

Spectator

February 2020

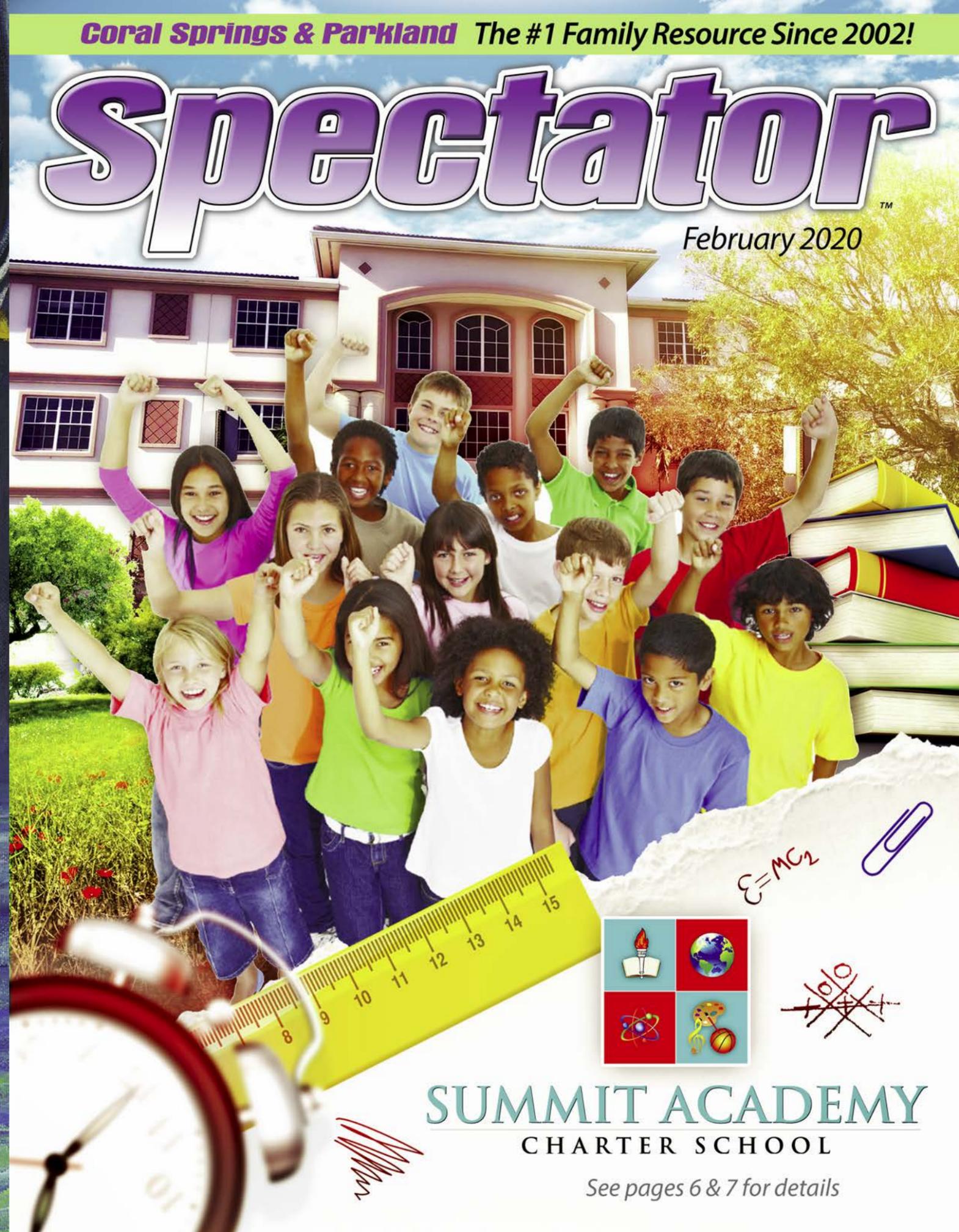


Weekends
Feb. 8-
Mar. 22, 2020
Quiet Waters Park
Deerfield Beach
10 am - Sunset

- Over 100 Artisans with Handcrafted Goods
- Continuous Entertainment on 12 Stages
- Costumed Performers
- Games, Rides & food fit for a King

www.Ren-Fest.com

A Bobby Rodriguez Production



$E=MC^2$



SUMMIT ACADEMY
CHARTER SCHOOL

See pages 6 & 7 for details

What is Your Home Worth?



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

BILL SOHL
AND ASSOCIATES
PARKLAND LUXURY HOME SPECIALIST

www.BillSohlSellsParkland.com (954) 655-5097

 City of Parkland Community Page



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

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

Corporate Office:

5489 Wiles Rd. Suite 304 Coconut Creek, FL 33073

Other Locations:

Delray Beach • Fort Lauderdale • Miami

JK Closing Attorneys, PLLC | www.JKClosings.com

GUARANTEED

Pest Control & Fertilization

Locally Owned and Operated

LAWN, PALM, TREE & SHRUB CARE

Fertilization & Weed Control

PERIMETER & INTERIOR PEST CONTROL

Ant & Roach, Flea & Tick, Rodent Control



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

Ask About Our
Mosquito Control

Call us Today For A **FREE** Estimate

954-884-0786

www.GuaranteedPestControl.com



Licensed & Insured





Publishers, Shellie & Scott Farrugia

It's All About Community!

Let's Focus on Love!

This issue is full of inspiration. We are so happy to focus on people who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic.

These last couple of years have been a time of reflection, rebuilding and reconnecting with the priorities that matter most to families in our community. Being there for others is vital. Ashley Ferraro's article on the facing page is centered on the other-minded deeds of individuals who have been deeply affected by MSD's heartwrenching tragedy. Whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. Our children are always watching!

We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy February by offering love and service to friends and neighbors in our community.

Thank you for your time and support of our advertisers.

God bless you and our troops, *Shellie & Scott*

Spectator™ Magazine

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

Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia

George Quiroga

Web, Social Media & email Marketing

Speedy-Designs

Links Media

Distributed by

US Mail &

Baron Express

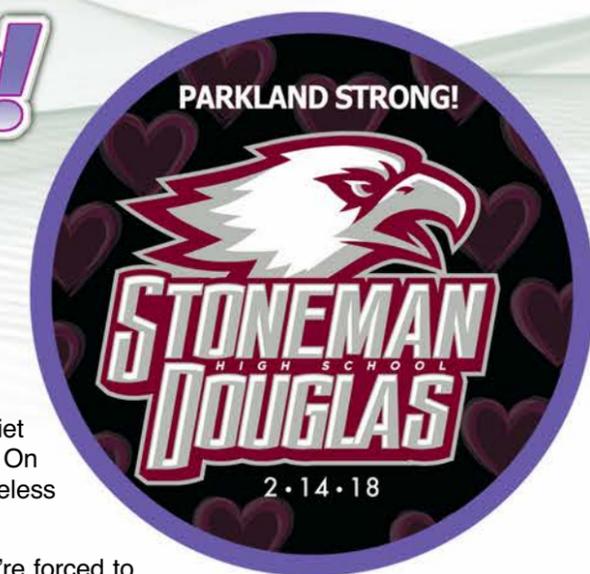
954-297-0731



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2020 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher.

