your child is getting the best treatment — and she certainly was in great hands!" - Todd & Nicole, Mia's parents (Broward County residents)

The Salah Foundation Children's Hospital at Broward Health Coral Springs is dedicated to providing compassionate, comprehensive care for children of all ages.

Our **Children's Hospital** Provides:

- Children's Emergency Room
- Level II Neonatal Intensive Care Unit
- Level II Pediatric Intensive Care Unit
- Pediatric Orthopedics & Rehabilitation
- Child Life Program

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[AWARENESS]

Saves Lives

By Scott J. Brook, MBA, J.D.

While I am your Mayor, I'm writing this in my capacity as a Father, Mentor, Friend, and Community Leader. You will see several invitations here for you to be involved. You will learn about me and a few ways for you to become involved in our community.

Did you know that the second leading cause of death for those aged between 10 and 34 is suicide? Do you know someone with depression or anxiety? Have you experienced it? Do you know someone silent about their emotional struggles? I am working with over 100 people to eliminate the stigma often associated with the need for mental help. We are forming the Mental Wellness Networking Alliance and educating others about resources, signs of depression and what we, as individuals, can do to help one another.



Tragically, my Mom died by suicide when I was 23. I was devastated and numb. I had no idea she was depressed. Thankfully, years later, after therapy, good friends, education, much help from God and fulfilling my purpose, I've been able to focus on my Mom's life as opposed to her death.

After we lost two teenagers to suicide this past March I could no longer fail to be an active part of solutions so that we do not lose another life to suicide in our community. I have gathered mental health professionals, teachers, student leaders, community leaders and many other stakeholders to join me in our mission to eliminate the stigma and prevent suicide. We are connecting dots, people,

organizations and, most importantly, having conversations!

You and we are not alone. Suicide affects minorities, veterans, children, senior citizens and I believe, all of us. What can you do to make an impact? Join our alliance and attend a meeting. In November, we will meet on Tuesday, November 19 at 5:30 at Keller Williams in Coral Springs. Thank you Scott Bagoon for making that happen. Let's work on a campaign to eliminate the stigma and share resources like 2-1-1 and the Florida Initiative for Suicide Prevention.

More than that, let's come together and unite for our children, our community and each other to lift one another without negative judgment that has become too costly. To learn more about the Mental Wellness Networking Alliance, please email me at scottbrook@scottjbrookpa.com. Or call me at 954-494-9872.

My last invitation is to join me and many others on Veteran's Day, 11/11. In the morning there is a ceremony at 10 at Veterans Park. In the evening (at 6 pm) the Students United Network have partnered with Paragon Theaters to honor our local veterans and raise money for two local organizations - The Veterans Coalition of Coral Springs and Mission Zero (dedicated to support Veterans with mental health struggles).

I love our community and I have no doubt that we can reach great heights and eliminate the stigma through a concerted effort.

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Nana's Pumpkin Pie Recipe



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

Nana's Pumpkin Pie!

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

In a blender, food processor or mixer, combine:

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

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

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

Enjoy your Thanksgiving and the coming Holiday Season!

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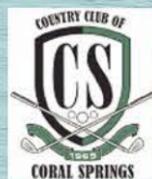


4th Annual Golf Tournament

Saturday, November 23

\$150 per Golfer*
Sponsorships Available

Country Club of Coral Springs
10800 W Sample Rd.
Coral Springs



Schedule of Events

6:45-8 am Registration & Continental Breakfast

8:15 am Shotgun Start

12:45 Lunch & Awards

Format - 4 Person Scramble
Women & Men all levels & ages

Prizes for Low Team Scores, Closest to Pin,
Longest Drive, and more...

More info AlanBrowdy @ 954-415-7618

*incl green fees, cart, range balls, gift bag, breakfast & lunch



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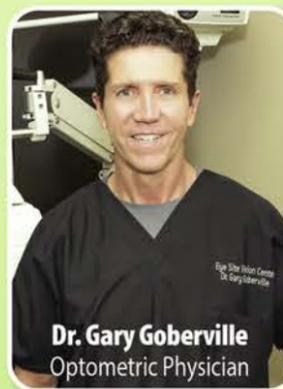
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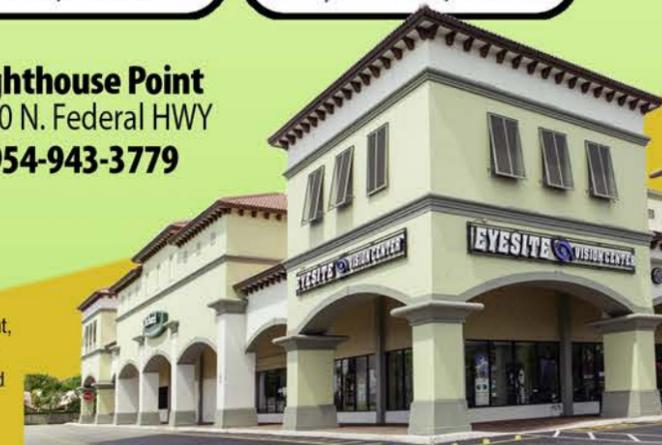
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When Kathya delivered her first baby at Broward Health Coral Springs, she and her family were overjoyed. From the maternity tour through the birth of her baby girl, Kathya's experience far exceeded her expectations. She is already planning on returning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

"The staff was amazing and the rooms were beautiful. I had a lot of family and we were all comfortable."

