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June 2020



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See pages 6 & 7 for details



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Happy Father's Day!

So this is why we all live in South Florida, right? Hot Days, Hot Nights, Hot Dates (for dinner with the family) and Hot Fun (in the pool or at the beach). While our friends up north were jealous during the winter, we might be a tad envious about their cooler evenings and brisk mornings. June and July have me reminiscing about the months when I couldn't bear to put my toe in the pool. Now it's a hot tub of epic proportions! When you prefer standing in front of the open fridge door to a higher setting on the ceiling fan, you know it's a Florida Summer!

What's your favorite thing to do when it's never a "school night?" We'd love to hear from you, and we're always excited to take a look at your photo submissions and ideas for articles. We so appreciate you welcoming us into your home every month. It's an honor to share our community with you...

Celebrate a special dad in your life this Father's Day! Our prayer is for every family touched by the Spectator and every home in between.

Shellie & Scott

Blessing of Being a Father

By Scott J. Brooke

There is nothing more meaningful in my life than being a Father!! I believe it is the greatest blessing in the World. I first became a Father on December 14, 1997. It was the day I married Brenda and her three children, Patrick, Tina and Mat. I got down on my knee and put rings on my children from my Wife's first marriage. They were three reasons I married Brenda as I had grown to love them, too.

I became a Dad to Aj and Sammi within a few years after that and I'm crazy about all five of my children! To me, Fatherhood has meant sacrifice, love, laughter, tears of joy and sadness and it's my favorite role in life.

While my children are grown - ages 19-34 - and I am a Grandfather of three amazing boys, my children are more precious to me than ever! I was right outside the hospital room here in Coral Springs when my first grandchild was born over 11 years ago. I had the honor of marrying Patrick to his wife, Kori. My son Mat is the toughest person I know with a huge heart. I was there when Aj won a full ride to college. I waited eagerly for 7 days when our little girl was 14 and in the hospital with a rare disease before she was discharged.

I've coached my boys in sports, loved watching Sammi dance for years and have had the best talks with Tina. Watching my children grow and become contributors, parents, college students, and so much more has been very fulfilling!

My wife Brenda and I have taught our children a few important lessons over the years: it's ok to say "no." It's okay to receive "no." It's important time choose your own path. There's no present more valuable than being present.

As we celebrate the most unique Father's Day in our lifetime, I wish all my fellow Dads a blessed and Happy Father's Day! May you all feel the richness and love this holiday was meant for. Today is a gift. Your children are gifts! You, Dad, are a gift!

PS - Happy Father's to my Dad in heaven, Seymour Brook, who taught me by example to always put my children first.



Photo by Jim Donnelly



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Spectator™ Magazine

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On the Cover:

Apple Insurance and Finance,
Helping Families Navigate their Healthcare
Options. See pages 6-7 for more info.



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

By Shellie Miller

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

MEET THE TEAM



Rick Jultak • Founder
Prior to Opening Apple Insurance 10 years ago Rick managed another Florida Blue Agency for 8 years establishing them at the time as the largest in Florida. When the opportunity came to start his own Franchise "Apple Insurance" he took Marc Fine with him and the rest is history. Together they created the winning team! Now one of the largest Florida Blue Agencies.

Shawn Ellen • Operations
Responsible for implementing the strategies and technologies necessary for Apple to achieve sustained and profitable growth, and for implementing and supporting proprietary Apple solutions that help agency peers manage their business lines. Shawn works closely with Florida Blue to help Apple assert itself as an agency leader.



Marc Fine • Managing Partner
With over 15 years of sales and management experience in the health insurance industry. Marc was a top Florida Blue salesman for many years. Whether it be health, Medicare, life or any other personal line of insurance, Marc has put Apple Insurance at the front of the line to help people with their needs.

Stephen Clouse • CTO
Responsible for strategy and operations regarding all technology investments. Stephen's core focus is scaling Apple's sales and marketing engine effectively and efficiently through selection, implementation, and adoption of enabling technologies such as CRM, Marketing Automation, Workforce Management, Analytics, and others as needed.