On the cover:
Summit Academy Charter School.
See ad & article on pages 6-7



Remembering MSD Two Years Later

By Ashley Ferraro, Douglas Graduate, class of 2015

It's hard to believe that two years have already passed since our quiet city was shaken by the tragedy at Stoneman Douglas High School. On February 14th, 2018, we lost 17 bright and beautiful souls to a senseless act of violence.

You don't think it will happen to your hometown until it does and you're forced to face a world that is just as cruel as it is beautiful. Since I graduated from MSD in 2015, I've always been proud of the place I left behind. I had teachers who I felt were pushing me past my limits, but they were really just showing me what I was capable of. My coaches were never out to get me although it sometimes felt that way. They were simply paving a path for my success. However, I owe the most gratitude to my classmates. As I left Douglas behind for college, it was always my four years as an Eagle that shaped who I became.

Today, I am no less proud of Stoneman Douglas. In fact, I am more grateful to be a part of this community than ever before. Parkland has become a place of healing, growth, and constructive change. Just last month, Meadow's Movement celebrated the opening of Princess Meadow's playground. "Alyssa's Law" is being advanced through the senate in memory of Alyssa Alhadeff. To celebrate Nicholas Dworet's life, Swim4Nick offers clinics and other resources in order to help kids learn to be better swimmers. Orange Ribbons for Jaime makes donations toward Jaime Guttenberg's passions; one was dancing.

In another ode to the art of dance, A Dancing Angel Award was created in memory of Cara Loughran. The Gina Rose Montalto Memorial Foundation assists students with costs of post secondary education and makes donations to charities Gina supported. Luke Hoyer's love for basketball fostered the creation of The Luke Hoyer Athletic Fund. Change The Ref was formed in Joaquin Oliver's memory in order to empower America's future leaders. In honor of Alaina Petty, the WalkUp Foundation was formed with a mission to improve the safety and security of schools. The Helena Ramsay Soaring Leader Scholarship is awarded to MSD students who demonstrate some of Helena's most core values. The Alex Schachter Scholarship Foundation Fund keeps Alex's memory alive by supporting the school's marching band and promoting school safety. The Carmen Schentrup ALS Research Fund raises money to fund research in hopes of curing ALS. For their bravery and dedication, the U.S. Army posthumously awarded Alaina Petty, Peter Wang and Martin Duque each with its Medal of Heroism.

The Scott J. Beigel Memorial Fund, the Coach Aaron Feis Foundation, and the Chris Hixon Athletic Scholarship were all created in honor of the MSD staff members who lost their lives. Countless other organizations, scholarship funds, memorials, etc. have allowed our community to see a light through what could have been our downfall.

Parkland is far from a perfect place, but it's a place of compassion and opportunity. We are not defined by the tragedy, but by our ability to overcome.

church by the glades.com

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

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

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

ON TV!
M-W-F 6:30PM
@CBGLADES | @PASTORDHUGHES
954.755.7767

Bonded & insured

We love them all...give us a call!

Over 30 Years Exp.

SAFE at HOME™

YOUR IN HOME PET SITTING SERVICE

Stress free! Let someone who cares be home when you can't be.

(954) 415-5425

Overnight in-home service
Veterinary references

Your pets' feeding, walking & play stay on schedule.

NAPPS NATIONAL ASSOCIATION OF PROFESSIONAL PET SITTERS

email: safeathomepets@gmail.com

To Advertise Call 954-753-4300

www.MySpectatorOnline.com 5



At Summit Academy, Family Matters

Five months after opening in August 2019, Summit Academy Charter School has created an atmosphere of safety, positivity, family, and community. Slated for grades K-8, enrollment is currently open and filling fast for the 2020-2021 school year. The school is expected to grow from 185 students to about 375.

Meeting with parents from Coral Springs and Parkland who are part of Summit's School Advisory Council, our gathering is friendly, informative, and has a palpable, positive energy. Everyone agrees when Danielle Farina says, "Our kids are happier here." The consensus of all parents at the meeting is that their kids are thriving when compared to their previous educational experiences.

Lauren Hillier tells me, "Before Summit Academy, my kids used to wake up every morning and whine about going to school. Even my middle schooler enjoys school here!" Her kids are in fourth and sixth grade. "My son was bullied by a child and a teacher at a previous school. Now I notice a difference... He's smiling again! He's happy!"

Danielle Farina says, "We had some bad experiences at our old school, and wanted to try something new. I really liked the fact that Summit was smaller, with a private school feel. When Mr. Prats went over his curriculum and shared his vision, I was hooked!"

"We were so excited about his vision," mom Oriya Amedy tells me. "My Family did not have a great experience in the public schools, so when Danielle told me about this new school, we became part of the Summit family." Her two children are in the third and fifth grades. She continues, "In two years at public school, my son became extremely depressed. From DAY ONE here, he was the son from two years ago! My family is completely happy and excited to participate in Mr. Prats' vision."

Parkland resident Anne Marie Cataldi has children at Summit in the fifth and seventh grades. "We had many issues at the local middle school, and planned to make a

change. I saw the ad in Spectator Magazine and came to the open house. My kids love it here, and my older child feels safe."

Parents are thrilled with their children's academic progress, the fun and friendships that their kids enjoy at school, and the peace of mind they have knowing their kids are safe at Summit. Peppered throughout our conversation are the words Challenging, Fun, Family, Relaxed, Safe, United.

Principal Prats clearly outlines Summit's objectives, "The vision we have can be summarized in three basic pillars. Number one is safety and security. We have 46 security cameras. The average school has a smaller amount, usually just 8 to 10 cameras... A badge is required for access to Summit. We have the Raptor system used in hospitals, and we have a Guardian security guard in addition to others." Families at Summit are grateful for the Guardian safety officer, Mr. Cue, who knows all of the kids by name and is on staff full-time. Mr. Prats continues, "Pillar number two would be our academics. We do not accept average. We use Pearson, which is a much more complete, elevated, and rigorous curriculum. The third pillar is to maintain the family atmosphere. Most of the parents here feel that that aspect has fallen off from other schools in our community. We don't want any of our students to feel like a number... They have a name! The children are very welcoming to one another... We tell them that they are not here to be boys and girls; they are here to be ladies and gentlemen." Mr. Prats adds, "Things like manners, respect, and chivalry existed when our parents and grandparents went to school. Our generation lost it. I feel like it's our obligation within the confines of this building to bring that back."

