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It's All About Community!

Welcome to September!

Despite our "Groundhog Day" existence for these last several months, a slight change of pace shows us that "school is in session" in whatever form your child's educational venue has chosen to utilize as 2020 prepares for its final quarter. Regardless of our current state of affairs, there is still a lot going on!

From meeting a brand-new family to a highly successful Realtor, and onto articles focused on our health and well-being, we're also featuring loads of information to keep you 'in the know' about current events. Many of the connections you'll need to keep your children involved in safe, constructive extracurricular activities are here.

Make sure to cut out our Broward County Back to School Calendar on the back cover to assure that everyone's schedule in the family stays on track.

We are so blessed to be part of this community! Thank you for supporting our magazine and each of our advertisers! We are so grateful to arrive in your mailboxes and into your hands every month.

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

Shellie & Scott

Change it Up!

By Shellie Miller-Farrugia

If there is anything that we have been reminded of lately, it is that change is inevitable! Recently, a conversation with a friend of mine revealed that, in the psychology realm, there are six stages of change. Not that I want to dive into all of them here, but the interesting thing about these six stages is that every one of us goes through them! Think about the last time you made any kind of change in your life. There is no doubt that you had some pre-contemplation, which simply means the thought of changing something came to your mind. There were a few more steps until you got into action mode, and began the process to implement the change into your lifestyle.

Living the way we have for several months, many of us are ready to make major changes right now! I'm hearing about people relocating, and taking steps to live in places that are more amenable to their wants, needs, and lifestyle. Several of my friends have been blessed to find new, more exciting jobs. One of them made a complete career change, and is very happy because of it! My personal belief is that so many of us get comfortable with the status quo until we finally say, "Enough! I can accomplish more! I need a bigger challenge!"

19 years ago, my husband and I were facing a sobering reality. We knew that we had to make positive changes for our entire family, so we sat down and, over several months, came up with the Spectator! It had to be big, bold, and loved by the community. That was our initial goal, and we were laser focused. With the help of valued friends and our industry knowledge, we stormed the fields, took thousands of photos, interviewed athletes both professional and amateur, and built lasting relationships with local families and businesses. We are grateful for the many people who have encouraged us over the years.

But here is the thing... If we hadn't made the decision to make a change, we would still be stuck. There are so many people out there who feel stuck, and it hurts them to think about it. We get stuck in the job, stuck with the car that is unreliable, stuck with the wrong roommate, and/or stuck in a town that doesn't feel like home. Maybe you are one of those friends who feels like everything needs to change! The time is right now! Take a step... for yourself, your family, and your friends.

Scott and I still wake up every morning and give thanks for that day long ago when we felt discombobulated, a little lost, and unsure which way to turn next. Change is often scary and tough; but I firmly believe that if it's painted in a positive hue and nurtured with care, change is the only way any of us can expect to achieve a fulfilling life beyond the status quo.



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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- | | |
|--|-----------------------------|
| Publisher & Managing Editor | Contributing Writers |
| Shellie Miller - Farrugia | Stacie Boyar |
| Creative Director | Scott Brook |
| Scott Farrugia | Stacy Case |
| Photography | Ingrid Callahan |
| Scott Farrugia | Shellie Miller-Farrugia |
| Web, Social Media & email Marketing | Ashley Ferraro |
| Speedy-Designs | Dr. Howard Gelb |
| Links Media | Sinan Kassim |
| Distributed by | Khushi Desai |
| US Mail & Baron Express | Advertising Sales |
| 954-297-0731 | Office |
| | (954) 753-4300 |
| | Scott Farrugia |
| | (954)684-6590 |
| | Maggie Woodburn |
| | (561) 667-7910 |
| | e-mail: |
| | spectatormagsales@gmail.com |
| | Proud Member |



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Meet The

Yovino Family



Lou and Bridget Yovino settled in Parkland 18 years ago to raise their family. Their three children are Louie, 22, Nick, 19, and Ava 16. Their two Dobermans, Roman and Angel, complete the family circle.

Previously a dental hygienist, Bridget is the CEO of the household while Lou is the President of The Printers Printer, Inc (est. 1987). Lou tells us, "I'm a Coral Springs guy. I was raised there and graduated from Coral Springs High School class of '82."

