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7:00PM



10:00 • 11:30AM



5:30 • 7:00PM



6:00PM



9:00 • 9:45 • 11:30AM
1:00 • 5:30 • 7:00PM

LAKE WORTH CAMPUS



4:00 • 5:30 • 7:00PM



10:00 • 11:30AM



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December 2019



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Winter Wishes

What a special time of year! Families are continuing their Holiday traditions, events are keeping all of us active, and 2020 is just around the corner. With our tropical climate and close-knit communities, life is great in our corner of the world.

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

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

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

Shellie & Scott

church by the glades.com

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SAT 6PM
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MON 7PM

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Photographic Memories

By Shellie Miller-Farrugia

It's the most wonderful time of the year! Anticipated by millions of families around the globe, for many, December holds the promise of memorable moments and exciting events. Meal preparation, event planning, and gift shopping are a few pieces of the logistical puzzle that comprise December every year. It also guarantees a little bit of stress.

When pondering the holiday rush, one of the things I used to dread was sending out cards to absolutely everyone in my address book. It's wonderful to receive them, especially the ones that include a lovely family photo of friends or relatives I may not have seen recently. However, when tasked with the job of getting that perfect family Polaroid, there were a few years that may be better forgotten. Complicated social schedules, an unfortunate acne outbreak, or a wardrobe malfunction can all lead to stressful family portraits. Have you seen any of the hilarious social media posts of "awkward family photos"? Yes, they happen quite often.

A friend and I were recently giggling about these situations. She said when she was a child, one particular year she had to pose for Holiday photos at a studio with her two younger sisters. She remembers that they were all crying in the car just before arrival, and that particular photo showed three red-eyed girls commemorating the season. She doesn't remember why everyone was crying, but when she looks back at family Holiday photos, the teary-eyed evidence still makes her laugh.

Our family has always had fun trying to incorporate the pets. My husband "the photographer" can wrangle just about any crowd, but animals bring individual challenges of their own! "Stay" and "Sit" may be somewhat effective for any children over the age of four, but the 12-year-old beagle could be hard of hearing or distracted by the cat on dad's lap. From first-hand hilarity, I can tell you that setting up a photo shoot with a horse in a Santa hat on a windy day is a cardio adventure that requires lots of endurance, patience, and many carrots.

Whether it's Hanukkah, Christmas or Kwanzaa, our Spectator Family wishes you warm and wonderful holidays with people who surround you with love and laughter. Snap a few photos while you're at it! Next year's giggle will likely be at this year's gathering.



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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Navigating Your Family's Healthcare Options



By Shellie Miller

If you'd like the right answers, it's best to know what questions to ask... And the first question should always be asked of an expert.

The offices of Apple insurance are replete with experts and conveniently located at 3010 N Military Trail, 3rd Floor Boca Raton. Apple's agents are adept at navigating all aspects of health insurance including Obamacare and the rules that accompany it. By customizing each client's total insurance needs, investments, and benefits strategy, Apple ensures a comprehensive approach to financial services and security. The goal at Apple insurance is to assist individuals, families and business insurance plans, while protecting their medical and financial needs. Apple's exemplary service has helped them become one of Florida Blue's statewide top producing agencies.



Led by family man and founder Rick Jultak, Apple insurance and financial services is a full-service agency that helps individuals and companies make informed decisions to create value and manage risk. "Due to our strategic partnerships with other top statewide facilities and doctor networks, we give clients access to the full range of products and services typically available only through national brokerage firms," Rick tells us. Beginning the agency 8 years ago with partners Marc Fine and Sharon Zilberman in Fort Lauderdale, Rick says that family has always been their focus. Community and family are constantly top of mind as they help other families feel secure in their healthcare and insurance

decisions. "Our goal is to guide individuals, families and businesses to obtain competitive rates for their insurance needs." Rick feels strongly that dynamic leadership and exemplary service distinguish Apple from the rest of the industry. "We don't only insure people, but it's a priority to focus on each client's family, offering a variety of coverages at surprisingly low prices."

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

With Open Enrollment now engaged, it's important to know that Obamacare is the law, not coverage. If you aren't sure of the difference, the agents at Apple (located coast to coast throughout South Florida) will be happy to explain things to you, as they are experts in navigating in and around the Obamacare obstacle course. Rick and his agents are always making sure you and your family are receiving the best healthcare options at the most reasonable prices.

