

2020 -2021 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

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FEBRUARY				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

JANUARY				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

MARCH				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

APRIL				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
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26	27	28	29	30

MAY				
M	T	W	T	F
3	4	5	6	7
10	11	12	13*	14
17	18	19	20	21
24	25	26	27	28
31				

JUNE				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

- Employee Planning (no school for students)
- Schools & Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First & Last Day of School

Visit [browardschools.com/accessiblecalendar](http://browardschools.com/accessiblecalendar) for calendar updates. Hurricane makeup days in order of preference: 10/16/20, 1/7/21, 2/18/21, 3/18/21, 4/8/21, 6/9/21 \* May 13 may be a no school for students day, depending on the testing schedule calendar

# Spectator

August 2020



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## Back to School...finally?

Wow! It's time for another back-to-school issue... one like we've never had before. Despite our "interesting" circumstances, schools are preparing for classes to resume, whether they end up being all online, or a mixture of in-person and virtual classes, our children will have the opportunity to further their academic achievements as we await the resolution of our altered lifestyles.

This issue has a lot of great features and we are so encouraged that you and your family have received it. Check out the Broward County school calendar courtesy of Broward Health Coral Springs and put it up where you can check it regularly throughout the 2020/21 school year.

While you're getting in the Back to School groove, stay cool out there, wear your mask, and remember, our prayer is for every family touched by the Spectator and every home in between.

God bless our troops,

*Shellie & Scott*

## Shame in the Game

By Shellie Farrugia

Minding my shopping list AND my business, I was enjoying a self-tour in the produce section of a local grocery store. The tomatoes were plump, the music was nice, the lettuce looked crisp and then BLAMMO! Out of nowhere, a woman I'd never met came up and quietly inquired, "You know those cherries in your cart?"

I replied, "Yes, they are just over there," and pointed out the display to her.

"Do you realize that they are NOT organic?" She retorted in a disappointing tone.

"Yes, I don't need organic, but my husband wants some cherries." The look on her face reminded me of mine when a misstep has smeared dog poo on my shoe and tracked it into my kitchen.

"They are NOT organic!" She repeated as if I were a hard-of-hearing, demented, elderly woman incapable of comprehending this horrible fact.

For the first time in my life, I'd been food shamed! Not for drinking a breve, full fat latte, and not for stuffing my face with jellybeans and popcorn at the same time, but for buying produce! And this woman wasn't my mother, my sister or my therapist! (Two of which I don't have, but for purposes of illustration, let's pretend).

And to put a sharper, more poignant point on my point, a friend was recently sharing a story about her daughter. Her sweet, shy, 12 year-old girl still enjoyed playing with Barbie dolls. Great! Many of us did.

Two years ago, she was so excited that a school friend was coming for a play date. Things were going perfectly; swimming in the pool, snacks on the patio, a board game in the playroom. And then her friend said, "What's your Instagram?" My friend's daughter doesn't have one. And then her guest noticed the Barbies. "You still play with Barbies?" She asked in a derogatory tone.

The following day at school, the girl was questioned by other classmates and made fun of for her lack of social media and love of Barbie play. She wasn't harming anyone with the things she did and didn't do, but the judgement and shaming of others did its damage.

She came home from school that day, boxed up her favorite dolls and asked her mom to donate them.

My shaming in the grocery store wasn't a turning point, but this young girl's was. The natural course of life forces all of us to grow up, transition to the next maturity level, and take on bigger responsibilities, but does shaming someone into another's perceived "better" choices benefit anyone?

There is considerable pressure for academic achievement for our kids. I believe that one of the main problems we are seeing with this "entitled" generation stems from parents. In an effort to make their children's lives less complicated, parents have actually made them more so in not insisting on considerate social responsibilities. Now more than ever, we should be teaching our children that it's wrong to judge others for things that have no influence on our personal lives.