He goes on to say, "Our 3 kids grew up in Parkland all going through the Catholic school system, Mary Help Christians and then on to St. Thomas Aquinas." The Yovino kids and their parents are a well-known Parkland sports family, and have enjoyed almost all of the recreational sports offered as Dad and Mom were both coaches encouraging their competitive play. Lou says, "I've coached Parkland Flag football, Parkland Rangers tackle football, Parkland Lacrosse, Parkland baseball and I play Buzzards Lacrosse with the men's league (who just won a state championship) which originally started as a father / son pick-up game here in Parkland." Bridget coached girls lacrosse as well.

All 3 kids have achieved notable accolades at St Thomas Aquinas High School. Louie: 3 time US Lacrosse All-American, State Champion, D1 scholarship with 4.8 GPA, Nick: 2 time US Lacrosse All-American, 2 time State Champion, D1 Scholarship, 4.85 GPA. Ava: US Lacrosse All-American as a freshman (sophomore year derailed with COVID), she has a 5.0 GPA and is currently being courted for a D1 Scholarship.

With the boys away at The University of Central Florida (UCF), Louie is currently in his 5th year studying Engineering (his favorite subjects are math & physics). Nick is in his 2nd year also studying Engineering (his favorite subject Science). Ava recently began her junior year at St. Thomas Aquinas, and her favorite subject math.

This close knit bunch are friendly, warm and lots of fun! When everyone is together, they enjoy riding motorcycles, working out / lifting weights, movie nights, and as much pool time as possible.

Bridget says, "Parkland has been a great community to raise our family! It has a small town 'Family' feel... Everyone knows your name. We appreciate all of the close friends we've made over the years."

Lou tells us, "The pandemic has given us more family time and a chance to accomplish more home projects. We've all become movie experts, and we have a big sense of appreciation that we are all healthy!"

The Yovinos attend services at Mary Help of Christians and St Thomas Aquinas Church.



There's Never Been
A Higher Demand
for Your Home!



The Coral Springs/Parkland real estate market is experiencing an extraordinarily strong seller's market for single family homes. Our community has never experienced a seller's market like this. Most of our listings receive multiple offers and go under contract within days. Record breaking price points are being set, the inventory is low, and the low interest rates are making this a great time to sell a home. Buyers want to buy in our area and current residents do not want to leave.

In addition to what we are experiencing in our community, Dr. Brad O'Connor, the Florida Realtors Association Chief Economist, announced Florida's inventory of single-family homes was 2.8 months during the second quarter of 2020. To put this in perspective, many economists believe a six-month inventory to be a balanced inventory between buyers and sellers. Therefore, the 2.8 figure is extremely low, and it is very favorable for sellers. It is so advantageous; the Florida Realtor's Associations recently announced the following:

"Florida homeowners: There's never been higher demand for your home.

You might be scratching your head as to why, during this time of uncertainty, people are choosing to make such a large investment. A publication by the Florida Realtors Association entitled "VIRUS MAY HAVE ACTUALLY BOOSTED THE HOUSING MARKET", suggests Americans value a single-family home more than ever. Specifically, the pandemic has created a fierce desire for space. Buyers want indoor, outdoor, private and personal space. A survey of home buyers mentioned in the article revealed the following:

1. 21% of respondents want a designated area to work from home
2. 21% want more outdoor space
3. 10% want a bigger home
4. 7% want a designated space for children to learn from home

The above-mentioned findings are what the Bill Sohl Luxury Homes Team is experiencing within the Coral Springs/Parkland market. Through our representation of buyers and conducting open houses at our listings, we have had opportunities to speak with numerous buyers. As a result, we learned people of all walks of life, of all stages of life, and from all over the country want a home with private and personal space. Not only do they want space within the home, they want a home in a beautiful low-density area.

If you recall in my June 2020 article, I hinted to witnessing a trend which could favorably impact the Coral Springs/Parkland market in the long term. That trend was the need for "Space." Since then, space has evolved into the number one amenity buyers want. My team and I are even seeing empty nesters, who previously down sized to a condominium or a smaller home, now wanting to purchase a larger home with a pool, a room for an office and space for a gym.