Sharon Zilberman • Executive V.P.
Overseeing the overall operational functions of the company across all of its core business units. While navigating the constant changes within her industry she provides daily business counseling to the staff and agents. She embraces the importance of creating a positive work culture by promoting collaboration and training amongst all staff/agents.

Sydney Bavaro • Director of Marketing
Overseeing all marketing related matters for the company across all digital and print platforms. While navigating the ongoing changes in the insurance industry with the VP of Operations she provides constant updates and new material to keep the company and its agents ahead of the curve with the most up to date marketing material.



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Meet The

Richard Family



Florida natives Ryan and Michelle Richard enjoy sharing their Coral Springs lifestyle with sons Dominic, 9, and Duke, 7. Two dogs and a horse complete the family circle.

A mechanical engineer, Ryan is director of operations for one of the largest independent elevator and escalator parts manufacturers in the US, where he has worked for more than 16 years. Michelle is a photographer and owner of Michelle Richard Photography with a local studio. Her specialties include newborns, children, family, and equine work.

Both of their sons play baseball for Coral Springs American (CSA) Little league, and have a love of fishing. Duke plays coach pitch for CSA and Dominic plays kid pitch as well as played on their all star 8 U team last fall. The brothers love outdoor activities like basketball, fishing, riding their bikes, and go karts.

Ryan is Vice President of Coral Springs Little League association and Michelle runs the marketing and advertising along with being league photographer. "Baseball is life," she giggles. Michelle is also heavily involved with PTA at Riverside elementary as well as being room mom for both boys. Together, Ryan and Michelle enjoy living a fit life which always includes working out and exercise.

Ryan tells us, "I'm really glad to be passing on America's favorite pastime of baseball to our boys, teaching them to be good humans, and that sportsmanship does matter. It's exciting to watch them grow into young men that I am proud to call my sons."

When they aren't in lockdown, at work, or school, the Richards especially enjoy going to the baseball field, fishing, swimming in the pool, and family movie nights. Speaking of social distancing, Michelle tells us, "We have dived deep into home renovations during the quarantine and may have a new house before it is done; having completed 2 new bathrooms, as well as painting and laying wood floors. We have enjoyed outdoor activities with the kids and I've earned my teaching badge for Homeschool mom of the year, LOL!"

When they are back in school, the kids attend classes at Riverside Elementary. Dominic is in 3rd grade, where his favorite subject is science. Duke is in 1st grade and his favorite subject is math.

The family attends services at Community Christian Church.

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CEO and Founder of USPA Nationwide Security, Parkland resident Michael Evans runs a thriving business and continues his extensive philanthropic work. When he's not coaching lacrosse at Lax Mafia and Saint John Paul II Academy, this married father of three runs an international security firm based in New York City. USPA contracts conventional security guards and highly trained bodyguards, anti-kidnapping, and abduction support to individuals and companies in addition to other services.

The scope of the firm stretches beyond typical business models. Although his clientele list consists of high profile names, some services are available to anyone in need at no cost in most cases. Evans' Kingsman Service is primarily focused on assisting women and children who don't have the funds or the means to protect themselves. Most often, this service comes in the form of abduction support as well as domestic violence support.

Safety For All

By utilizing Facebook ads, informants, and other resources independent of law enforcement, USPA is able to reach victims of abduction and domestic violence. From there, they can safely remove them from dangerous circumstances. Sometimes it's simply standing guard while a woman packs her belongings and leaves an abusive relationship. However, USPA may go as far as providing her with transportation, food, and temporary shelter until a more permanent solution is drawn up. Throughout the entire relocation process, these women and their children's safety is the utmost priority.

Evans describes a recent international case his firm handled, in which they were able to safely extract a mother and her two children from a hostage situation overseas and return them to the U.S. Upon their arrival, USPA rented a temporary home for the family until they were able to permanently settle out west. Although quite remarkable, that's regular business for Michael and his team. Because of USPA's expertise and attention to detail, women and children are being given back their right to live free of oppression every day.

