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Happy New Year!

We're excited to welcome you to a 2020 that is FULL of possibilities! We encourage you to begin each day intentionally focused. Please see the article on the facing page to understand the beauty of encouragement and inspiration.

This last year has been one of many changes in our family, as we know it may have been in yours as well. The tragedies in our community have brought out the best in many of us. Being there for others is an important lesson for both sides, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!

This year is the 18th anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2020 is for YOU, dear Reader, Neighbor & Friend. Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

By Shellie Miller-Farrugia

"...over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

- Queen Elizabeth II

At a recent Sunday service in a very tiny church, the congregation was treated to a little 8 year-old girl's special dance to honor God. The sound system had been sketchy for most of the morning's worship, so when the special song came on over the speakers, it was no surprise when it went silent for a measure or two. Undaunted by the lull, this sweet little lady went on with her graceful routine as though nothing was out of the ordinary. Although unfamiliar with the song personally, it was evident during the next moment of silence that the majority of congregants knew the words and the timing quite well. When the music was playing, they were happy to listen and watch as the dancer beamed and glorified her Creator. The second time the music stopped, the congregants sang the missing words...the third time, they filled in at higher decibels and, finally, when there was no doubt that audibility was destined to be spotty, the parishioners sang along loudly as the girl continued her routine fearlessly.

The support that I witnessed in that hot, crowded room was amazing! It was a kind that I don't recall seeing very often. Despite the fact that many of these congregants had never met before and were new to the church, their compassion overcame their pride. It was joyful to be there when they silently agreed to encourage one little child with the only thing they had handy; their voices.

If we strive to make every moment worth something as we spin through space, I propose that we use the majority of our time to encourage and inspire others. What good is your talent if you keep it to yourself? What good is my talent if I hide it for fear of being ridiculed? In her popular composition that has stood the test of time, two portions from Dorothy Law Nolte's famous poem are "A child who is criticized learns to condemn...A child who is encouraged learns to be confident." Share your enthusiasm and encouragement with someone who needs it today. It may be a surprise that the one helped the most may just be YOU!

Life definitely has its share of pitfalls, broken sound systems, flat tires and overwhelming bills. But it is also full of friends we know and those we've yet to meet. Every day has a rainbow waiting behind a cloud that first has to dump its foreboding bounty before revealing the amazing prismatic wonder hiding behind it.

"Encourage each other daily, as long as it is called Today" - Hebrews 3:13



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On the cover:

Wowmoms World Coral Springs Owner, Tiffany Naya(center) with co founders Jennifer Stano(left) & Joelle Lavigne(right). Grand Opening January 2020. See ad & article on pages 6-7



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Families with small children finally have a place created expressly for their health, development and peace of mind. Based on the idea that the best way to raise our children needs to include mom and dad's care for themselves, WowMoms World is a new facility in the Coral Springs Walk offering numerous activities for expecting mothers and children as young as infants, while including terrific classes and benefits for their parents.

This multiservice family center is owned by local resident Tiffany Naya, a mother of two small children, with her third due to arrive in March. "I was a stay at home mom and was having a hard time finding places to go that were infant and toddler friendly," Tiffany tells us. She feels that a large percentage of new mothers tend to get stuck in the house all day and she says, "As a new mom, I saw such a large need for new and expecting moms to find a place that provided socialization and development activities, not only for my children but for me as well."

WowMoms World hosts many activities, including fitness classes for the children, mommy & me, daddy & me martial arts classes, as well as adult classes that include prenatal yoga, bootcamps, Pilates, yoga, and TRX. There is also a Spa Room for facials, body wraps, body scrubs, and lash extensions. Childcare is available while mom or dad take a class or have a spa service done.

WowMoms swimming program is for infants to four-year-olds, and they offer flotation therapy for children six weeks to up to 3 months. There is also an art studio, reading area, and a place for older children to do their homework. The WowMoms Boutique has products for the whole family that have each been carefully chosen. The baby-friendly center offers bottle warmers, changing tables and a private, comfortable room for nursing.