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Meet The **Beyer Family**

A Coral Springs resident since 1974, Peggy is thrilled to be raising her family in the same home she grew up in. She and her husband Greg purchased the home when her parents retired. She tells us, "It has always been my dream to have our children grow up in the same neighborhood that my siblings and I grew up in. Coral Springs is the only home our kids have ever known."

This happy, fun family is completed by two active children, Liam, 13, and Ryleigh, 3, as well as two dogs Bailey and Remy, adopted from local Rescue Organizations.

Peggy is the Market Manager for Amerant Bank in Coral Springs and Greg is a Freight Conductor for CSX. A band mom who takes part in all of the activities Liam is involved in from field trips, concerts and fundraisers, Peggy is also a volunteer for Not my Daughter... find a cure now, and a Trustee member of the Coral Springs Coconut Creek Regional Chamber for Amerant Bank. Greg works in Hialeah, but is the Local Chairman for the Smart TD Union.

Liam is a 7th grader at Ramblewood Middle school and his favorite subjects are Civics and Band. Ryleigh, with her infectious smile and energetic attitude, attends pre-school and loves playtime with her many friends.

Liam has played on several different city Baseball and Basketball teams but is currently taking a break. He is very active in the Band, Marching Band and Golf Team at Ramblewood Middle. He attends Religious Education at St. Andrews Catholic Church, where he is preparing for the sacrament of Confirmation in the spring. Ryleigh loves Dance and playing at all of the wonderful parks in Coral Springs and Parkland.

The Beyers family loves to travel, especially to Disney World. They also have fun "Glamping" and visiting family and friends in the mountains of North Carolina. Peggy says, "We enjoy movie time together, attending local activities like Farmers Markets, movies in the park and just spending time with all of our wonderful family and friends."

Both Greg and Peggy feel fortunate to be part of our "small town" community. They especially appreciate the family friendly atmosphere and the different events that both Coral Springs and Parkland host. "We live in a very tight knit neighborhood which is really hard to find these days," Peggy says. "We have annual block parties, Ladies nights, birthday celebrations, and all of our kids play together. In today's world there are neighborhoods that have people who live next to each other for years and never meet. We are so blessed to have neighbors who are friends as well."

Being from New York and having lived an hour outside the city, Greg loves that life here has everything nearby. He tells us, "We have so much to do practically in our backyard from Stadiums, Concert Arenas, Shopping, the Beach and tons of family attractions that are just a short drive from Coral Springs."

The Beyers family attends Saint Andrews Catholic Church.

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North Springs Little League to Throw Out First Pitch



By Stacy Case

Once the New Years Eve ball drops, all of the 2019 holidays are behind us and school resumes, what more do the kids have to look forward to? Well, simply put... baseball!

Now is the time to register for North Springs Little League for the 2020 season of America's favorite pastime.

North Springs Little League, which hosts players from the north/northwest sector of Coral Springs, had an impressive showing around the all-star tournament circuit throughout the state this past season, and looks to continue its successes for the upcoming season. North Springs will celebrate its 25th birthday this year, and with much anticipation for another fun season of play planned for boys and girls ages 4-16, President Jason Rosoff is optimistic that his league's milestone will be nothing short of wonderful.

"To be a part of the 25th Anniversary at North Springs Little League means a lot to me. While young compared to some of the more established leagues throughout the country, we have a postseason history that I would put up against any league," says Jason, who enters his fourth year of presidency for NSLL.

Aside from attracting close to 400 players last Spring, from those in T-ball to Seniors, North Springs sent four all star teams (9/10s, 11s, Majors, Juniors) to venture out into the state over this past summer with the hopes of coming home with some championship titles. It was the 11-year-old all stars from the league who came home with the hardware and earned a Southeast Regional Tournament of State Champions berth in North Carolina.



"The dedication from the start of the regular season of the coaches doing what they do to improve all of our players, I cannot stress how appreciative I am," adds Jason. "But the players... these kids step up their games when the time comes, and they know how to represent the 'North Springs' on the front of their jerseys."

Upon the onset of the season when registration opened in the Fall to when post season play concludes sometime in the summer, North Springs is the second home for all levels of play. From the more instructional, developmental divisions of play for the younger players to the older and more experienced, competitive ones, every child gets the chance to play the game at North Community Park.