By Shellie Miller-Farrugia. Photo Credit USPA Security

With the COVID-19 pandemic heavily affecting special populations like single mothers, Michael and his experts have organized many grocery and food deliveries in an effort to lessen their burden.

"Once I started giving my services away and stopped asking 'what's in it for me?', everything I wanted began to take shape"

"Once I started giving some services away and stopped asking 'what's in it for me?', everything I wanted began to take shape," Michael explains. By keeping the company private and donating half of its profits, he is able to continue these charitable efforts. Although it's easy to question how such a business strategy makes sense financially, Evans believes in it wholeheartedly. This framework is detailed in his widely popular book *The Real Matrix*, in which all profits finance kidnapping recoveries. Taking in these victims is more than just charity work. In Michael's viewpoint, it's saving human lives and healing families.

As a child who was raised by a hard working single mother, Michael felt a special gratitude toward those who supported his family when they were most in need. He knew that one day he wanted to become that person—that light in the lives of others who are struggling. After an extensive career in law-enforcement, he started his company from nothing in 2005. It was just a few short years before profits skyrocketed. Evans gravitated toward his philanthropic principles, and believes wholeheartedly that success followed as a result of the benevolence.

With South Florida being a major hotspot for human trafficking, USPA has plenty of work within the U.S. However, a great deal of their free services happen abroad as well. Mexico is certainly a focal point, where abduction for ransom runs rampant. In cases like these, support from informants plays a huge role.

The Bahamas is another epicenter for crime. It wasn't long ago that Marsh Harbor was ridden with poverty and corruption following Hurricane Dorian. In the midst of complete destruction, Evans' team provided aid to affected Bahamians. USPA's humanitarian work included relocating people off the island, securing the food

supply, and protecting citizens against home invasions. In total, USPA employs 5,000 contractors in 14 different countries. Evans says his contractors work with him, rather than for him.

Panic Room USA is a division under USPA Nationwide Security. The company builds safe rooms in homes, businesses, and wherever else they are needed. These rooms were initially constructed for government facilities, such as embassies requiring nuclear shelters to be put in place. However, the service has since been offered much further—even to schools. Evans ponders, "Why are we only doing this for governments? We should have these implemented in schools."

Relatively obscure to the public eye is the hijacking of supply chains. A major security threat, cargo hijackings



occur both on sea and on land. USPA frequently aids in the protection of shipments entering the U.S. through either the Gulf of Mexico or off the coast of San Diego. On land, his team has contracts to protect trucking companies that primarily move food supplies.

It's especially impressive that, although USPA offers an extensive catalog of paid services, kidnap recovery, abduction support, and domestic violence are offered completely free of charge in many cases. By providing these resources at low or no cost, Evans is able to have an outlet for his true passion, which is to extend a helping hand. Through his care and compassion for others, Michael Evans is living proof that thriving success can be attained when your heart is in the right place.

For more info on USPA Nationwide Security see www.uspasecurity.com



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

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

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Parkland P-Rec

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www.parklandrangers.com See ad page 12.

Flag Football

PARKLAND FLAG FOOTBALL
For more info, see www.parklandflag.com
See ad and article pages 14-15.

Lacrosse

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

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PARKLAND SOCCER CLUB
For more info, call (954)410-5172 or www.parklandsoccer.net

PARKLAND TRAVEL SOCCER CLUB
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Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105



Parkland Flag Is Back!

By Matt Kaufman

The kids need something to look forward to and we are ready for them.

We are optimistic and plan on having a league. We will keep everyone posted throughout the summer on details as they develop.

For right now, please go to www.parklandflag.com to sign up. We are running a discount through June so get on it. Because the demand has been incredibly high in the past the absolute LAST day to sign up is August 10th. If the season is cancelled before it starts, there will be full refunds.

We would love to have every child from Kindergarten through High School sign up. If you are living outside of Parkland, your kids are certainly welcome to play. The city does charge an additional fee that you can take care of during registration on the site. The cost does include the uniform.