The Healthy Café's breakfast and lunch selections are chosen carefully. Tiffany tells us, "Most kids places and menus do not have the healthiest options and sometimes none at all." She continues, "We have crepes, smoothies, salads, yogurt parfaits and many choices offering the nourishment that our bodies need."

"We hope that our center gives expecting and new parents an opportunity for socialization and better balance." Tiffany continues, "There are now lots of mommy groups on social media to communicate with, but we are excited to offer WowMoms World as a safe and fun destination for these groups to meet in person at a place that is geared towards the in-person developmental needs of parents and their kids."

Other children's activities include individual play houses, a pretend vet clinic, a pretend café, open gym motor skill activities, and more. As the children learn and play with staff, parents can relax and socialize within eyesight. WowMoms is also the perfect place for birthday parties and other milestone celebrations.

Tiffany's professional background includes gymnastics training, music classes, the restaurant industry, and child development. Her husband and biggest supporter, Marc, encouraged her to open this business, and can't think of anyone more qualified than Tiffany. She says, "Everything about WowMoms World aligns with how I feel as a millennial mom."

It's time to get out of the house! Don't miss a minute of the fun, food and friendships waiting for all of your family at WowMoms World.

For more information on WowMoms World see the ad on the opposite page



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Meet The



Parkland residents David and Cara are thrilled to be raising their three children in a community they have grown to love. They have two daughters, Brooke, 8, and baby Addison, 2 months, as well as their son Joseph, 5. Their dog Summer completes the family circle.

Currently home with Addison, Cara has her Masters in Mental Health Counseling while David is a very successful Manager with US Health Advisers.

Brooke and Joseph attend classes at Heron Heights elementary where Joseph is in kindergarten and Brooke enjoys the second grade. Joseph's favorite subject is music, and writing is one of Brooke's favorite activities. When they aren't doing extracurricular activities or attending classes, David and Cara's energetic oldest children love staying busy with friends and having ice cream virtually anytime it's offered! Dad says, "Brooke is very social in school and Joseph is a character. He loves Spiderman and tears it up on the monkey bars. We lovingly call him 'Monkey Joe.'"

Cara was born in Coral Springs, and David has lived in Parkland since he was 10 years old. They are pleased that all four of their parents live nearby and hang out with the 3 grandchildren regularly. Some of the Zalka's favorite family fun happens when they all go to the pool, play soccer in the front yard, and watch Friday night movies together. Brooke and Joseph stay active outdoors playing with their teams on the Parkland soccer league at Pine trails Park. Brooke also loves spending time acting with Broadway Bound in Coral Springs.

David refers to himself an "occasional soccer coach," as he helps when the teams are in need. He and Cara stay involved with and support a variety of local and regional charities.

This close knit, loving family is so happy to be settled in a city that is near and dear to their hearts. David says, "We enjoy the tight, close community as well as the parks and agriculture." When asked what else we should know about their family, his response is, "Love is the answer. What was the question?"

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Recreational Soccer Continues Its Popularity

By Stacy Case

For many busy parents who have young children interested in playing sports but cannot commit to certain demands of that involvement, recreational soccer is definitely something to consider. It has been the first choice for many families over the years in this heavily sports-involved community. And that non-demanding schedule is often paramount when making that determination for some participants.

Soccer is not only a sport that properly introduces the concepts of teamwork and camaraderie from the onset, but it doesn't require that drastic time and financial commitment that some other programs may.

And for years, our community's beautiful parks have welcomed thousands of youths to run up and down the sidelines with their parents cheering them on endlessly. It's just one of those things that can put a smile on everyone's face-witnessing youngsters chase after the ball with the hopes of kicking it in to then run in a semi-circle with that newfound evidence of victory!

As a common tool for members of the community to give back and volunteer to help operate their local league, it offers older and/or former players a chance to referee for either service hours or to begin their career as a referee. And regardless of player age, gender and ability, recreational soccer has been a wonderful way to bring families together on any day, especially down here where the weather is conducive to play just about every day during the traditional soccer season.