With a clearly stated vision, a team of like-minded families, and a staff wholly focused on student safety and success, Summit Academy begins this new decade ripe with promise. Mr. Prats tells me, "We started with a vision, but with the help of these families, it will become a legacy."

To take a tour or attend the next open house, please contact Summit at (954) 603-3303. See ad on opposite page.





GRADES K-8TH

SUMMIT ACADEMY

CHARTER SCHOOL
LEARNING TODAY, LEADING TOMORROW.

ADMISSION OPEN FOR 2020 - 2021

OPEN HOUSE CALL FOR DATE AND TIME

KEY POINTS FOR PARENTS:

- Safe and Secure Environment
- Advanced Programs
- Dynamic Team Work
- Family Atmosphere
- Extracurricular Activities
- No Excessive Homework
- No Projects Sent Home

WHAT WE OFFER:

- Highly Qualified Staff
- Enrichment Activities
- Engaging Field Trips
- Experienced Leadership
- Uniformed School
- Before and Afterschool Care
- Integration of Technology
- Parent Involvement
- Anti Bullying Policy
- Positive Discipline Program
- Social Skills Education

A TUITION FREE PUBLIC CHARTER SCHOOL

11421 NW 56TH Drive
Coral Springs, FL 33076

CALL US NOW
954.603.3303

 @summitacademyorg
www.summitacademy.org

Meet The



Haggett Family

Bill and Destiny Haggett are thrilled to share life with their five children, Chansen 19, Graham, 18, Hudson, 15, Colton 14, and Carson, 10. This active Coral Springs family has a whole lot going on!

Happy to have found their "village" and new friendships, the Haggetts relocated four years ago when Bill became the General Manager of the Coral Springs Center for the Arts. He manages the venue's 1500 seat theater, banquet, meeting rooms, and the Level 3 VIP lounge. He is responsible for programming the acts and events while also overseeing the operation of Next Stop Broadway, the premier theater camp in the State of Florida. Grateful for his position, Bill tells us, "Moving to Coral Springs has allowed me to do what I really love and watch the positive effect that my efforts are having on the community. Not many jobs allow the kind of instant gratification that mine does." Having worked with many of the industry's top entertainers, Bill feels that a notable pinnacle in his career was producing BB King's 80th Birthday Celebration for a sold out crowd of 10,000 people in Biloxi Mississippi.

Destiny, a former model and event manager is currently the Theater Manager for the WCC Center for the Performing Arts at Wynmoor Village in Coconut Creek. She feels that the most rewarding part of her position is bringing happiness and joy to her community.

Chansen graduated Coral Glades High School last year and is currently enrolled at UCF where he is studying History. He has an affinity for all things culinary. Also a fighter and survivor, he has battled Leukemia twice.

Colton is involved in JROTC at Pompano Beach High School and enjoys fishing, golf, and basketball. His favorite subject is Chinese. Bill says, "Colton is our outdoorsman, survivalist and has a warm heart. He is the first to jump in and volunteer for good causes."

Carson is taking the stage by storm, and has immersed himself in the Next Stop Broadway program. He especially enjoys participating in the four annual productions that NSB produces but also studying acting, singing and dance. Dad says, "Hip Hop is his jam! Although you will always find a Pokemon card in his pocket." He attends Parkside elementary where science is his favorite subject.

Graham loves engineering, cars and is studying to become a mechanical engineer and perfect his welding skills.

Hudson has an eye and artistic talent for capturing people, places, and things. During her downtime, she can be found drawing in her journal, and she hopes to pursue a career in fashion design. During the summers she works behind the scenes in the NSB Art Department. Bill says, "Shattering typical artistic stereotypes, Hudson is our math whiz."

Destiny has a group of local friends who attack charity work with a passion, and are heavily involved in Hope South Florida and SOS Villages. Bill smiles and says, "We enjoy doing what we can do to give back to the community that has so warmly embraced us. Because of our history, we are huge advocates of pediatric oncology research funding." Bill has also been working with a group of local students who formed S.U.N. the Students United Network. This group works diligently to help charities in the community.

"With our busy schedules we make it a point to share a family dinner at the table every available night," Bill tells us. "This generated a closeness and interaction that is irreplaceable. In our leisure time, we squeeze in the beach, pool and golf and often retreat to Universal Studios for short, exciting mini vacations."

THE PREMIER TRAINING CENTER FOR YOUNG PERFORMERS IN SOUTH FLORIDA PRESENTS...

next stop BROADWAY

SUMMER CAMP 2020

STAR IN A SHOW!

ONLY \$99 TO RESERVE YOUR SPOT*
*OFFER EXPIRES MAY 1ST

SAVE 10% WHEN YOU REGISTER BY FEB. 28TH

Disney TARZAN	Disney FROZEN	Disney THE LITTLE MERMAID	Disney FROZEN
SESSION 1	SESSION 2	SESSION 3	TEEN PROJECT
JUNE 8 - JUNE 26	JUNE 29 - JULY 24	JULY 27 - AUGUST 14	JUNE 8 - JULY 17

THE CENTER
CORAL SPRINGS CENTER FOR THE ARTS

CALL NOW! 954.344.5991 NEXTSTOPBROADWAYCS.COM

WILD KRATT'S LIVE 2.0

ACTIVATE CREATURE POWER!

OFF TO THE CREATURE RESCUE!

BRING ALONG YOUR ANIMAL KNOWLEDGE AND PARTICIPATE IN THE ACTION LIVE ON STAGE!

2 SHOWS!

1:00PM
4:30PM

FEBRUARY 29TH, 2020

TICKETS ON SALE NOW!

THE CENTER
CORAL SPRINGS CENTER FOR THE ARTS

BOX OFFICE: 954.344.5990
2855 CORAL SPRINGS DRIVE, CORAL SPRINGS, FL 33065
WWW.THECENTERCS.COM

“Delivering Miracles Again And Again.”



Pregnancy was never easy for Lisa and her husband. When it was time to deliver her fourth baby, Lisa did not hesitate to return to the hospital where their three other children were born: The Maternity Place at Broward Health Coral Springs.

“I have a special place in my heart for every medical professional who cared for me during my deliveries. I would describe my births as intense, but peaceful. The hospital’s atmosphere, the team’s medical expertise, and the overall safe feeling really contributed to my peace of mind.”

- Lisa, Proud mom of four (Coconut Creek resident)

The Maternity Place, part of the new \$65 million patient tower at Broward Health Coral Springs, offers a modern, upscale and comfortable environment. The Maternity Place also offers:

- A dedicated private entrance for expectant moms
- Private spa-like suites with personal bathrooms
- 10 Private Neonatal Intensive Care Unit (NICU) rooms
- Maternity and childbirth classes

To schedule a tour, please contact our Childbirth Concierge at [954.344.BABY \(2229\)](tel:954.344.BABY).