- 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
- Private suites with personal bathrooms
- 3 State-of-the-art operating rooms
- 10 Private Neonatal Intensive Care Unit (NICU) rooms

To schedule a tour, contact our Childbirth Concierge at **954.344.BABY (2229)**

BrowardHealth.org/MaternityPlace

BROWARD HEALTH
CORAL SPRINGS
The Maternity Place

3000 Coral Hills Drive, Coral Springs

Up & Coming

Parkland Farmers' Market - Sun, November 3 & 17

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

Peter and the Starcatcher - Thursday, November 7

Marjory Stoneman Douglas High School Drama Department Presents Peter and the Starcatcher from 7 to 9pm. For more info and to purchase tickets see www.douglashigh.seatyourself.biz or call 754-322-2150.

Veterans Day - Monday, November 11 From 10:30 AM - 12:00 PM, bring your family, friends and neighbors to the annual Veterans Day Ceremony at Veterans Park, 8601 Royal Palm Blvd. Coral Springs. Wear your patriotic colors and support those who served our country. The ceremony will include speeches by veterans and politicians, a 21-gun salute, placing of wreath and raising of the military and United States flags.

Taste of Coral Springs - Tuesday, November 12

Returning to the Coral Springs Center for the Arts from 6:30-9pm with a retro 1980s theme and samplings of the best food, wine, craft beer and spirits in the area, all to benefit local children's charities. Pre-sale tickets are \$50 prior to the event. Ticket prices at the door are \$60, and VIP Tickets are available for \$75 each, which allow guests early admission at 5:30 p.m. to get the first samples of the delectable foods from local

restaurants and beverages from vendors and distributors, all of which are included in the admission price. For online tickets and more information, visit TasteofCoralSprings.org. The Coral Springs Center for the Arts is located at 2855 Coral Springs Drive.

Coral Springs Movie in the Park - Sat., November 16

Starting at 7:30 PM, watch a hit movie on the big outdoor screen! The City's free Movie in the Park will feature Aladdin rated:PG. Parking and admission are free at Betti Stradling Park, 10301 Wiles Rd. Blankets, lawn chairs and coolers are welcome, and refreshments will be available for purchase. Please refrain from bringing glass containers, alcohol and pets. For more information, please call 954-345-2200.

The Pap Corps 4th Annual Golf Tournament on Sat., November 23

At the Country Club of Coral Springs, this tournament will provide much needed fundraising for cancer research at Sylvester Comprehensive Cancer Center, University of Miami. The \$150.00 entry fee includes Green Fees, Golf Cart, Gift Bag, Range Balls, and Beverages on the Course, Continental Breakfast, Lunch and Awards Banquet. Registration begins at 7:00 AM with a shotgun start at 8:15 AM. There will be Raffle Prizes and a Silent Auction. More information about The Pap Corps and the Third Annual Golf Tournament can be found at www.greaterbroward.org. See ad on page 30.

Downtown in December - Sat., December 7

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

MARJORY STONEMAN DOUGLAS HIGH SCHOOL DRAMA DEPARTMENT PROUDLY PRESENTS

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Celebrating One Year at Their Parkland Campus

Coastal Community Church has been recognized as the 7th fastest growing church in America. This annual milestone coordinates with the church's 10 year anniversary being led by head pastor TJ McCormick.

A non-denominational, life giving church, Pastor TJ says, "We want to help people know God, find freedom, discover their purpose and make a difference with their life."

Regardless of a person's religious background, the vibe at Coastal Community is welcoming to all who attend. "Everyone is welcome because "Nobody is perfect and anything is possible," is a mantra that TJ, his wife Shayla, and the staff aim to convey constantly.

Pastor TJ says, "We like to say that we want people to feel as if they can BELONG before they BELIEVE! We have a Church that loves people right where they are at."

"This is an amazing place, where anyone is welcome and part of the community," said Cesar Montalvo. "My family and I love coming here, the messages are real, relevant, and they challenge you to take a look at your relationship with God."

In addition to being a great place to engage spiritually, Coastal Community has many programs that strengthen families and community relationships. Shayla says, "We have an amazing kids program that families enjoy being a part of. Kids are asking their parents to go to church because they love it so much! We have age appropriate environments that are safe and fun." The church also hosts a program for middle and high school students called Catalyst. "The students have a service every wednesday geared just for their age group," Shayla tells us. "It's a great

mix of music, a relevant message and a time to connect with other students."

She goes on to tell us about another popular program called Connect Groups. "We are a church that values community and we want to provide ways for people to connect outside of a weekend service, so we have a variety of groups that meet in homes and coffee shops throughout the week to provide people with an opportunity to grow in their relationship with God and others. It's a great way for people to meet others and build relationships."

Rachel Duarte and her family are thrilled to attend services. She tells us, "After a long bout of visiting churches, Coastal was the first place where the pastor not only welcomed us, but asked our names, our kids names - because we weren't just bodies to fill a building - we mattered. Coastal is family!"

A church with a culture that loves to do life together, pastor TJ says, "It has been amazing to see the families in Parkland have the same desire. We want to continue to be a church that is IN and FOR our community, meeting not only spiritual needs but practical needs as well." Understanding that growth in our corner of Broward is only expected to expand, TJ is excited when he says, "We want to SERVE our community in the best way possible. As our Church continues to grow, we will continue to expand in whatever ways are possible to continue making an impact in the lives of individuals and families."

Coastal Community Church wants anyone that comes through its doors to feel that they've found a place to call home. Now hosting six services every weekend, connect with Friends and neighbors at Coastal on Saturdays at 4:30 & 6:15 or Sundays at 9, 10:15, 11:30 & 12:45.



You're invited!



**EVERYONE'S WELCOME
BECAUSE
NOBODY'S PERFECT
AND
ANYTHING'S POSSIBLE!**



Saturdays

4:30 PM 6:15 PM

Sundays

9:00 AM 10:15 AM

11:30 AM 12:45 PM

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PARKLAND

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