Publishers, Shellie & Scott Farrugia

### Spectator™ Magazine

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Meet The  
**Chawla Family**



Jesse and Kristen have really enjoyed living in Coral Springs for 9 years with their two kids, Alyssa, 13, and Lucas, 10. Kristen is a busy homemaker, while Jesse is a medical device sales manager, working with ENT doctors to help patients with chronic sinus disease.

The family's faith is of utmost importance to each of them. "Faith is the glue that holds our family together," Jesse tells us. The couple was married at Calvary chapel, where they have been in attendance for 15 years. They have also attended services at Church by the Glades.

Alyssa is involved in competitive dance, and is accomplished enough to be part of her studio's Upper X Dance Team. Lucas plays basketball for the Coral Springs Basketball Club, and has enjoyed being part of that league for 4 years.

Athletic parents, Jesse and Kristen enjoy working out together. Jesse has been coaching youth basketball for 4 years for the city of Coral Springs. Kristen spends a lot of time volunteering at Park Springs Elementary. Both are passionate about their Christian faith and the organization 4 Kids of South Florida.

Their favorite family times, when not working or at school, include traveling together, enjoying the beach, the swimming pool, movies, and eating out.

Alyssa attends Forest Glen Middle and is in their (PQL) Pre-Quantum Leap Program. She is in 8th grade, and her favorite subject is science. "I would like other families to know that our family always tries to do good for others and to treat everyone with kindness and respect," Alyssa says.

Lucas attends Park Springs Elementary and is in the 5th grade. His favorite subject is math. He tells us, "I would like other families to know that we eat dinner together as a family every night, and my parents have a "no electronics" at the dinner table rule."

Some of the things they enjoy most about living in the Coral Springs/Parkland area are that it is an active, culturally diverse, family oriented area. It's also centrally located to attractions in Broward County and Palm Beach County.

Kristen tells us, "Something positive that has come out of the pandemic for our family is slowing down. Sometimes we need to hit the pause button and appreciate the small things, like quiet times and spending quality family time together."

As we leave this lovely family, happy to get to know another group of people that share our beautiful corner of Broward county, Jesse leaves us with a scripture they all strive to live by:

"As for me and my house, we will serve the Lord" Joshua 24:15

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## Back To School: Quarantine Edition

By Ashley Ferraro

After cutting the 2019-20 school year short this past spring, it appears that Covid-19 will be interrupting the 2020-21 calendar as well. Local students have been eagerly awaiting a decision from the Broward County School Board regarding whether or not they will be expected to physically return this fall. On the other hand, parents have just as much of a stake in the ruling. Although having their children at home has become a major adjustment, many Parkland and Coral Springs parents are happy to do so considering the alternative.

Ultimately, the decision to go back or not is in the hands of Broward County school Superintendent Robert Runcie. He addressed the county in a virtual workshop on July 14th, stating "If conditions do not improve, and continue to worsen, that [distance learning] is the only way we can educate our students while keeping them and our teachers healthy and safe." With the first day of school scheduled for August 19th, it's hard to imagine conditions dramatically improving to the point of placing children in crowded classrooms.

According to incoming junior Sophia H., a poll was taken amongst Stoneman Douglas students to determine if the majority would prefer hybrid online and in person classes, or 100% online for their first semester. She concludes, "Online classes won the vote. I voted for it because I can actually do school work without worrying about getting sick or bringing Coronavirus home to my parents."

Coral Springs resident Octavia B. has two children who are students at Riverside Elementary. She agrees that having all five kids at home is stressful, but can't imagine her youngsters being protected from the virus at school. She adds, "I can't even get my 6 and 8-year-old to keep their masks on for 5 minutes at the grocery store. Plus, they want to touch everything they see. It would be impossible to put them in masks and keep them apart from each other. I'd feel better just having them at home until things get better." Octavia says her kids are happy to stay home for the time being.