Every child will either be placed (Kindergarten) or drafted onto a team. This includes the High School league. High School is our area of largest growth potential. Spread the word to every boy that will be in 9th-12th grade that we have a league for them. Get off the couch, see their friends, blow off some steam from school and run with some talented kids. We had a high level of athletic ability on the field last year.

Our Kindergarten league is also growing heavily. Tell every family that has a boy or girl going into Kindergarten to give it a go. They will love it for years. This is where it all begins.

At this time, we are planning to have evaluations starting August 17th at Pine Trails Park. Details to follow.

Want to get involved? We would love to have you. Coaches for every age group are needed. You will look back on the pictures and video from your season and be glad you stepped up. Your kids will love having their parent coach. We will make sure you have help in case you have to miss a game or practice. Just ask anyone who has coached in the past. The season will begin September 1st and run through November 7th.

For those of you who are first timers, please know that kids from all levels of ability and experience play. Everyone has a first year. Take the plunge and sign them up. All the coaches understand that some kids will need more explanation than others. The other players are welcoming and help out as well. That is what makes it great; Watching a child learn the game and become a contributor to the team. Building their confidence so they want to play again next year.

If you want to learn more about the game, please go to the website. Click on Resources and there is a tab to read the rules.

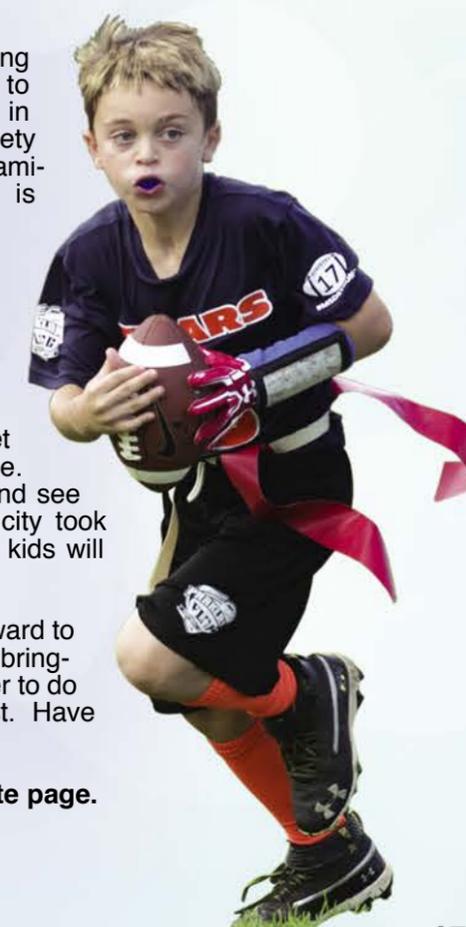
With all that is going on we may have to modify the league in some way. The safety of the kids, their families and referees is paramount.

Feel free to ask any questions. Our email is info@parkland-flag.com.

Get your cleats. Get your mouthpiece. Stop by the field and see the new turf. The city took care of us and the kids will benefit from it.

We are looking forward to a great season of bringing the kids together to do what they do best. Have fun.

See ad on opposite page.





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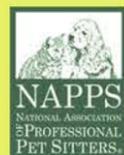
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Broward County June Happenings

By Michael Udine, Broward County Commissioner

The enduring strength of our community has been demonstrated through an unimaginable disruption; the COVID-19 pandemic. Drive by birthday parades, setting up distance play dates for the kids, or Facetiming and Zooming to keep in touch has become the norm. We continue to learn how to "socially" reinvent ourselves and the way we traditionally interact. So just like Nike says, "Just do it", pick up the phone, jump on zoom, or drive by and wave—you just might make someone's day.

Getting people back to work in a safe manner is top priority. As Broward County is in the process of reopening businesses, parks, and other segments of our economy we will continue to work with health experts to determine the best protocols to promote safety. Although we will be looking at a new business models, let's utilize our entrepreneurial spirit to help get our business community get back on its feet. Broward County OESBD will be available to partner with local businesses to determine the best way forward for all in the community. Please follow me on social media or check www.broward.org/econdev for more information on how we can work together.