Project Leadership



Project Leadership is a program Intended to teach developing minds about Leadership, Confidence, Growing up, and More!

"Leaders don't create followers, they create more leaders."
-Tom Peters

Service hours!

Date: February 13, 2020 and February 20, 2020

Time: 6:00 pm – 8:30 pm

beverages!

Location: Soref JCC 5601
Coral Ridge Dr. Coral Springs,
FL 33076

Free Food!

sponsored by:



For any questions or concerns contact us at:
Scott Brook:
scott@scottjbrookpa.com
954-757-5551
or visit us at the website:
www.pnanetwork.org



ELIMINATE THE STIGMA

By Scott J. Brook, Esquire

Passionate about Mental Wellness, I am confident that most of us would admit that we strive for mental wellness for ourselves, our families, and the people we share our communities with. There really should not be a stigma associated when someone suffers from depression, anxiety or a bi-polar disorder. Yet, too many people in our own community suffer in silence because of shame associated with a disorder that is not their choice.

Tragically, our community lost two more precious teenagers last March to Suicide. At the time, I was a new Mayor and felt compelled to take action again to provide our community with awareness concerning suicide and share solutions to mental health challenges. While losing Sydney and Calvin was the ultimate reason for my outreach to Eliminate the Stigma, my first and most personal reason was the loss of my own precious Mom, Marcia Brook, to Suicide when I was 23 years old.

My Mom showed no signs to our family or anyone we knew. With God, therapy, and love from family and friends, I have been blessed to focus much more on my Mom's life and her love than I have on her death. I believe my Mom was silent, however, because of the stigma that is so often associated with depression. We MUST work together to eliminate the stigma.

Our mission at Eliminate the Stigma is to eliminate the stigma of mental illness so that people can seek treatment for Mental Health related issues without shame. We believe that once people know that taking care of ones Mental Health is just as important and normal as going to see a doctor for a physical illness. We provide the highest quality resources and information so that everyone has access to some kind of support right here, right now, at no cost. Our communities need healing and access to this information. Please help us by sharing our cause. We are all one and when one person heals, we all heal.

I am working with an incredible group of citizens and stakeholders in my capacity as Marcia's son, not in my official capacity as Mayor, to form the Mental Wellness Networking Alliance. We meet the first Wednesday of every month at 6 pm at Keller Williams in Coral Springs. We have two primary objectives: Suicide awareness and prevention, and to form a powerful local campaign that will be a National Model to Eliminate the Stigma. If you want to get involved, please attend our next meeting on February 5 at 6 pm or email Nancy at Exec@scottjbrookpa.com. Together, we WILL make a difference !!



Please see www.eliminatestigma.net

HOME EQUITY LINES

We will pay closing costs on lines up to \$250,000*

As low as Current PRIME Rate minus 0.25%**

Flexible • Low Fees • Low Rates • Convenient



HOME IMPROVEMENTS • DEBT CONSOLIDATION • COLLEGE • VACATION • MAJOR PURCHASES



www.centerstatebank.com



Kendra Salerno
SVP, Market Manager, NMLS#1233331
Coral Springs-10385 Royal Palm Blvd
 Coral Springs, FL 33065
 Phone: 954.340.1822
Pompano Beach-1540 S. Federal Hwy
 Pompano Beach, FL 33062
 Phone: 954.630.8800



Rev. 5/2019

*Bank paid closing costs will include up to \$200.00 towards "Appraisal fees." Customer is responsible for paying any additional costs over that amount. Line must be funded by 50% or \$10,000 whichever is greater at closing. If line is closed within the first two years, consumer will be required to pay back the closing costs. **Rate based on minimum beacon score of 721 rate as low as PRIME minus 0.25%. Annual Percentage Rate may increase after consummation.



**NORTH BROWARD
 PREPARATORY SCHOOL**
 A NORD ANGLIA EDUCATION SCHOOL



TEACHERS SPARK CURIOSITY AND CREATIVITY IN EACH CHILD

- PreK 3 - 12th Grade
- Individualized Approach to Learning
- Niche A+
- New Lower School STEAM Lab

SCHEDULE A TOUR TODAY!
 (954) 247-0179
www.nbps.org



Coral Springs Connections

Baseball & Tee Ball

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

WINTER BASEBALL & T-BALL

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

CHALLENGER BASEBALL LEAGUE

Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

NORTH SPRINGS LITTLE LEAGUE

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

MEN'S CHRISTIAN ATHLETIC ASSOC.

Teams of every denomination from any faith-based organization are welcome to the league. Please call (954) 796-0933

Basketball

CORAL SPRINGS BASKETBALL
Year round play check for sign up dates. www.CSBCHOOPS.com or call (954) 360-1200 or Barry Popock (954) 599-6660

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

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

ULTIMATE FLAG FOOTBALL

For more info, see www.UltimateFlagFootball.org

Health & Fitness

WOWMOMS WORLD CORAL SPRINGS

NOW OPEN! 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 on page 17.

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com.
www.parklandrangers.com
See ad page 18

Ice Skating & Hockey

FLORIDA PANTHERS ICE DEN

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.nwbrcc.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.coralsspringssoftball.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

CYPRESS WATER PARK

1300 Coral Springs Drive • Coral Springs, 33071 • 954-345-2109

For more information see AquaticComplex.com

Pet Sitting

SAFE AT HOME PETS

Bonded and insured with more than 30 years experience, keep your pet's routine predictable when you can't be home. Overnight stays or daily stop-ins. For more info, call 954-415-5425.

Private Schools & Camps

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

CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP

Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime... For more info see www.nextstopbroadwaycs.com or ad on page 9

HERON LAKES SOREF JCC SUMMER CAMP & PRESCHOOL

Serving Parkland and Coral Springs. Focused on Judaic learning. Elementary & teen camps at our 16-acre Plantation Campus. For more info call 954-346-0002 or see www.sorefjcc.org See ad pg 16.

Special Needs

PARKLAND BUDDY SPORTS

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

CHALLENGER BASEBALL LEAGUE

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

THE FRIENDSHIP INITIATIVE

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, call 954-753-9430 or www.thefriendshipinitiative.org

Volleyball

SAND TURTLES VOLLEYBALL CLUB

Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. www.sandturtlesvolleyball.com

Parkland P-Rec

PICKLEBALL

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

i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

Soccer - Ages 3 - 12

Flag Football - Ages 4 - 13

Baseball - Ages 3 - 7

Indoor Basketball - Ages 5 - 12

www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall	(954)344-1828
Coral Springs Gymnasium	(954)345-2107
Cypress Park Pool	(954)345-2109
Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
Sportsplex Tennis Center	(954)344-1840
Parks and Recreation	(954)345-2200
Parks Field Conditions	(954)344-1187

Soref Jcc SUMMER CAMP

FUN FOR PRESCHOOL THRU TEENS

Serving Parkland/Coral Springs for 14 Years • Focused on Judaic Learning
Fun & Energetic Veteran staff • Low Child to staff ratios • State of the Art Facility
Large & Shaded Playground • Extra Large Classrooms & Great Daycare Furnishings
Secured Facility with Video Camera Surveillance • Covered Drive Thru for Rainy Days







Ask about our fabulous elementary & teen camps at our 16-acre Plantation campus
Pool • Gym • Theatre • Ball fields • Field trips • Buffet lunch & much more!
Plus R-T bus transportation available daily from Heron Lakes

\$100 early bird camp savings....MUST register by February 21, 2020

5601 Coral Ridge Dr. • THE SHOPPES AT HERON LAKES • 954-346-0002
www.sorefjcc.org

A Modern Space

WOWMOMS WORLD IS A FUN, SAFE ENVIRONMENT



NOW OPEN

for Today's Parents

FOR RELAXATION AND HEALTHY LIVING FOR THE FAMILY.