"I like being home from school. It feels like summer is just not going to end," claims Westglades Middle 7th grader Kayla S. She lives with her parents and two brothers who also attend public schools in the community. However, she admits there is one drawback, "It will be weird without my teachers. Doing it all online isn't the same—and I don't know what I'm going to do without my friends."

Fortunately, many parents and students in the area are supportive of the continued distance learning, which appears to be the inevitable resolution. However, some parents have raised questions regarding the quality of learning their children will receive. It's a grey area in certain cases, but it's important to stick together as a community (6 feet apart, of course.) No choice is made lightly, and we must remind ourselves that this pandemic is new territory for everyone.

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Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
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# Parkland Connections

## Parkland Little League

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

## Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://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](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

PARKLAND FLAG FOOTBALL  
For more info, see [www.parklandflag.com](http://www.parklandflag.com)

## Lacrosse

PARKLAND REDHAWKS  
For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)  
See ad below

## Soccer

PARKLAND SOCCER CLUB  
For more info, call (954)410-5172 or [www.parklandsoccer.net](http://www.parklandsoccer.net) See pgs. 18-19

PARKLAND TRAVEL SOCCER CLUB  
For more info, call Keith Brodsky 954-439-2596  
[www.parklandtravelsoccer.com](http://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](http://www.NBPS.org)  
See pages 6-7.

## Health & Fitness

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## 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](http://www.ParklandBuddySports.com)

CHALLENGER BASEBALL LEAGUE  
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**THE FRIENDSHIP JOURNEY**  
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only  
Soccer - Ages 3 - 12  
Baseball - Ages 3 - 7

[www.i9sports.com](http://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

# Family Sports Health

## Stress Fractures

By Dr. Howard Gelb

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.



**Howard J. Gelb, MD**

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

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2021 SEASON

## 2021 Registration is Now Open

[www.parklandlacrosse.com](http://www.parklandlacrosse.com)  
**Boys & Girls Grades K-8**

Registration is on a first come/first serve basis. Divisions will be closed out when the maximum number of coaches/teams have been reached.

### First Time Player Clinics

(Pine Trails Park- Turf Field)

Sunday, Sept. 13, 2020 9-10 AM

#### DIVISIONS:

U14 7th & 8th Grades  
U12 5th & 6th Grades  
U10 3rd & 4th Grades  
U8 1st & 2nd Grades  
U6 Kindergarten  
(Lil Laxers = Soft Sticks)

#### BOYS & GIRLS FEE SCHEDULE

U6 ..... \$50 + \$30 USL fee  
U8 & above.... \$200 + \$30 USL fee  
All players must acquire US lacrosse membership directly from US Lacrosse prior to registering. \*NEW USL LDAM RULES

#### PRACTICE

• Preseason begins in January • Regular Season begins in February

For questions please email [parklandredhawks@gmail.com](mailto:parklandredhawks@gmail.com)