For those who are new to soccer, it is not only a sport that promotes a safe, fun physical activity that gives children a good reason to step away from the electronics for a bit, but it's also been a medium in which children build lifelong friendships while developing a passion for one of the most common worldwide sports. Many other types of athletes all

over the world use soccer to cross-train during their respective off-seasons to simply stay in good cardiac shape.

It just seems to be one of those games that captivates its athletes from a young age, and can turn into something even bigger and better, or just simply stay as a healthy way for friends to get together when time allows.

As far as parent testimonial, Chris Campbell can attest to the many opportunities that can come from recreational soccer participation. In fact, he has coached his three sons, two of whom have been so involved that when they got to the proper age, took their love for the sport to earn spots on their school rosters.

"My favorite part of (rec) soccer is working with all of the kids and them learning how to play with a team," says Chris, who has coached his children for six years thus far, from ages 8U-12u.

"The time commitment isn't too big; usually only two practices and one game per week. There are all skill levels, so every kid will fit in." Additionally, chances during the recreational soccer season are endless.

"Kids of all experience and talent levels get the opportunity to play together/against neighbors and friends," adds Chris. The kids also get to try out a lot of different positions on the field."

The aforementioned circumstances are perhaps the reason why soccer still remains one of the more popular youth recreational sports programs not only in South Florida but throughout the world.

For more info see Coral Springs Youth Soccer at www.csys.org or Parkland Soccer Club at www.parklandsoccer.net



Knee Injuries: The ACL

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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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.

Health & Fitness

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GRAND OPENING! A modern space for today's parents. It is a fun, safe environment for relaxation and healthy living for the entire family. For more info visit www.wowmomsworld.com or see ad & article on pages 6-7.

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 wiffle 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.

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
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www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

| | |
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| 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 |
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Love and Respect

By Scott J. Brook, P.A. Family Law



I am very happy to re-open my doors to serve families throughout Southeast Florida. While I practice divorce and family law for a living, I am an even bigger advocate for LOVE and RESPECT. So, in this article I will tie these verbs together with ideas for an amicable divorce. While it may be difficult to accomplish a divorce with love and respect, it is not impossible.

I often meet with clients who have huge differences with their spouse. However, my clients are committed to the well-being of their children. Thus, with such a commitment, it is possible to go through the process with LOVE and RESPECT. So, where do you begin?



This may sound facetious, but it is not intended to be. Begin at the beginning. Today. Declare the past complete. Don't make yourself wrong for getting here or blame your spouse for his/her past failures. Begin a new day with new possibilities by declaring a new starting date for your future. No, this is not easy. However, with practice, it will be easier. With a focus on what you want in your future, as opposed to what was wrong with your past, you will begin at the beginning and not be weighed down by your past.

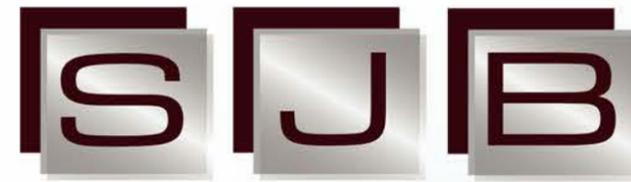
At Scott J. Brook, P.A., we are committed to help you have a new beginning. Its not that we are not zealous advocates if we must fight the other side for what's right. We are. I LOVE trial and I love to advocate with passion and preparation for my clients. Nevertheless, if you focus on what you want to obtain for you and your children (if any), you can remain strategic throughout the divorce process and not be reactive.

Today I met with a client that I will call Charlie. Charlie had some shame about his divorce and was also candid to share that his wife is a great person and Mom, but they had just grown apart. Divorce does not run in Charlie's family, but after 22 years of marriage they had grown apart. We help people go beyond what is typically the most painful part of their lives. Dreams have been shattered. There is so much uncertainty. Assets are now split in half. Parents who saw their children daily may now not see them more than 50% of the time. Divorce sucks.