Our Services

- FITNESS & ACTIVITY CLASSES FOR THE WHOLE FAMILY
- BIRTHDAY PARTIES AND SPECIAL EVENTS
- SWIMMING PROGRAM AND FLOTATION THERAPY
- HEALTHY FAMILY CAFE
- INFANT & TODDLER PLAY AREAS AND ARTS ROOM
- A UNIQUE FAMILY INSPIRED BOUTIQUE
- AFTER SCHOOL STUDY PROGRAMS
- SPA SERVICES WITH CHILDCARE



WOWMOMS[™]

WORLD

(954) 906-5163

www.wowmomsworld.com

HOURS OF OPERATION

Monday	9AM-5PM	Thursday	9AM-7PM
Tuesday	9AM-7PM	Friday	9AM-5PM
Wednesday	9AM-7PM	Saturday	9AM-5PM
		Sunday	9AM-2PM

2902 University Dr, Coral Springs 33065 (LOCATED IN THE WALK)

WovmomsworldCoralSprings

Wovmomsworld.CoralSprings

Wovmomsworld

Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com See ad and article below

Basketball

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

Cheerleading

PARKLAND CHEERLEADING CLUB
Contact Susan Kelton (954)575-9575.

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com
www.parklandrangers.com See ad below.

Flag Football

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

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

PARKLAND TRAVEL SOCCER CLUB
For more info, call Keith Brodsky 954-439-2596
www.parklandtravelsoccer.com

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.

CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP
Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime... For more info see www.nextstopbroadways.com or ad on page 9

HERON LAKES SOREF JCC SUMMER CAMP & PRESCHOOL
Serving Parkland and Coral Springs. Focused on Judaic learning. Elementary & teen camps at our 16-acre Plantation Campus. For more info call 954-346-0002 or see www.sorefjcc.org See ad pg 16.

Health & Fitness

WOWMOMS WORLD CORAL SPRINGS
NOW OPEN! 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 on page 17.

Parkland P-Rec

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

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

i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only
Soccer - Ages 3 - 12
Baseball - Ages 3 - 7
www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services(954)757-4105
Field Conditions(954)757-4110
Park Ranger(954)575-1007
Youth, Teen, & Senior Programs (954)757-4129
City Hall(954)753-5040
Tennis(954)757-1910
P-REC(954)757-4105

Parkland Rangers Cheer Team Dominates Nationals

By Ashley Ferraro

Upon completing a successful football season in October of 2019, the Parkland Rangers Mitey-Mites and Jr. Pee Wee cheerleading teams went on to advance all the way to nationals. In order to progress to that level, both teams had to place either 1st or 2nd in local finals, then again in regional finals. Finally, they'd move onto nationals in which hundreds of cheer teams from around the country compete for the top spots. Both the southeast regional and national competitions were held in Orlando, Florida at the ESPN Wide World of Sports Complex. The Pop Warner Super Bowl and National Cheer and Dance Championships takes place during the first week of December of each year. The venue has hosted the event annually since 1997.

Although the championship spans across an entire week, the Parkland girls were only required to compete on the specific day designated to their age group. The Parkland Rangers Mitey-Mites team placed 9th overall in the national sector. The team consisted of 17 talented girls ranging from 7 to 9 years of age, with most being in 3rd and 4th grade.

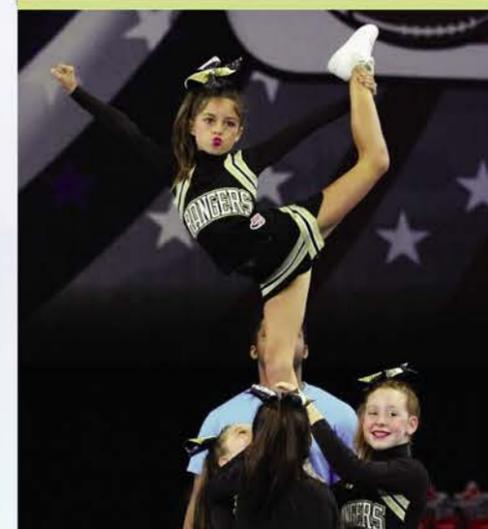
Head Mitey-Mites coach Kerry Fleck claims that the Weston Warriors posed the biggest competition for the Rangers at the local level. However, the Rangers became the Grand Champions placing 1st in locals while the Warriors trailed behind in 2nd. The Southeast Region is said to have some very tough competition as well. Fleck is extremely impressed with her team for taking 2nd place, putting them just ahead of the Jupiter Mustangs who took third. Considering the fact that the Rangers Mitey-Mites team was comprised of roughly 50% new girls, this accomplishment deserves bragging rights. Fleck coached alongside her assistant Jaymie Seward this past season.



Consisting of 17 girls ranging from 9 to 11 years of age, the Rangers ' Jr. Pee Wee team also progressed to nationals. Both teams competed alongside each other in their respective divisions, cheering each other on as they moved ahead. Head coach Amanda Savastano along with her assistants Patty Intihar and Kelly Schumacher led their team to place 5th overall in the national championship. Along the way, the team placed 1st in both local and regional final competitions, crowning them the Grand Champions. In fact, the Jr. Pee Wee girls scored highest overall in any age group at the regional level for stunts.

Considering the fact that the team has never made it to nationals before, this latest run will go down in Parkland Rangers history. Savastano praised the support her team received from their friends and from the community. A GoFundMe was even created to assist in fundraising efforts.

All age groups of the Parkland Rangers cheerleading teams will be holding registration on Saturday, February 29th from 10 AM - 1 PM at Pine Trails Park. Anyone interested in joining the team can complete the paperwork online but will need to be physically present at the registration event.



Respect Effort Discipline Perseverance
Do You Have What It Takes?