No doubt this market is difficult for buyers. If you are seeking to purchase a home, it is important to work with a realtor who has the experience and resources to help you successfully purchase a home. As always, I am available to assist you with your real estate needs. Please feel free to contact me at any time at 954-655-5097. Thank you for allowing me the opportunity to share my real estate knowledge with you.

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Coral Springs is 'Soccer' Ready!

By Stacy Case

The Coral Springs Youth Soccer program is pretty much chomping at the bit to get local youths back onto the city fields for this upcoming season. However, like most everything nowadays, the landscape of the 40-years-old plus organization will look quite different than it used to once it becomes time for the players to take to the fields at both Mullins Park and North Community Park.

CSYS President Steve Cimaglia sheds some light on the subject:

"Originally, I was optimistic that the players wanted to just get out of their houses and hit the field, but with the statistics of the virus cases having gone up, we, as a Board of Directors have worked really hard behind the scenes to put specific policies together to create the safest possible environment for all involved," says Steve, who has been on and off of the 30-member CSYS Board of Directors for about five years. "As a recreational league, we need to do everything we possibly can in order to stay safe for the kids, parents, referees and directors."

In fact, according to Steve, parents will be required to sit further from the sidelines than they had done so in years past.

So once all the safety precautions have been implemented, and registrations have concluded, practices are scheduled to start in mid to late November, followed by regular season games then concluding with the Soccer Bowl in early March for the older divisions.

(Boys divisions will include: U6, U8, U10, U12, U14, U16, U19. Girls division will offer: U6, U8, U10, U12, U14, U15, U10)

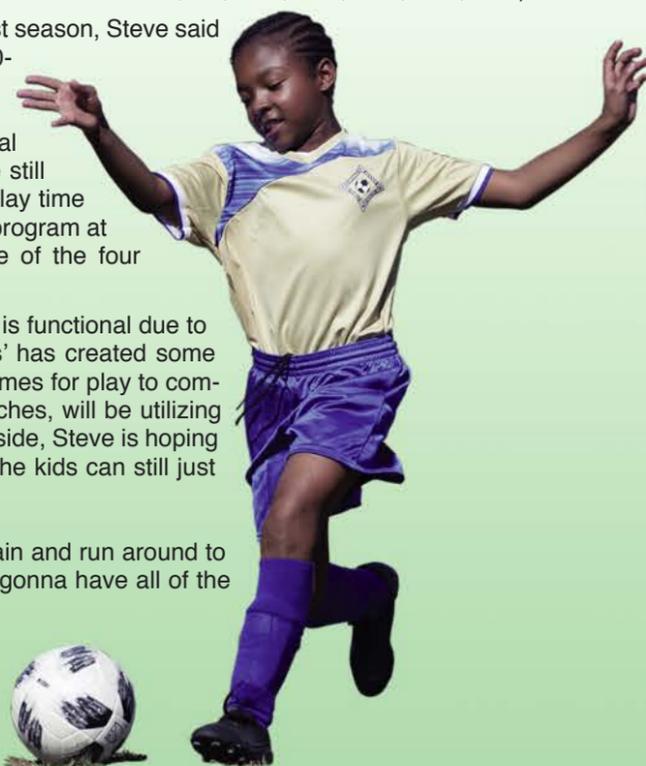
With the above timetable it may depend on how many players register. Last season, Steve said the league had about 2,200 participants and he is hopeful to have about 60-80 percent of that this coming season.

"Our organization has always been about being able to give kids in Coral Springs a recreational program of soccer where they can have fun while still having room in their schedule to play other sports and offer them equal play time rules," adds Steve, whose three daughters will have all gone through the program at some point. "We make sure each player is out there for at least three of the four quarters, and enjoys the safe, fun environment."

While CSYS, along with many other recreational youth programs all over, is functional due to a committed group of volunteer coaches and Board Members, the 'virus' has created some worry in parents registering their children to participate. When the time comes for play to commence for CSYS, Steve and his Board and anywhere from 400-500 coaches, will be utilizing all necessary precautions to make sure safety remains first priority. That aside, Steve is hoping that despite following the rules of social distancing and wearing masks, the kids can still just have some fun.

"I'll just be happy at the chance for everyone to get outdoors together again and run around to play, even though we'll be spaced further apart," adds Steve. "We're still gonna have all of the good things that soccer has to offer to our families."

For more info, visit CSYS.org and see ad on opposite page.