June 1st is the start of Hurricane Season, and we need to think about that too. Now is the time to get out your family's hurricane plans and update them. Check your hurricane supplies. Make sure you have food and essential medical supplies for at least 7 days. Broward County is in the process of

preparing shelters, and other emergency operations for the possibility of a storm during the COVID-19 pandemic. In South Florida we always need to be prepared, and this year those plans may look a little different than normal. If you need additional information on hurricane preparations, please visit Broward.org/hurricane for more details, or visit your city's website.

Congratulations to the Class of 2020 on their graduation from high school and college. As the proud parent of a member of the Class of 2020, I know this has not been the celebration envisioned of this exciting time in your life. Know that your community applauds you and is so proud of all that you have accomplished in your academic careers. Here's to a bright future for our 2020 grads!

As the Udine family celebrates Father's Day, I want to say a big thank you to my own Dad who has been a great role model in my life. As I celebrate with my family, I want to wish all the Dads out there a Happy Father's Day. Enjoy the day and relax. You deserve it!

Staying connected with the residents of District 3 is a top priority for me. I can be reached at:

- Via Email: mudine@broward.org
- Via Phone: (954)357-7003
- On Facebook: @CommissionerMichaelUdine
- On Twitter and Instagram: @MichaelUdine



By Matt Kaufman

The Rewards of Coaching

In youth sports, we have a universal challenge. We have to beg folks into coaching. We sometimes use strong language to shame someone into taking a team, or use guilt or threats to turn kids away if necessary.

One of Parkland's parents has my utmost respect. He pulled me aside one day and said:

"This way is not working and it gives a negative impression."

After reflection, I realized he was spot on. Instead of explaining to everyone the ramifications of what happens if they do not coach, it is time to shine a light on what happens if you do.

You have some control. You get to evaluate the kids and choose the ones you want. Here is the chance to have your daughter on the same team as some of her friends. You make it more fun by selecting good attitudes and fun families.

In the first set of practices you get to know new families, particularly the kids. I cannot tell you how many friendships have been formed through my coaching for my entire crew. This is our circle of friends now, and I never saw that coming.

There is nothing like the rush of seeing a kid excel. When a child scores their first touchdown you see the elation on their face, hear the screaming of their parents. How about a kid who was a middle of the road athlete and they have a moment of stardom? How about the best of athletes finally gets to taste success? These kids crave winning and to bring that to them validates their effort. Imagine a great math student who finally gets a terrific teacher. The sky is the limit for that kid.

There is also the chance to extend past coaching the game. Teaching patience, maturity, teamwork, competitiveness, toughness, humility, understanding that terrible calls happen, to make sure that first timers get a chance to touch the ball and to be coachable, which is critical to any career. To recognize that I am in a uniform, with cleats on, running around on a beautiful field with my friends, while my family is watching and cheering me on... This is where the magic is folks.

Coaching is the opportunity to create an experience for the families of Parkland. It gives them memories and provides

the opportunity for everyone to get together for something positive. This is what builds a community.

And afterwards, we go for ice cream.

Seriously everyone, what is better than all of this?

Nothing.

It ain't perfect by a long shot, but that is what makes it great. The family that cannot be there on time. The kid who forgets his mouthpiece every game. The kid that runs left even though you pinch her right arm to remind her to go right. The kid who has to go to the bathroom every game. These are the memories that you take away, chuckling at the end.

The part I love most is the long term impact it has on your own child. They see their parent taking leadership responsibilities in the community. We are teaching them to step up, as well as teaching them how to make a bad situation fun and a good situation great. We teach them how to think of other people besides themselves.

The life lessons go on and on. All from coaching.

For a couple of months, you will leave work early a day or two a week. You will have to ask your assistant coach to cover for you during business travel. You will have to scurry through your house grabbing cleats, mouthpieces, plays and your bag as you run out the door. You will go to bed thinking at night creating a new play to get one of your players in the end zone.