"I hope to bring this game of ours to more and more families in our community. I don't need to tell anyone the values gained by kids playing sports; they are well-documented and truly a benefit to our players, but there is just something different about being at North Springs," adds Jason. "The worries of the day just seem to slip away while at the park - watching the kids play during the games and maybe even more importantly, the post-game games that develop off the field- it's just so great to see."

Jason says he not only likes seeing the kids participate in physical activity but it gets electronics out of their hands for a few hours. He concludes...

"I look forward to another fantastic season; the 25th will certainly be another special one at North Springs."

For more info, visit NorthSpringsLL.com
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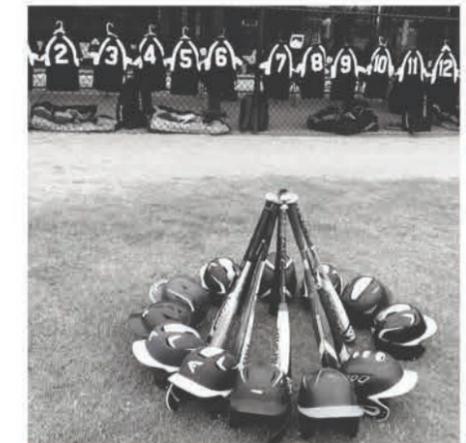
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For more info go to www.northspringsll.com see ad & article pages 10-11.

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Special Needs

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

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Parkland P-Rec

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

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Tackle Football & Cheerleading

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www.parklandrangers.com See ad page 16.

Flag Football

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

Lacrosse

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

Soccer

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 Soccer - Ages 3 - 12
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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 is Baseball Ready!

By Stacy Case, photos by Maurice Ross

Parkland Little League is once again doing all of its necessary prep for another season of family fun.

Still basking in the glory of its Intermediate (50/70) all star team having represented the league at the state tournament this past summer, President Rob Travinski sets his sights high on what has the makings of another successful season.

On the heels of that esteemed accomplishment, he and his Board of Directors have already opened registration for the upcoming Spring games, in which the sign-ups will be open through Dec. 31st.

"My goals and expectations for the league and as president are always the same- to promote, develop, supervise, and teach youth boys and girls good sportsmanship, to have fun, and of course the game of baseball," says Rob, who holds the league's presidency for a third consecutive year.

As for his all stars who warmed the hearts of those around the city and surrounding communities, Rob continues to be boastful about his boys of summer and is "very proud of that team and the success they had on the field. So far, registration is up from last year and it's a direct result of what that team achieved," says Rob, who enters his ninth year on the league's of 7-member Board of Directors. "This past summer, the entire city was cheering us on."

Aside from his elite all star-caliber players who have been at it for several years, Parkland Little League welcomes players of all abilities from all around the city, while hosting both boys and girls from ages 4-16. During the season, the players and coaches can be seen on the perfectly-manicured fields at the city parks of Terramar and Pine Trails.

After decades of existence, the Parkland program's longevity may come as no surprise to those who have been witness to the league's operations.

But it all starts even before the beginning of the season. In fact, this season, Parkland will begin offering three separate youth baseball clinics in January and February to its players.

"These instructional clinics will be put on by some MLB players who have ties to Parkland Little League and the community," continues Rob. "We are very grateful to have this and it should be a fun event for our members."

Rob and his program hosted nearly 500 players last year, spanning the youngest of players in the T-ball division all the way up to those 16-year-olds on the Seniors teams. This year is set to follow suit.

For more info, visit parklandlittleleague.com. See ad on opposite page.





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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David Zalka is a Satellite Divisional Manager at USHEALTH Advisors, a UnitedHealthcare Company. His Fort Lauderdale office will be expanding into another location in Boca Raton on Palmetto and Powerline Road. They are seeking motivated individuals who are ready to seize an incredible opportunity in a fun, energetic environment.

His experience is evidence and inspiration for anyone who is at a crossroads in their career. Less than six years ago, David had a wife and a new baby and was working for a restaurant chain as a server. Instead of relocating his family when offered a transfer within that company, he was encouraged by a friend to become an agent with USHEALTH Advisors. He says, “I had no idea what I wanted to do, but I knew that I wanted a career where I could feel successful.” In just 5 1/2 years, David has become the number one agent nationwide for USHEALTH Advisors, and he looks forward to sharing his knowledge and expertise with new team members. Now a father of three, David often works from home so he can spend more time with his family.