REGISTRATION

SATURDAY, FEBRUARY 29th

See www.ParklandRangers.com
for additional information or call
786-236-0948

Proud to play HEADS UP Football

South Florida's Premier Travel Football & Cheer Program

EVERY CHILD PLAYS, EVERY GAME visit www.ParklandRangers.com ages 5-15 welcome



Cancer won't win.



Join the American Cancer Society Relay For Life of Parkland and Coral Springs to Help Imagine a World Without Cancer.

Celebrating those touched by cancer, remembering loved ones lost, and taking action for lifesaving change, The American Cancer Society (ACS) Relay For Life of Parkland and Coral Springs invites the communities of Parkland, Coral Springs, Margate and Coconut Creek to attend the annual event on March 7, 2020 from 5 to 10 PM at the Sportsplex at Coral Springs, 2700 Sports Plex Dr., next to Coral Glades high school. The Relay For Life movement continues to be the largest peer-to-peer fundraising event, with 2.5 million participants globally uniting to save lives from cancer.

“Our theme is ‘Imagine a World Without Cancer’,” said event co-lead Megan Mila. “Over 50 teams and more than 500 participants will join together to raise funds and awareness in an effort to free the world from the pain and suffering of cancer.”

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, Relay For Life events around the world have raised nearly \$6.5 billion to help ACS attack cancer. Symbolizing the battle waged around the clock by those facing cancer, the Parkland and Coral Springs event lasts five hours and empowers the community to take a stand against cancer. The March 7th event starts at 5:00pm and takes place on the football field next to Coral Glades High School.

ACS estimates that one out of three people in the US will be diagnosed with cancer in their lifetime. Funds raised help ACS fund and conduct breakthrough research, and give cancer patients and their families the resources they need, like free rides to chemo, free places to stay near hospitals, and a live 24/7 helpline for answers and support. Last year’s Relay For Life of Parkland and Coral Springs raised more than \$110,000 to help ACS save lives, celebrate lives, and lead the fight for a world without cancer.

Event co-lead Mike Fiorello has been involved in Relay For Life for many years and now walks to remember his son Adam, who lost his battle with a rare pediatric cancer in 2016. Recognizing and honoring cancer survivors and their caregivers is his priority. “Our goal is to host over 100 cancer survivors at the event. The opening ceremony will include a special Survivors Lap. Survivors and their caregivers will also enjoy a complimentary dinner. After sunset, we light Luminarias to remember those we have lost, to celebrate cancer survivors, and to show those affected by cancer that they are not alone.”

To learn more about Relay For Life of Parkland and Coral Springs and form a team or register as an individual or cancer survivor, visit Relayforlife.org/parklandfl.

Relay For Life of Parkland & Coral Springs
March 7, 2020, 5 pm – 10 pm
Sportsplex at Coral Springs
 2700 Sportsplex Drive Coral Springs
 (Next to Coral Glades High School)



Relay For Life of Parkland and Coral Springs

March 7, 2020
5:00 PM - 10:00 PM
SPORTSPLEX AT CORAL SPRINGS
2575 Sportsplex Dr
Coral Springs, FL 33065

Fighting cancer takes many things like research, free rides to chemo and lodging near hospitals, and our 24/7 helpline. But we can't do any of that without you. Join Relay For Life, the largest, most inspiring, and supportive cancer fundraising event on the planet.

Help attack cancer in our community.

1.800.227.2345
RelayForLife.org/ParklandFL



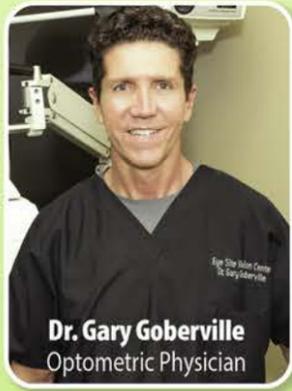
Eye Site Vision Center



Excellence in Family Eye Care & Eyewear



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



Dr. Gary Goberville
Optometric Physician

Valentine Special!
\$25 OFF
Routine Eye Exam
Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 3/15/20 SP

\$25 OFF
For Every \$100 Spent on Eyeglasses
Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 3/15/20 SP

Contact Lens Special
Contact Lens Exam, 7 Month Supply of Contacts & FREE Box of Cleaning Solution
\$130 While Supplies Last
Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 3/15/20 SP

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

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

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

www.EyeSiteVision.com



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

Pure Natural CBD

7400 Wiles Rd Suite 105,
Coral Springs

954-775-0460

www.ThePureNaturalCBD.com



Nano Amplified CBD
5X the strength of other CBD products

The Natural Approach for your Family's Health



WELL BEING SLEEP PAIN RELIEF PERFORMANCE PET HEALTH

Pure Natural CBD is dedicated to distributing the purest and highest quality hemp CBD products for you and your family. Our Nano-Amplified CBD retention absorption is between 80-90%. All of our offerings are legal in all fifty states, USA-made, and produced with federally legal cannabidiol (CBD) derived from the industrial hemp plant.

Visit the store any day from 10am - 7pm for free consultations and educational information. Clean, professional and welcoming environment for your entire family.

10% OFF Pure Natural CBD
PLUS! FREE GUMMY SAMPLE PACK
Offer good toward any in-store purchase of \$100 or more with coupon only. Expires 3-5-2020



Joe DiMaggio Children's Hospital
Department of Orthopaedic Surgery
[U18] Sports Medicine

Your Sports Medicine Provider for the Young Athlete

U18 Sports Medicine is a multidisciplinary program offering comprehensive orthopedic surgical and rehabilitation services to student athletes. Our medical team includes fellowship-trained pediatric orthopedic surgeons from Joe DiMaggio Children's Hospital Department of Orthopaedic Surgery.

Our rehabilitation team consists of physical therapists specializing in orthopedic, concussion, dance and sports medicine. Additionally, we partner with youth organizations and schools by providing athletic training services, educational seminars, coaches clinics and special programs to help manage injuries.

U18 Sports Medicine proudly provides athletic training services for:

- 29 high schools under the Broward County Athletic Association
- Pine Crest School at Boca Raton
- AD Henderson School at FAU Boca Raton
- Weston FC
- United Soccer Academy Tournaments
- Arts Ballet Theatre
- US Cheerleading
- Kreul Classic Basketball Tournament

On-Site Services

- Pediatric Orthopedic Surgeons
- Sports Physical Therapy
- X-ray & MRI
- Concussion Clinic
- Performing Arts and Dance Medicine

954-538-5500
Connect with Us

JDCH.com/Ortho
JDCH.com/Give



Boca Raton | Coral Springs | Hollywood | Miramar | Wellington | Weston

DISCOVER YOUR ELEMENT

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



WOOD



Tamarac
(954) 657-8342

Weston
(954) 204-3124

WHICH ELEMENT ARE YOU?