But divorce is not death. I am divorced. Since my divorce, I met my beautiful wife, her three children, married all four of them and we have five children, three grandchildren an amazing daughter-in-law and life is full. Life is imperfect, full of hardships and I am grateful. With divorce, there is new possibility. You must allow for it and look forward and not backward.

With my team of paralegals and other support staff, we are happy to listen without judgment and arrive at a strategy to help you get the results you deserve with respect and diligence. We will treat you with kindness, love and respect and help you navigate a difficult process. I have been practicing since 1993 and I am lucky that I LOVE what I do. If you would like an ear, a strong advocate and a team of caring individuals to help you navigate a difficult process, we would welcome hearing from you.

For more information please contact
Scott J. Brook at 954-757-5551.
See ad on opposite page



Scott J. Brook, P.A. FAMILY LAW

Scott Brook graduated from the University of Miami school of Law in 1992 and has been in practice in South Florida since 1993. Mr. Brooke opened his own firm in March 2000 and is proud to re-open his doors after spending a few years with Nancy Brodzki and Andrea Jacobs. Mr. Brook and his firm are committed to families, new possibilities and zealous advocacy.

Scott is all about community involvement and is the leader of project leadership and founder of the mental wellness networking alliance.

Family Law

Family law issues whether in Coral Springs, Parkland or any where in Broward County can be daunting and difficult to face, whether you initiated the process or not.

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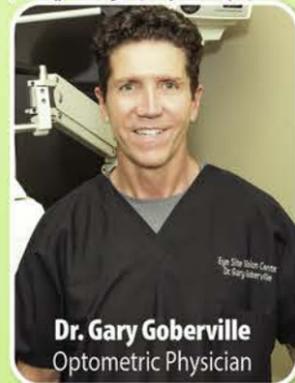


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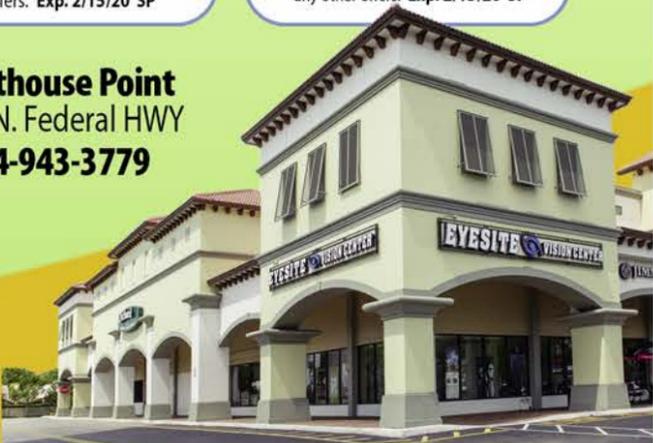
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Give the GIFT of LOVE By Lisa May

The Holiday season is over, and the challenge of mastering our New Years Resolutions is upon us. Every year I take some time to reflect on the previous year.; all that I have to be thankful for. Then I begin my list of aspirations for the coming year, what I want to accomplish, what I want to do differently, what new leaf will I turn over, and what I want to continue. Without fail, every year, the same two things make the top of my list; love my family well and lose weight. Some years I do better than others, but generally, I take two steps forward and three backward. What makes the difference? Being intentional! I know how to be intentional about diet and exercise, but how do we intentionally love well?

Like losing weight, emotional intimacy doesn't just happen. You don't just wish it, and it happens. I know we all want to believe we have that one, fabulous, everything I dreamed of, soul mate, but scientific research dispels that myth. Soul mates aren't born, they're developed. We start our relationships wanting to be together every moment and talking for long hours at a time. A few months pass, and we notice we aren't calling as often, they no longer are as beautiful and handsome as you thought, and you decide they aren't the person you thought they were. Where is that person I committed too?