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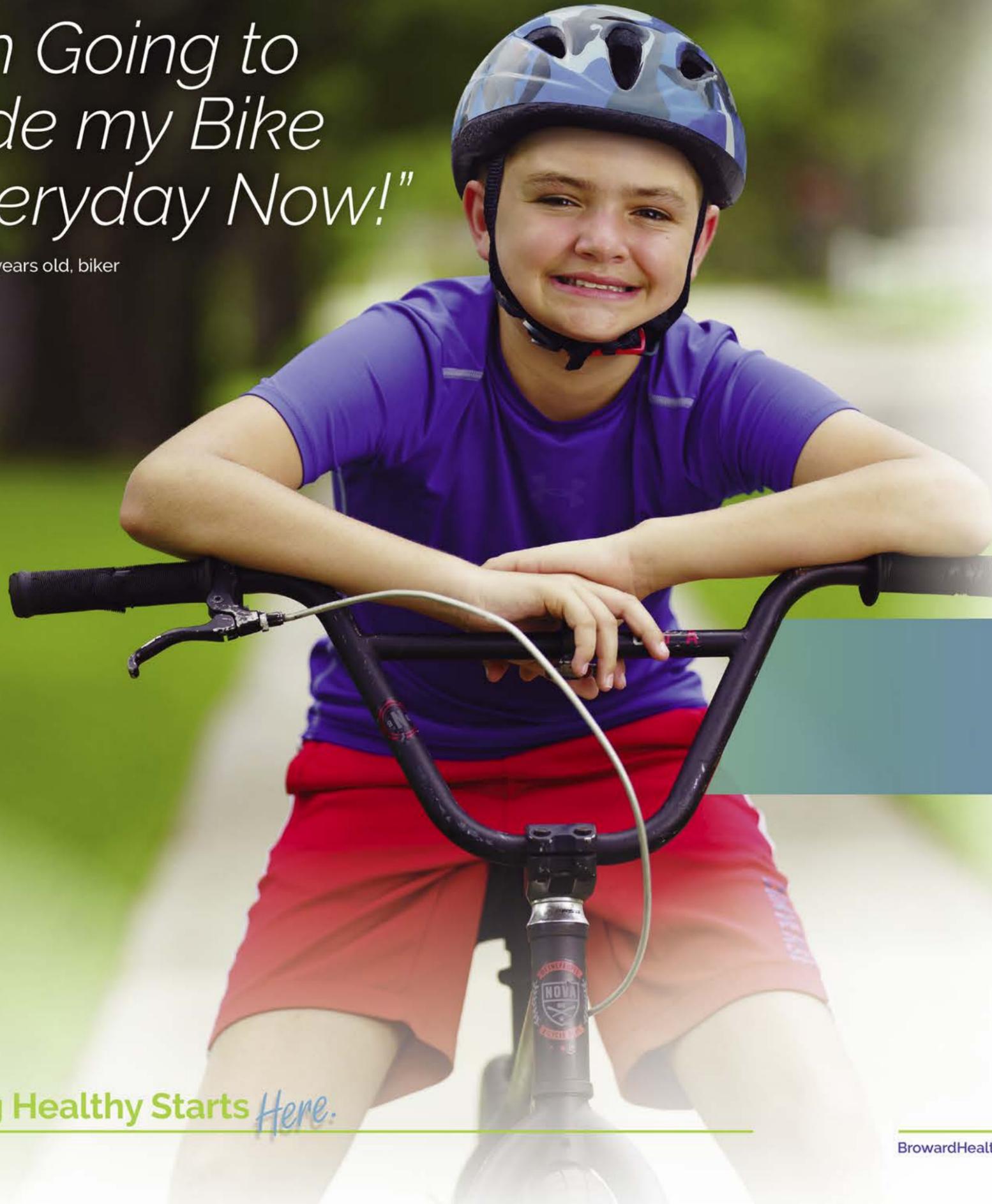
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*"I'm Going to  
Ride my Bike  
Everyday Now!"*

- Evan, 12 years old, biker



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While playing with his friends recently, Evan took a fall from his bike. Evan's mom took him to the Broward Health Coral Springs Emergency Department. After receiving high-quality, compassionate care from Kenneth Jeffers, MD, a board-certified orthopedic physician, Evan made a full recovery from a broken wrist.

*"The entire ER team at Broward Health Coral Springs immediately put my son and me at ease."* - Amber, Evan's mom (Parkland resident)

To find a physician, call **954.759.7400** or visit  
[BrowardHealth.org/Find-Doctor](http://BrowardHealth.org/Find-Doctor).



Being Healthy Starts *Here.*

# Parkland Soccer... Let's Get the Ball Rollin'

By Stacy Case

Given all of the unrest in the world recently, Parkland Soccer Club still has its eyes on the prize..... to give area youths a safe environment in which to participate in one of the most popular sports across the globe.