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

5elementwellnesscenter.com



Acupuncture and Arthritis

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

Arthritis is one of the most pervasive diseases in the United States and is the leading cause of disability. According to the CDC an estimated 70 million people are affected with it. Arthritis is a complex disorder that comprises more than 100 different conditions and can affect people of any age. The 2 most common forms of arthritis are rheumatoid and osteoarthritis. These two forms of arthritis have different causes, risk factors and effects on the body, however they share a common symptom - chronic joint pain.

Acupuncture is a very effective form of pain control and it has been used for over 2000 years. Research shows that the symptoms of arthritis can be treated with Acupuncture. Acupuncture causes the body to produce chemicals called endorphins, which inhibit the perception of pain. Endorphins are similar to morphine, which is given in Western medicine. The big difference is that endorphins are produced naturally by the patient's own body and has no side effects. Acupuncture also works through the nervous system by blocking the transmission of pain signals to the brain and deactivates trigger points. Trigger points are tender and extremely reactive areas that develop in the muscles and facial sheaths of the body. They are commonly responsible for chronic pain and frequently found in arthritic joints. Acupuncture also has a very relaxing effect on the mind and body, which helps with the stress of the illness in the body. Furthermore, Acupuncture stimulates the adrenals to produce natural steroids, which have an anti-inflammatory effect. It also stimulates the parathyroid glands to produce the hormone that draws calcium out of bones, only in this case, the hormone works on osteoarthritic deposits (deposition of calcium in joints, limiting mobility).

Each patient is unique, so they will respond to treatment differently. Most patients will experience symptomatic relief after a few treatments. A normal course of treatment should be 2 to 3 treatments per week for four to six weeks and then re-evaluate. For cases in which joint mobility is restricted or inflammation reoccurs, periodic maintenance treatments are recommended. If you have any questions if Acupuncture can help you, just call Five Element Wellness Center and they will help.

For more info about Five Element Wellness Center, call 954-657-8342, visit www.5elementwellnesscenter.com or see ad on opposite page



Dream it. Do it.

Get the kitchen
you've always wanted

The community bank, reinvented

AMERANT



Secure the cash you need with our
Fixed-Rate Choice Home Equity Line of Credit*

5-year fixed rate of

2.75% APR¹

On your initial advance at closing

And

Variable rate as low as

4.25% APR²

On your revolving balances

Plus **\$0** Closing Costs³
Application fee
Origination fee

Apply online at amerantbank.com/helocloan or call us at (877) 424-5325

New Agents NEEDED

\$100k Plus

FIRST YEAR EARNING POTENTIAL

- ✓ Industry Leading Compensation
- ✓ Performance Bonuses
- ✓ Residual Income
- ✓ FREE Company generated leads (No Cold Calling)
- ✓ Exceptional Product Portfolio (Numerous Product Lines)



ISO Financially Motivated Individuals

Applicants Must be COACHABLE, with a Drive to Succeed.

Join Our Award Winning Team!

CALL TODAY

(754)264-3086



A UnitedHealthcare Company

BOCA RATON SATELLITE OFFICE

Offer only applies to new Fixed Rate Choice HELOC. Home equity products offered by Amerant Bank, N.A. are only available for property located in Florida and Texas and are subject to credit and property approval. Applicants must be U.S. citizens or resident aliens and have a valid Social Security Number or Tax Identification Number. Property insurance is required; if the collateral is determined to be in an area having special flood hazards, flood insurance will be required as well. Texas homestead properties are limited to 80% combined loan to fair market value for home equity financing. Amerant Home Equity Lines of Credit (HELOCs) feature variable rates based on the Prime Rate, as published in the Wall Street Journal (4.75% as of 10/31/2019), plus a margin. Amerant HELOCs have a 10-year draw period during which advances may be made, followed by a 10 or 20 year repayment term during which the line is no longer accessible and minimum monthly payments fully amortize the outstanding balance on the line. Rates, program terms and conditions are subject to change without notice. For more information on home equity products, refer to "What You Should Know about Home Equity Lines of Credit," a consumer information booklet prepared by the Consumer Financial Protection Bureau. Consult your tax advisor concerning interest deductibility.

*Fixed-Rate Choice Feature: With the Fixed Rate Choice Home Equity Line of Credit (FRC-HELOC), using the Fixed Rate Loan Option (FRLO) during the draw period Borrowers can convert outstanding variable interest rate balances to fixed rate loans with terms of 1, 3, 5, 7 or 10 years, provided the fixed rate term does not extend beyond the expiration of the draw period, resulting in fixed monthly payments on such balance at a fixed interest amortized over the selected term. The minimum FRLO amount is \$1,000 in Florida and \$4,000 in Texas. No more than 5 FRLOs may be outstanding at one time.

¹Introductory fixed rate of 2.75% Annual percentage rate (APR) shown applies only during the first 5 years to advances made at closing from a new FRC-HELOC and converted to a FRLO with a 5-year repayment term at account opening, up to a maximum of \$100,000. Offer cannot be combined with any other offer or discount. Thereafter, rate is variable and based on the Prime Rate published in the Wall Street Journal (4.75% as of 10/31/2019), plus a margin. Payment example for a FRLO of \$25,000 at 2.75% will have a payment of principal and interest of approximately \$446.45 per month for 60 months.

²This APR is based on a 10-year repayment term and reflects (1) an "auto-pay" discount of 0.25% for Amerant Bank checking account customers and (2) an "initial draw" discount of 0.25% for making a \$50,000 minimum initial draw at closing and maintaining that balance through the first 3 billing cycles. To qualify for the "auto-pay" discount, payments must be made via automatic payment from an Amerant Bank checking account which must be open and funded prior to closing. The discount may be terminated upon closure of the qualifying checking account. Your APR may vary based on credit history, property type, occupancy, lien position, line amount and other factors. At no time will the APR exceed 18%. All other advances will be subject to the variable rate APR according to the terms of the account agreement. Discounts are subject to change at any time and cannot be combined with any other offer or discount. Proceeds from advances made at closing cannot be used to pay off existing Amerant loan balances.

The minimum line amount is \$25,000. Certain eligibility requirements and restrictions apply for lines greater than \$1,000,000.

³Amerant will pay all closing costs for lines of \$250,000 or less, and up to \$2,500 for lines greater than \$250,000 (\$500 for Texas homestead properties). A \$75 annual fee is charged on the first anniversary of the account and every year thereafter (no annual fee for Texas homestead properties). If your HELOC is closed within 24 months of account opening, a \$500 early closure fee will be charged to the line (not applicable to Texas homestead properties). Initial escrow-related funding costs may apply.

Member
FDIC

amerantbank.com





Howard J. Gelb, MD

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

Sports Medicine & Orthopaedic Center

(561) 558-8898

See our ad below

Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.

That's Gotta Hurt!