You will get caught up in it.

And your kid will love it! They will look at you in a new way. With respect and appreciation. So will all the other coaches, players and their parents. You become a celebrity at Publix.

You have my word. You will never regret spending more time with your child and all the kids.

Never.

The impact will stay with you for years. Not just with them.

With you.

Family Sports Health

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.



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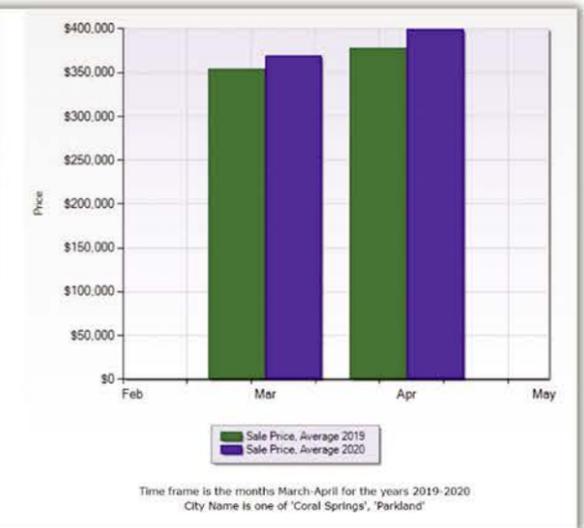
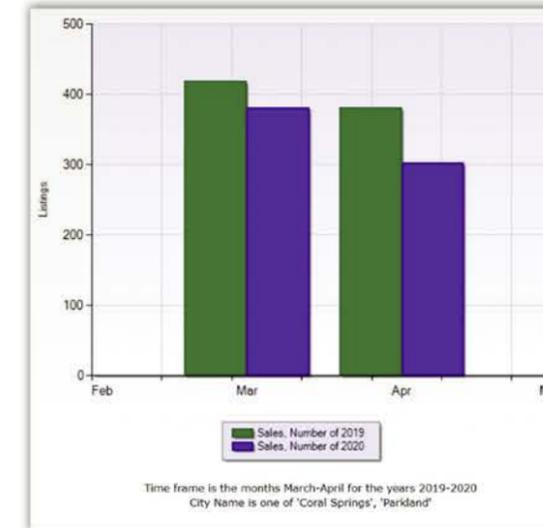


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I am frequently asked what impact will the pandemic have on our real estate market. Since we are living in uncharted times, it is hard to predict the future of the market. As you would expect, there is an abundance of conflicting and varied opinions from the experts.

On a personal and local level, the Bill Sohl Luxury Homes Team experienced a very active and strong market during March and April. Five of our listings went under contract and 6 closed during the shutdown. We also acquired 2 new listings, during that time, and both went under contract within days. In addition to our listings, we represented buyers in 4 separate transactions. Therefore, from our perspective the market remained strong. However, the data from the MLS for Coral Springs/Parkland revealed some signs of weakening. While the average sale price was higher for March/April 2020 when compared to March/April 2019, the number of sales decreased.



Understandably, high unemployment, a weak economy, uncertainty, and confusion will negatively impact the market. Yet, our observations and research are showing a trend which could favorably impact the Coral Springs/Parkland market in the long term. Many individuals, who reside in high-density communities, are now desiring a home and environment with space. Specifically, they want to live, work, play and breath within their own personal space. Not only do they want personal outdoor space, many need more indoor space. As a result, "Personal Space" is quickly becoming the number one amenity buyers are seeking. For instance, many buyers are seeking the following:

1. A lower density community
2. A personal and private backyard.
3. They want to leave their home and walk within their community without encountering large numbers of people or crowded sidewalks.
4. Many buyers no longer want to use an elevator.
5. An attached garage. They do not want to park in a shared parking garage
6. Private pool.
7. A room for a home office
8. Room for a home gym.
9. Space for "worry free" time to enjoy family and friends.

There is no doubt the virus will forever change the way we live and it will set new priorities for us. Consequently, one cannot help wondering if the below mentioned factors will become essential for some buyers.

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