This year be intentional about loving well and developing the relationship that you've always dreamed about. Rather than candy and flowers for Valentine's Day, be intentional about giving the gift of love. Join

us for RECL(AIM), a research-based, relationship education workshop. RECL(AIM) is a Friday evening, and Saturday devoted to challenging, strengthening, and encouraging, you and your spouse to deepen your love for one another. Discover new skills and tools, so you are equipped to meet one another's emotional needs, enhance your communication, and learn the art of listening. Learn how to resolve conflicts without it escalating to dirty fighting, and understand how your personality impacts your relationship for better or worse.



The story of Mr. Rogers and A Beautiful Day in the Neighborhood is making headlines and getting extensive coverage on networks and talk shows. Although the storyline has an updated, mature twist, the message is as old as time, intentionally giving your time and the gift of love. Our marriage and families can be a safe place where we are emotionally known, and redemptive love is put into action. The power of the classics, whether a book or the big screen, a Western such as Dances with Wolves, a love story like Titanic or a superhero such as Batman, it's always about redemptive love put into action.

Whether you're just beginning your relationship or you've been married for many years, be intentional and give the gift of love. Join us for RECL(AIM); love being put into action.

See the ad on the opposite page.



30th ANNIVERSARY
MLK CELEBRATION
 PRESENTED BY THE CITY OF CORAL SPRINGS



Friday, January 17, 2020

Coral Springs Center for the Arts

Showtime 7 P.M. • Tickets \$10 / \$20 / \$40 per person

After Party: 8:45 P.M. • Courtyard at the Center • Tickets \$25 per person *Package Prices available*

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Monday, January 20, 2020

"It's a Day On, Not a Day Off"

Leadership / Diversity Day for Middle and High School Students
 8:30 A.M. - 1 P.M.

#MeetMeAtTheMonument in front of the Northwest Regional Library
 3151 N. University Drive

Pre-Registration required through your school



Coral Springs
 MLK Committee
 celebrates its
 30th Anniversary
 in January 2020

The City of Coral Springs is fortunate to have a dedicated cadre of volunteers who have assisted us for the past 30 years to host a weekend celebration to honor the life and legacy of Dr. Martin Luther King, Jr. The event history goes back to 1991, when the City Commission responded very favorably to a request from a group of local residents and clergy, that the City consider hosting a memorial event in honor of their fellow clergyman, Dr. King. A group of community volunteers, now formally known as the MLK Committee, took on this challenge, and each year since its inception the event has drawn an increasing number of attendees from the South Florida area. Today, the Coral Springs MLK Celebration stands as a nationally recognized occasion.

The weekend's festivities have gained a high level of recognition throughout the years since they appeal to every segment within our community – including students, teachers, families, seniors and business professionals.

In addition to the weekend of events, the committee organizes the MLK Scholarship Program. The program provides funds to economically disadvantaged high school seniors from our local schools, wishing to attend college or an institution of higher learning/training. The success and continuance of the program is entirely dependent upon the generous contributions of individuals, corporations and non-profit organizations from the surrounding community.

This enduring community support emerged once again four years ago when the community joined together to dedicate a three-dimensional monument in honor of Dr. Martin Luther King Jr. This Monument, which is the first of its kind in the tri-county area, stands tall in its prominent location at the Northwest Regional Library and is visited by hundreds of families and children each day. This Monument has served as an inspiration to young and old alike, and the hope is that it will continue to inspire assemblages throughout the community, particularly with the children within our city, who could use the site as a focal point for discussions on peace and equality.

This year the MLK Committee will commence their 30th Anniversary Celebration on Thursday, January 16, 2020 at the Coral Springs Center for the Arts with an Award Ceremony honoring student winners of the Annual Art & Literary Exhibits based on the current theme, which is: "Thirty Years of Fulfilling the Dream."