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

Howard J. Gelb, MD, PA

Sports Medicine & Orthopaedic Center

American Orthopaedic Society for Sports Medicine

Fellow American Academy Orthopaedic Surgeons

Diplomat American Board of Orthopaedic Surgery

Subspecialty Certified in Sports Medicine

Fellowship Subspecialty trained in Sports Medicine & Arthroscopy

Member Arthroscopy Association of North America

www.GelbMd.com

561-558-8898

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



CAFÉ ♦ RESTAURANT ♦ BAR LOUNGE

DÉJÀ BLUE

A MEDITERRANEAN CULINARY JOURNEY

PRESENTS

POETRY ON THE LAKE

*Live with no other thought
than to Love and be Loved™*

II.XIV.MMXX

THE ULTIMATE SOPHISTICATED DATE

ENJOY THE BEST OF PARKLAND - IMPRESS YOUR LOVED ONE
WITH AN EVENING NOT TO BE FORGOTTEN:

Lavish 3 course Menu or À la Carte

Candlelight dining on the Water

Upgraded Love Package in Private Gazebo

Selected Love Potions and Champagne

Spectacular Setting

BOOK NOW - LIMITED AVAILABILITY

3 SEATINGS: 5:30PM, 7:30PM, 9:30PM

FOR INFO VISIT WWW.DEJABLUERESTAURANTS.COM/II-XIV-MMXX

HAPPY HOUR EVERYDAY 4-7PM * WEDNESDAY LADIES' BOGO

SUNDAY BRUNCH * WEDDINGS & PRIVATE EVENTS

IN PARKLAND

7805 N. UNIVERSITY DRIVE PARKLAND FL 33067
DEJABLUERESTAURANTS.COM - (954) 345-0128

Up & Coming

Parkland Farmers' Market - Sun, Feb 2 & 16

Held from 9 AM to 1 PM, enjoy 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.

Florida Renaissance Festival - weekends only; February 8 - March 22

All Lords and Ladies are cordially invited to step back in time during seven weekends of adventure at the annual Florida Renaissance Festival. New themed weekends, new entertainment acts and more await those who look fondly upon years (ahem, centuries) past. All are invited to the grandiose events taking place at Deerfield Beach's Quiet Waters Park. Special theme weekends encourage patrons to be their favorite knight, wizard, viking and more! Please see the ad & article on pages 31 and back cover. For more info, call 954-776-1642 or see www.renfest.com

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 RECLAIMSOFFLO to 555888 or see www.reclaimsofflo.org.

Parkland Rangers Tackle Football & Cheerleading registration - Saturday, February 29

From 10 AM - 1 PM at Pine Trails Park. Anyone interested in joining a team can complete the paperwork online at www.parklandrangers.com but will need to be physically present at the registration event. For more info please call 786-236-0948. See ad on page 18.

Parkland Mayor's Chess Challenge - Saturday, February 29

From 11 AM to 1 PM at Parkland's P-REC, 10559 Trails End. Join the Mayor and community leaders for a free and friendly meeting of the minds in support of Scholastic Chess. Players of all ages and skill levels are welcome. For more info, 954-757-4105.

Relay For Life of Parkland & Coral Springs - Sat., March 7

From 5 pm - 10 pm at the Coral Springs Sportsplex 2700 Sportsplex Drive Coral Springs (Next to Coral Glades High School). To learn more about Relay For Life of Parkland and Coral Springs and form a team or register as an individual or cancer survivor, visit Relayforlife.org/parklandfl. See ad and article on pages 20-21.



The Florida Renaissance Festival Celebrates 28 Years



Photo credit George Quiroga

All Lords and Ladies are cordially invited to step back in time during seven weekends of adventure at the annual Florida Renaissance Festival. New themed weekends, new entertainment acts and more await those who look fondly upon years (ahem, centuries) past. All are invited to the grandiose event taking place February 8th through March 22nd, at Deerfield Beach's Quiet Waters Park. Special theme weekends encourage patrons to be their favorite knight, wizard, viking and more!

For the fifth year in a row, the timeless Florida Renaissance Festival will offer SEVEN jam-packed themed weekends to ring in its 28th season. This year, the celebration kicks off with a return to the English Monarchy and Henry VIII! Prepare for a greeting by jesters, jugglers, and jousting knights upon entering the gates, while sweet melodies can be heard from every corner of the kingdom. It's a full day of entertainment where the entire family can marvel at fan favorite acts and performances that include immersive and interactive, real audience-participation scenarios. Join in on the fun with human powered rides, artisan craft shops and enough food & drink for a royal family feast!

One of the nation's most beloved events, more than 100,000 annual attendees and more than two million people having participated over the festival's tenure, the Florida Renaissance Festival has devoted 28 years to capturing the essence of the Renaissance through entertainment and living history.

"We're thrilled to introduce new themed weekends this year for everyone to participate in and enjoy. We also have new acts and performances that we carefully seek out and add to the festival for our patrons to enjoy," says Bobby Rodriguez, Founder and Producer of the Festival.

The Florida Renaissance Festival 2020 themed weekends include:

- February 8 & 9 - The Tudors-Henry VIII
- February 15 & 16 - Vikings
- February 22 & 23 - Time Travelers
- February 29 & March 1 - Heroes & Villains
- March 7 & 8 - Pirates
- March 14 & 15 - Celtic Celebration
- March 21 & 22 - Potter's Witches & Wizards

The 2020 season also includes a variety of fan favorite acts and performances with an invigorating entertainment lineup that includes something for everyone. Jousting, comedy, magic, music, sword fighting, archery, axe throwing and much more are all included with admission.

While costumes are not necessary for admittance, thousands of people each year enhance their experience by donning garb from the Renaissance era or participating in one of the festival's special themed weekends.

Prices range from \$28 for adults and \$12 for children ages 6 to 11 years of age. Children 5 and younger are free. Special seasonal passes are available for \$139 (adults), \$69 (children) and group ticket rates are also offered. For tickets and more info, visit: www.ren-fest.com; Find us on Facebook or follow @FlaRenFest on Twitter and Instagram. Download our festival mobile app by searching Florida Renaissance Festival in the Apple iTunes store or Android market. If you prefer the historical method, call 954-776-1642. **See ad on back cover.**



BMW BENSON MUCCI & WEISS P.L.

Attorneys at Law

Outstanding Legal Solutions and Extraordinary Client Service for 20 Years.



*Are you behind in your mortgage payments ?
Have you recently lost your job or suffered a medical setback?
Do you owe more on your home than it is worth ?
Have you recently been served with a foreclosure action?*

Don't try and tackle these problems alone. The attorneys' of Benson, Mucci & Weiss, P.L., have been protecting clients against foreclosures for over 20 years. We are skilled at working with lenders on short sales and can help you save your home and your credit.

CALL US TODAY FOR A FREE CONSULTATION



Disclaimer: The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you full written information about our qualifications and experience.

5561 N. University Drive, Suite 102, Coral Springs
(954) 323-1023 • www.bmmlaw.net • email: msm@bmmlaw.net