2020 CORAL SPRINGS YOUTH SOCCER ONLINE REGISTRATION



FOR NEW & RETURNING PLAYERS



Coral Springs Youth Soccer has developed a Covid-19 Safety Protocol for all members of our recreational league and all spectators who are present at the games and practices. We also strongly encourage our families to follow the recommended CDC guidelines for youth sports participation. Your understanding and cooperation will help provide the safest and healthiest activity for everyone possible in the presence of COVID-19.

Please read the CSYS COVID-19 Safety Protocol and Waiver on our website.

REGISTRATION NOW OPEN Through November 1st

Requirements for on-line registration are as follows:

1. New Players - Must include a copy of the child's birth certificate or passport.
2. New Players - Must include a copy of a utility bill showing a Coral Springs address.
3. Resident of Coral Springs.
4. Non-residents need to contact CS Gymnasium (954-345-2200) for a non-resident Family Sports Card. Price: \$194.88.
5. Credit Card or a PayPal Account for Payment. You may use your credit card directly via our PayPal interface - you do not need to have a PayPal account.
6. Total Fees: \$104 for players playing in the U6 and U8 age-groups
\$114 for players in the U10, U12 and U14 age-groups
\$124 for U15, U16 and 19U players.

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CORAL SPRINGS RECREATIONAL

For more info www.CSYS.org or call Mimi Milton for further info. 954-341-6391. See ad & article on pages 10-11.

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Special Needs

PARKLAND BUDDY SPORTS

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 or www.challengerbaseballofbroward.com

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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)

19 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

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Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
Sportsplex Tennis Center	(954)344-1840
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DIVISIONS:

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- U12 5th & 6th Grades
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- U6 Kindergarten (Lil Laxers = Soft Sticks)

BOYS & GIRLS FEE SCHEDULE

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All players must acquire US Lacrosse membership directly from US Lacrosse prior to registering. *NEW USL LDAM RULES

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Contact Susan Kelton (954)575-9575.

Tackle Football & Cheerleading

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Football Contact: 786-236-0948 or info@parklandrangers.com
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Flag Football

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

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com
See ad page 13.

Soccer

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

PARKLAND TRAVEL SOCCER CLUB
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Family Sports Health

The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.



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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A Survival Guide for Teachers

(the Covid-19 version)

By Stacie Boyar LMHC, MSed • www.namastacie.net

The first day of school is always such a special day! A day filled with excitement, anticipation, and joy. A brand new beginning is upon us. A day that is filled with hope! Hope for our youth; hope for a better tomorrow, hope for our future. The building is always abuzz with the hustle and bustle of teachers reorganizing their classrooms, decorating bulletin boards, color coordinating folders. Teachers are reviewing lesson plans, sharing new ideas, discussing their summer vacations. Smiles are given by your favorite custodian, warm hugs from the office staff, and you notice the familiar smells wafting from the cafeteria. There is the prospect of eager new students dressed in their new clothes, shoes, and backpacks.

Now that the school year is underway, your excitement may be replaced with anxiety and dread. Everything has changed, nothing is familiar. Some questions you may ask yourself are: How am I going to do this? How can I possibly prepare? How will I actively engage my students? What if I can't work the technology? One thing to remember is that we cannot control the external circumstances and challenges present this year. The good news is we can make personal changes that will help to decrease or eliminate our anxiety related to this school year.

SURVIVAL GUIDE

What can I do right now:

- Sleep 7-8 hours per night
- Exercise regularly
- Eat healthy
- Meditate
- Engage in activities unrelated to work
- Connect with others
- Limit social media and all media
- Practice self-compassion

What can I do next week:

- Set up a dedicated workspace. This helps form a work mode versus a disconnect mode.
- Set up boundaries. Be sure to set up a designated time for office hours where the students, parents, and even administration can reach you. Respond during these hours only.
- Set up reasonable expectations for yourself and your

students. By setting up small, timely, realistic goals, you will feel more fulfilled.

- Change your mindset. Think about what you have control over and make the decision to be positive. Wake up with gratitude every day.
- Stop apologizing. Instead of starting a sentence with "I'm sorry", be specific about what you need and what you are capable of doing. Do not apologize for setting boundaries or taking time for yourself.
- Carve out time for your self-care. Self-care is not selfish.