A diverse group of people with regard to age, background and experience, David’s team success is something he considers as proof that anybody can do this. “This opportunity is perfect for anyone who wants a change in their life,” he tells us. “Experience is not necessary, but coachability is

very important,” he tells us assuredly. “The most successful people in this industry started with drive and a great work ethic. We are looking for positive, self-motivated individuals who are eager to learn, want to help people, and come prepared to make a comfortable income in their first year.”

The company, licensed in 30 states, generously rewards agents that are focused on helping people save money on health insurance and getting them into the best plan for their needs. David says, “One of the best rewards of this job is the residual income and being paid what you’re worth, not what someone says you are. In our industry, a new agent can work hard for 5-10 years, and then be set up pretty nicely.”

If you’ve been thinking about exploring avenues that will bring you better income, a team of positive people to work alongside, and residual benefits that will reward you for years to come, call today and step into a brighter future.

For additional information please contact David at US Health Advisors 754-264-3086. Please see ad on opposite page



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Natural Alternatives to Steroid Injections



By Monique G. Bain, MAC, LAC, Acupuncture Physician

Acupuncture Point Injection Therapy

is a more recent advance in the scope of Chinese medicine and has been practiced in China for many years. Injection therapy is a natural and safe form of therapy that combines traditional acupoint theory and anatomy with injectable solutions. The injections are given using hypodermic procedures and are administered just under the skin or into the muscle, but never intravenously. Like Acupuncture, fine needles are inserted into acupuncture points or trigger points.

Acupuncture point injection therapy involves the injection of small amounts of saline solutions such as homeopathic remedies, vitamins or Chinese herbs administered by qualified acupuncturists. The injection will stimulate the Acupuncture point for a much longer period of time, therefore enhancing the therapeutic effect. It is a very useful technique in hard-to-treat, or poorly responding conditions. The goal is that once the natural products are injected, your body's own defense system is stimulated.

This technique can be very effective in treating chronic pains that even cortisone shots do not help with. Injection therapy is often used to treat allergies, eczema, fibromyalgia, migraines, tennis elbow, heel pain (plantar faciitis), low back pain, knee pain, shoulder pain and many other ailments. It is also effective in treating chronic auto-immune conditions, respiratory dysfunction and viral infections. Most patients are surprised how easily and quickly these injections are given compared with the injections given in conventional medicine. Trigger point injections are also given to stimulate local blood circulation and to dissipate ongoing inflammatory processes. The injections can be very useful when treating

sports injuries as some products are designed to relax muscles and treat inflammation.

Excellent results have been shown with the use of homeopathic injections of Traumeel and Zeel for joint pain, arthritis, neck pain and lower back pain. Recent research indicates that Traumeel are as effective for pain as conventional treatments including narcotics painkillers and anti-inflammatory medications. These substances also act as natural antibiotics and promote general health. The place where product is injected is as important as the product itself and sometimes the injections are given at more than one spot during each session.

Please note that acupuncture injection therapy is not a substitute for acupuncture treatments. It is more effective when done in conjunction with an acupuncture treatment. The Acupuncture injection therapy does not suppress or mask the pain; it prompts the body to treat the cause of the pain via self healing mechanisms. The number of sessions needed is always based on the severity, duration and nature of present illness.

Injections of Vitamin B12 are also a part of injection therapy and have many therapeutic uses such as; natural anti-inflammatory, eliminating knots in muscles, correcting anemia, increasing energy and increasing well being of the nervous system.

At Five Element Wellness Center, we are dedicated to bringing our patients the finest form of medicine and expertise in restoring them to a healthy and pain-free lifestyle.

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PARAGON THEATERS RECENTLY RENOVATED CORAL SQUARE MOVIE THEATER IS A HIT WITH MOVIE GOERS

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Renovations are complete at the Paragon Theater located at Coral Square mall in Coral Springs, Florida and movie goers are loving the fresh, new look. Renovations included fully reclining leather reserved seating with footrests in all auditoriums, digital sound with Sony 4K projection and an all new concession stand complete with beer, wine and expanded food options. Highlights of the renovations at Paragon Coral Square also feature:

- A Private Screening Room for Parties & Events
- Renovated Restrooms
- Beautiful New Lobby, Concession, and Bar
- Beer, Wine and MyPi Inspired Pizzas at Concession
- Modernized Façade
- Automated Ticketing
- Ability to Pre-Order Concession on the Paragon Theaters App