The celebration continues Friday, January 17th with the 30th Anniversary MLK Celebration Concert, also at the Center for the Arts. The MLK Committee presents Motown Magic, where the audience will take a trip down memory lane and enjoy the greatest soul hits by four world-class vocalists and six top-notch musicians. Relive great memories and good times with hits from The Temptations, Marvin Gaye, Smokey Robinson, the Four Tops, The Jacksons, The Commodores, Lionel Richie and many, many more.

The 3rd Annual MLK Monument Award will also be presented at this time to a person, business or organization that exemplifies one of Dr. King's quotes on the Monument.

Lastly, the Committee will conclude the eventful weekend with their Annual "It's a Day On, Not a Day Off" Diversity/Leadership Workshop at the MLK Monument & Coral Springs Charter School on Monday, January 20, 2020 from 8:30 a.m. to 1 p.m. At this workshop, both middle and high school students get the opportunity to not only earn volunteer hours, but also enjoy a fulfilling and inspirational morning where they will have the opportunity to work together in multiple group activities that incite an understanding as well as an appreciation for each other and their diverse community.

Please join us at any of these events as the community celebrates our great leader, Dr. Martin Luther King Jr. For more information, visit www.CoralSprings.org/mlk or call 954-344-1004.



3 Heart Strings (501C3)

In 2014, three girls named **Hanna, Stacey, and Sofia**, who had a love of art and giving back to their community created 3 Heart Strings, a nonprofit 501(c)(3) company that makes and sells bracelets. All profits go to the charity of the month, and have been a hit since the company's inception. 3 Heart Strings has raised thousands of dollars for various charities, such as \$150,000 dollars for the victim's families from MSD, \$5,000 dollars for Not My Daughter, and \$2,500 along with 400 bracelets to the Tree of Life Temple in Pittsburgh, Pennsylvania. Over the course of four years, 3 Heart Strings has donated a total of \$250,000 dollars to various organizations. Orders from as far as England, Brazil, and Sweden have poured through. In order to raise money, they operate an online shop and attend events such as walks, marathons, luncheons, and shopping boutiques. In August, 3 Heart Strings donated all profits to JAFCO, or Jewish Adoption and Family Care Options, September's charity was The Friendship Journey, October's was Not My Daughter-Find a Cure Now, November was Smile-a-mile and December is Ava's Heart.

The girls are also looking to the future of their business and eager to touch even more lives. They just launched a West Coast Chapter in Los Angeles and it has been incredibly successful. They also recently created a #giftofkindnesschallenge on social media and developed a gift which includes their bracelets, teddy bear and a "Be Kind" sticker, card and kindness quotes. They have been a smashing hit and can

be purchased to spread kindness to special people while supporting charities at the same time. They are looking to be present at even more charity events and help young teens with their own charity projects across the country. While 3 Heart Strings picks a charity each month that they give back to, they can also empower others to purchase the bracelets at cost and then they can sell them for their favorite charities. These bracelets are loved by so many and can be unique to any charity or event by customizing the fabrics. They are the perfect Bat/Bar Mitzvah project or just a project for someone that is passionate about raising money for a charity that is special to them. 3 Heart Strings is also happy to provide information on company Ambassadors and new chapters as well.

The current members include Hanna Guttentag, 18, a freshman at the University of Florida who has worked non stop the past 5 years to help grow 3 Heart Strings, Stacey Gringauz, 18, a freshman at the University of Colorado who is passionate about making a difference in the world, Sofia Rothenberg, 15, a sophomore class president at Marjory Stoneman Douglas whose goal is to spread smiles one bracelet at a time, Gabby Fisher, 15, an avid lacrosse player who wishes to bring happiness to all, and Zoe Weissman, 14, a student at American Heritage School and a volunteer for kids with special needs who has recently joined 3 Heart Strings to help spread love and kindness throughout the community.

For information or to purchase from 3 Heart Strings online, **please visit : www.3heartstrings.org**



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Up & Coming

Parkland Farmers' Market - Sun, Jan 5 & 19

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.