What can I do when feeling anxious during the school year:

- Reach out to others
- Video chat, Face Time, Zoom
- Suggest a zoom book club, yoga session, or cooking club
- Connections are crucial. You'll be glad you did it, I promise!

How can I help my students when they are anxious:

- Praise students for facing their fears.
- Model good coping behaviors.
- Validate and be supportive of your students.
- Be open and honest with your students while reminding them that there is much thought and planning put in to keeping them safe.
- Provide new and accurate information in a timely manner while allowing students to safely express their concerns.
- Provide an emotionally safe space for all students.

What can I do with my students when we are both feeling anxious:

- Deep breathing
- Support the use of comfort objects
- Teach meditation techniques
- Teach grounding techniques

Gratitude for teachers is sometimes left unspoken. Know that you are appreciated and we are grateful for you. This too shall pass and when it does our teachers will be celebrated as the heroes of the pandemic of 2020.

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COVID-19 TESTING TIPS & RESOURCES

By Ashley Ferraro

COVID-19 testing is not something you want to think about until you have to, but being prepared is always a good idea. As Florida continues to contain the spread of the virus, local resources have thankfully become more abundant to citizens.

The two main types of COVID-19 testing are the PCR swab test and the antibody blood test. The PCR test is administered by collecting a swab of the nasal cavity or the throat. It is recommended for anyone who is experiencing symptoms or thinks they may have been exposed to the virus, and it's also the most accessible and readily available test. According to One Blood's website, the COVID-19 antibody test does not test for the presence of an active infection. It only tests to determine if the patient's blood contains antibodies to the virus. If you wish to take an antibody test, OneBlood will conduct the test upon donating blood.

The PCR test is readily available for Broward County residents via Walk-up testing and Drive Thru testing. The Drive Thru testing is just as it sounds—patients wait in line to get tested without ever having to leave their car. Many people feel more comfortable with this option, since it heavily limits exposure to others.

According to Florida Disaster's website, Walk-up testing sites in Broward include Mitchell Moore Park, Urban League, Miramar Vernon Hargray Youth Enrichment Center, Publix at Coral Ridge (18+), Mullins Park, Sawgrass Mills (18+), and Lauderdale Sports Park. Currently all Walk Up testing sites in Broward County do not require an appointment.

Drive Thru testing is taking place at CB Smith Park (reg-

istration required, call 954-276-4680) and at War Memorial (for appointments, call 1-800-209-7919). Both sites require patients to be over 5 years of age.

If you plan to visit a testing center, you are required to bring a government issued ID (does not need to be a Florida Drivers License) as well as your health insurance card, although everyone will be tested regardless if they have insurance. It's also important to note that you must bring your own pen to fill out forms at the testing site. Each individual site will give you instructions on what to do while you await your results. Continue to monitor your symptoms, and your results will be delivered either via phone call or through a patient portal.



According to the City of Parkland's website, if you do test positive, you should not leave your house, except to get medical care. It's also important to separate yourself from both the people *and* animals inside your home. You can remind your dog how much you love him when you're feeling better. Stay in your room, don't share anything, and use a separate bathroom if possible! In order to prevent the spread of the virus within your home, wash your hands often and regularly sanitize high-touch surfaces (tabletops, doorknobs, phones, toilets, etc.) with a household cleaning spray or wipes.

For local updates and COVID-19 resources and testing sites, visit the following websites:

- www.cityofparkland.org/coronavirus
- www.floridadisaster.org/covid19/testing-sites/#broward
- www.broward.org/coronavirus/pages/default.aspx



Youth Leaders Are Our Future

Contributing Authors, Scott J, Brook, Sinan Kassim, Khushi Desai

I love being a Father of five and mentoring young people in our community. I am completely present to the power of our youth and the impact they have. Currently, many youth in our community are connecting virtually for a fun educational experience through Project Leadership. This program is sponsored by PNA (Premier Networking Alliance)! We are approaching our 38th program and we have supported the development of about 2,000 teenagers since 2003.

For the past 17 years, Project Leadership has been fundamental to the personal development and self confidence of many high school and middle school students. The program was started in 2003 when an 11 - year old student, Ian Harris, brought the idea to me when I was a City Commissioner. I began the program with the help of two young people, Cindy Amaya and Jeannette Garcia, and several other volunteers, and my partner Dr. Cliff Fruithandler.