As the organization's registrar since pretty much its inception more than three decades ago, Pete Gado is doing all he can to ensure that this well-oiled-machine can run smoothly once again. However, the 'virus' has taken a toll on the league, and delayed its start of registration, which is usually in late June. According to Pete, there is still plenty of time for players to sign up so they can do what they simply love. Pete says, "Just to have some fun out there" is highly important, especially now more than ever, as "many kids have been just sitting around for the past few months." With the hard-working league and Pete doing all that is possible for the players, the season outlook seems to be a positive one.

"Even though we were nearly a month late starting on our registration (due to local government mandates), we still have several hundred players signed up already," says Pete, who is optimistic about getting to last year's participation of about 1,300 players. "At this point, I'm very hopeful that we'll get close to the same amount as last year."

Assuming the league's season goes as scheduled, registration will remain open for several more weeks, followed by player evaluations beginning in September, then pre-season practices in October, with the regular season games starting up in mid November. The season is estimated to conclude in March. And as it is a recreational program, all of those who register, will be assigned/drafted to a team.

The recreational side of the Parkland Soccer Club welcomes both boys and girls from ages U5 up to U17. Starting at the youngest groups, there is a coed program for ages U5, U6 and U7, then an option for only-boys and only-girls division for ages U5, U6, U7, U9, U11, U13 and U17. However, the formatting of the older divisions may be altered once the final registration numbers are compiled.

Regardless of age or gender, games are generally scheduled to be played at Pine Trails Park and, according to Pete, all participants will be assured nothing short of another great season of Parkland Soccer.

"We're going to still have a fun season because that's what we're all here to do," adds Pete. "We're here (again) to educate the kids on how to play a better game of soccer while having a good time."

When the players do take to the field, the league will adhere to safety protocols that will have been set forth by the local authorities. Those exact details are still yet to be determined.

For more info, visit [parklandsoccer.net](http://parklandsoccer.net)



To Advertise Call 954.753.4300



## PARKLAND SOCCER

2019-2020 RECREATIONAL PROGRAM

**ONLINE REGISTRATION ONLY**

Visit: [www.ParklandSoccer.net](http://www.ParklandSoccer.net)

**ALL PLAYERS** must have a copy of a birth certificate and 2 proofs of residency. **NON RESIDENTS** must have a valid city sports card in order to register. Online registration also for coaches, assistant coaches and team sponsors.

**FOR MORE INFORMATION**  
954-410-5172 or email [p6336@aol.com](mailto:p6336@aol.com)

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Emma, who had a back injury. Photo taken pre-COVID-19.



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Serving our Parkland and Coral Springs community for nearly 50 years, Reliable AC Services is a family company that guarantees dependability and fair pricing. When it comes to your home, business, and especially your family, integrity is important. Partners Steve Lerner, Gregg Browne, and Jonathan Tovar are your Coral Springs neighbors who also specialize in Air Conditioning sales and repairs. Whether you're a first-time caller or a lifelong client, their professional team of technicians are on stand-by for you. From maintenance agreements to indoor air quality and duct sanitizing, to 24-hour emergency AC repair, Reliable AC lives up to its name.

Steve Lerner lives in Coral Springs with his wife and two children. Offering commercial and residential maintenance agreements, the company provides a trustworthy alternative to those fickle, faceless appliance warranties. Reliable AC wants to get to know you, your Air Conditioning maintenance goals, and offer you a competitive plan.

Reliable AC Services acts like a guest in your home. In order to maintain home health, they offer indoor air quality and duct sanitizing services. Sometimes referred to as "a flu shot for your home," Gregg personally recommends the REME HALO. It's an in-duct purifier that uses groundbreaking Hydro-Peroxide plasma technology to purify pollutants in your home at their source. In addition to any duct cleaning service from Reliable AC, REME HALO can offer relief for sufferers of respiratory problems, like asthma or allergies. Gregg and his partners are so excited about its effectiveness, they will even include a free electrostatic spray cleaning for your ducts with the installation of the REME HALO.