“Coral Springs, Parkland, and Margate are wonderful communities and we are excited to provide the finest and most distinctive movie-going experience to its residents. This theater used to be the theater of choice for the residents of the community but unfortunately was neglected by the previous owners and became a bit run down. We have made major improvements to the facility and look forward to it becoming the neighborhood go-to theater once again,” stated Michael Whalen, CEO of Paragon Theaters. The company has a successful track record of

turning older theaters into state-of-the-art facilities with upscale amenities at affordable prices, as seen by their renovation of Paragon Deerfield, which was later sold to Cinepolis, and the popular Paragon Ridge in Davie, which also features MyPi Custom Pizza and Craft Beer (mypipizza.com).

Paragon Theaters is also known for creating partnerships within the communities it serves. Many families enjoyed their Free Summer Kid’s Movies this past summer, a similar program is planned again for 2020. They also offer affordable field trips for schools and camps, a premier fundraiser program that allows non-profits, schools, and sports team to fairly effortlessly raise money, monthly sensory-friendly screenings that are geared towards guests with sensory issues, and birthday and gaming parties.

The upscale amenities are truly available at affordable prices—movies are just \$6 all day every on Tuesdays for the budget-conscious as well as a Paragon Theaters Diamond Rewards Loyalty Program which allows loyal guests to earn points towards free tickets and concession (as well as a free ticket on their birthday). Join Paragon on Winning Wednesday’s where the point double! These programs, along with their fantastic amenities and superior guest service, make Paragon Theaters a family-friendly, affordable movie destination.

For more info. on Paragon Coral Square see ad on opposite page and visit www.ParagonTheaters.com

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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.

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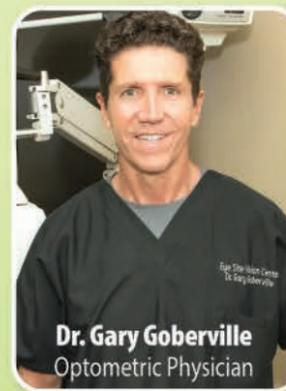
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Up & Coming

Parkland Farmers' Market - Sun, Dec 1 & 15

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.

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.

Coral SPRINGS HOLIDAY HEROES PARADE - Wednesday, December 11.

The City's Annual Holiday Parade will be at 7 p.m. featuring marching bands, decorated floats and other entries along Sample Road from Coral Springs Drive to City Hall. In case of inclement weather, the parade will be held on Thursday, December 12, 2019.

Open Enrollment for 2020 Affordable Care Act plans end on December 15, 2019

If you don't act by December 15, you can't get 2020 coverage unless you qualify for a Special Enrollment Period. Plans sold during Open Enrollment start January 1, 2020. See the Apple Insurance article and ad on pages 6-7 for more details.

Deja Blue Holiday Brunch - Sunday, December 22

Bring your family and appetite to celebrate the holiday season with a festive buffet! Bring your children to meet Santa and Mrs. Claus. Three seatings will be held at 10:30 AM, 12:30 PM, and 2:30 PM. Please see the ad on page 25

Hanukkah Begins - Sunday, December 22

The Festival of Lights begins at sunset on Sunday, Dec 22. The first of eight candles is lit on the menorah at sunset, 5:35 p.m.

Merry Christmas - Tues, Dec 24 & Wed, Dec 25

Enjoy special moments with Family and Friends during this annual time of celebration. For service times in our area, see the back cover for Church by the Glades, inside back cover for Coastal Community, or page 17 for Calvary Chapel Parkland.

Kwanzaa Begins - Thursday, December 26

At the Country Kwanzaa is an annual celebration of African heritage that is celebrated for a full week by many African-Americans living in the U.S. and abroad. The holiday was the first to ever celebrate Black history and is named after the Swahili phrase that describes the first fruits gathered during the harvest season. Not a religious holiday, Kwanzaa is a seven-day celebration that begins on Dec. 26 and continues through Jan. 1.

Atlantis New Year's Eve Party - Tuesday, December 31

Fun with friends at Deja Blue will certainly ring in the New Year in a spectacular way! Two seatings at 5:30 and 9 PM include unlimited open bar with premium brands, culinary stations, champagne toast, cigars on the terrace and an entertainment DJ for the entire evening. Please see the ad on page 25 for ticket information.



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