Parkland Family Fun Fest Carnival - Friday thru Sunday, January 10-12

Step right up! Come one, come all, to the annual Parkland Family Fun Fest Carnival at Pine Trails Park, 10555 Trails End. Join the fun with carnival games, rides, music, and your favorite carnival eats. Friday, 5:00 PM -10:00 PM. Saturday, 12:00 PM -11:00 PM. Sunday, 12:00 PM -6:00 PM. Tickets are available in advance or at the event. For more info, call 954-757-4105. See ad on page 19.

Coral Springs Movie in the Park - Saturday, January 11

From 7:30 to 9 PM, Watch a hit movie on the big outdoor screen at Betti Stradling Park, 10301 Wiles Road The FREE Movie in the Park will feature Wonder Park, rated:PG. Parking and admission are free. 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 info, please call 954-345-2200.

Coral Springs MLK Celebration: Motown Magic - Friday, January 17

Enjoy a night on memory lane featuring the greatest soul hits with MOTOWN MAGIC! From 7 to 10 PM at the Center for the arts, 2855 Coral Springs Drive, enjoy the sounds of 4 World Class vocalists and 6 Top Notch musicians. Motown Magic takes you back to great memories and good times with hits from: The Temptations, Marvin Gaye, Smokey Robinson, The Four Tops, The Jacksons, The Commodores, Lionel Richie and many more. Fantastic music, World Class Showmanship, and Hilarious antics, this one can't be missed! Ticket prices for the show and after party are available at CoralSpringsCenterfortheArts.com For additional info, call 954-344-5990 and see pages 26 and 27.

Coral Springs Mayors' Chess Challenge - Saturday, January 18

From 10 AM to noon, support scholastic chess and join your Mayor Scott Brook at the Mayors' Chess Challenge at Mullins hall, 10000 Ben Geiger Drive.

- Free to play!
- No prior experience needed
- Event is walk-in open play for all levels (Beginner to Advanced)
- Chess Challenge Passports will be stamped
- Light refreshments will be available
- Each player will receive a commemorative participation award
- For more information, contact is Tabrea Zigler at 954-345-2119

Parkland's Martin Luther King, Jr. Tribute Event - Monday, January 20

From 5:30 to 7:30 PM, enjoy the City of Parkland's FREE Tribute to Martin Luther King Jr. at the Amphitheater at Pine Trails Park, 10561 Trails End. Featuring a ceremony including the history of black music in America, guest speakers, and more. Enjoy crafts, food trucks, and inspirational local performances to honor the life and legacy of Martin Luther King Jr. For more info, call 954-757-4105.

Yoga for Life - Sunday, January 26

From 4pm to 7pm at the Coral Springs Gymnasium. A fundraiser promoting mindfulness, meditation. & community healing. \$25 donation, children and teens free. For more info, and to sign up please see www.yflcharity.com or email ken@yflcharity.com

Run 4 Beigel - Saturday, February 1

This race is organized by the Marjory Stoneman Douglas Cross Country team to honor a teacher, Cross Country coach, and Camp Starlight counselor: Scott Beigel. He died a hero on February 14th, 2018. This race will honor Scott Beigel by raising money for a cause he was passionate about -100% of the funds raised will send underprivileged children affected by gun violence to summer camp, bringing them positive memories and lessons. Race begins at 8 AM at Pine trails Park, 10555 trails end, Parkland. Registration ends January 31. See <https://runsignup.com/Race/FL/Parkland/Run4Beigel> 3 Heart Strings will be selling bracelets at the race and profits will be donated directly to the Scott J. Beigel Memorial Fund.

Give the Gift of Love - Fri & Sat, Feb 7-8

RECL(AIM), a research-based, relationship education workshop hosts an event Friday evening and Saturday that is devoted to challenging, strengthening, and encouraging you and your spouse to deepen your love for one another. At Heron Bay Marriott, 11775 Heron Bay Blvd, price is \$49 per couple and includes meals and workshop. For more info text RECLAIMSOFO to 555888 or see www.reclaimsofo.org. See pages 24 and 25.

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