Perfectly effective at this critical time, Reliable's one-step Whole Home Electrostatic Sanitizing service kills 99.99% of viruses, bacteria, mold, fungi, and germs throughout the home. With a broad-spectrum EPA registered disinfectant formula that is free of bleach and other harsh chemicals, Reliable AC's Botanical Solution is the best choice for sanitizing every family's home.

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Although Air Conditioning is their focus, Reliable AC Services also specializes in refrigeration and household appliance repairs. It doesn't matter if it's an oven, a washing machine, or a hot water heater. Most importantly, each client receives high-quality, professional, and friendly service. Reliable AC proudly services all of Broward and Palm Beach County. They are located in Coral Springs.

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**CORAL SPRINGS**  
The Maternity Place



## Benefits of Breastfeeding from a Doctor's Perspective

By Arlene Boykin, M.D., Medical Director of Neonatology, The Maternity Place at Broward Health Coral Springs

As we celebrate National Breastfeeding Month, we continue to observe the many benefits that come from breastfeeding. In my 20 years as a neonatologist, or baby specialist, I am pleased to see many new mothers choosing to breastfeed. However, I still spend time correcting myths about breastfeeding.

There are more than 100 components in breast milk that play a very important role in your baby's health. Breast milk contains:

- Agents that act as probiotics to promote a healthy gut.
- Anti-inflammatory agents to reduce injury and gut inflammation.
- Growth factors and antibodies to protect against infections and disease.
- Natural hormones to help intestinal growth.
- White blood cells that actively protect against bacteria and viruses.
- Several components that are important in brain development, eye development and memory formation.

Breast milk is so beneficial that depending on how much a baby receives it may reduce the risk of Sudden Infant Death Syndrome, diabetes, asthma, lymphoma, leukemia, obesity, hypercholesterolemia, ear infections, respiratory illnesses and gastrointestinal illnesses.

Because we know breast milk's advantages, we encourage all new mothers to breastfeed. But we realize there are circumstances that can interfere with breastfeeding, which is why hospitals like Broward Health Coral Springs offer classes and lactation specialists to our new moms.

The best time to get your baby started on the breast is immediately after delivery, as she'll be the most alert and awake for the first one to two hours after birth. New moms do not need to be worried that they won't have enough milk for their babies. An infant's stomach is the size of a walnut on the first day of life so he or she only needs about a teaspoon amount of feed every two to three hours. And the more the baby is on the breast, the more milk your body will produce.

Breastfeeding is natural and babies were born to breastfeed, but there can be stumbling blocks that make the process challenging. Remember, breastfeeding is a learned skill for both mom and baby.

I encourage new moms who are struggling with breastfeeding not to give up when it becomes challenging. Sometimes your baby will latch and sometimes he just won't, and that's OK. It's a normal part of the process. It takes about two weeks to establish a good breastfeeding pattern with your newborn.

We do advise new parents use caution when also using a bottle to feed. A baby gets milk from a breast differently than how he receives milk from a bottle. While breastfeeding, a baby pushes the breast up against the roof of his mouth and uses his tongue to help pull milk out. Milk is released more easily from a bottle, only requiring a baby to use his cheeks during sucking. If your infant becomes accustomed to getting formula from a bottle, he may not be interested in working harder to receive milk at the breast.

If you've never breastfed before, it can be challenging. Accept that you may need help and coaching. Every mother breastfeeding for the first time will need some instruction. Use your nurse, lactation specialist, experienced friends and even YouTube. Educate

yourself about the basics before you go into labor so you can focus on the joy of your new baby when he or she arrives.

Remember, most things worth doing don't always come easily at first. Give yourself and your baby the time, space and compassion to learn the process of breastfeeding and this commitment could possibly save your baby's life.

To learn more about breastfeeding, join The Maternity Place at Broward Health Coral Springs for a virtual WebEx class with Lactation Consultant Nicole Salisbury RN IBCLC on August 4 and August 26 at 6 p.m.



Arlene Boykin, M.D.