Ever since, with the support of many adult mentors, including David Pollack, Judy Kissel, Morella Villavicencio, Glenn Stout and Mitch Summer, Project Leadership has inspired large groups of youth to expand their knowledge about real-world topics in an exciting environment.

Project Leadership also connects youth to adult mentors who are eager to give back to the community by sharing their life experiences, careers and wisdom. Despite COVID-19, Project Leadership is continuing its mission by finding innovative ways to connect virtually.

Project Leadership is a student-run organization with the guidance of adult mentors. Students lead all areas of planning Project Leadership conventions including logistics, marketing and organizational management. Our current President is Nicole Sanchez, an incoming freshman at Coral Glades High School. Our program empowers youth to

continue to develop as leaders and give back to their communities.

"Project Leadership is a program that has prompted my personal development and has given me an opportunity to give back to the community through the best version of myself. I have made irreplaceable connections throughout the city and countless friends that bring me so much joy. This program is truly unique." - Nicole Sanchez, President of Project Leadership

"Project leadership has opened gateways of opportunities for me. I have met so many new people, and formed so many relationships. At our most recent convention (not on zoom) we had an activity where we had people put something they needed advice for in a jar, and a random person picked it out and gave them advice. It really felt like a safe place, and people really got the help they needed with their problem. Helping people is a huge part of project leadership.

We have had many speakers that spoke about topics. One talked about gang violence, one talked about public speaking, and many more topics. I have learned so much and it has helped me and others become a better leader in the community. I am beyond thankful for Project Leadership." - Gianna Thomas, Vice President

The Project Leadership team is excited for the next Project Leadership Convention open to all students in September! The student team is committed to ensuring an excellent experience for all youth attendees. **For more information, contact Scott Brook at sbrook@scottjbrookpa.com or Amanda Leotaud at 954-757-5551.**

Website www.pnanetwork.org/projectleadership



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Leap Into Your Optimum Wellness



By Ingrid Callahan, at Evolutionary Leap Technologies Corp.

Inspired by a lifelong passion for health and wellness, combined with 23 years of experience in the field of genetics, Martin Munzer has created products that have improved the lives of thousands of people worldwide. His drive for finding a natural and effective solution to his parent's deteriorating health, started 9 years ago, which led to the vision of creating LEAP2BFit®.

Martin, a Parkland resident for 18 years, started his Boca Raton company, Evolutionary Leap Technologies Corp, in 2010. His objective has always been to help people achieve better health and help them recover and improve from injuries and weakness.

He formulated LEAP2BFit®, a supplement that provides the body with the purest nutrients in an easily digestible form that is safe to consume daily. It incorporates botanical extracts and the most bio-available form of important vitamins, minerals and amino acids that have been proven to be critical to overall health and wellbeing.

LEAP2BFit® is the product of 40 years' practical experience in identifying nutritional ingredients that actually work! Consumers of the product around the world have provided incredible testimonials of their recovery and their experiences regarding the improvements that they have felt using this supplement.

"I can testify that I was only on LEAP for six weeks and, during that time, I had more energy and my upper arm strength improved." - Charlene Stophel

"LEAP2BFit has given me more energy, strengthened my

breathing, and improved my sleep." - Craig

The fact that this is a product that has become known worldwide with such terrific results speaks volumes. Evolutionary Leap Technologies believes in giving back to the community. That's why, over the past years this family owned business, has made a difference in the lives of those who really need to benefit from this remarkable supplement, but are challenged to afford it. To be able to do this in a sustainable manner, they give away one jar of LEAP2BFit for every three and half jars sold.

During this pandemic, families have been affected financially and many have lost their health benefits. Therefore, giving back to our community has become more meaningful than ever; especially when the assistance provides something that can benefit their health and immune system.

Martin shares, "There's nothing more gratifying than getting feedback from people that have improved their lives by taking our product. I always wanted to help people and make a positive impact

in the world and feel blessed to have the opportunity to do so. Something that started as a way to help my mother's health is now helping so many others! Could there be a greater gift from God than to have this opportunity!?"

To learn more about the benefits and ingredients in LEAP2Bfit and the Evolutionary Leap Technologies Corp. mission, visit their website www.leapxx.com

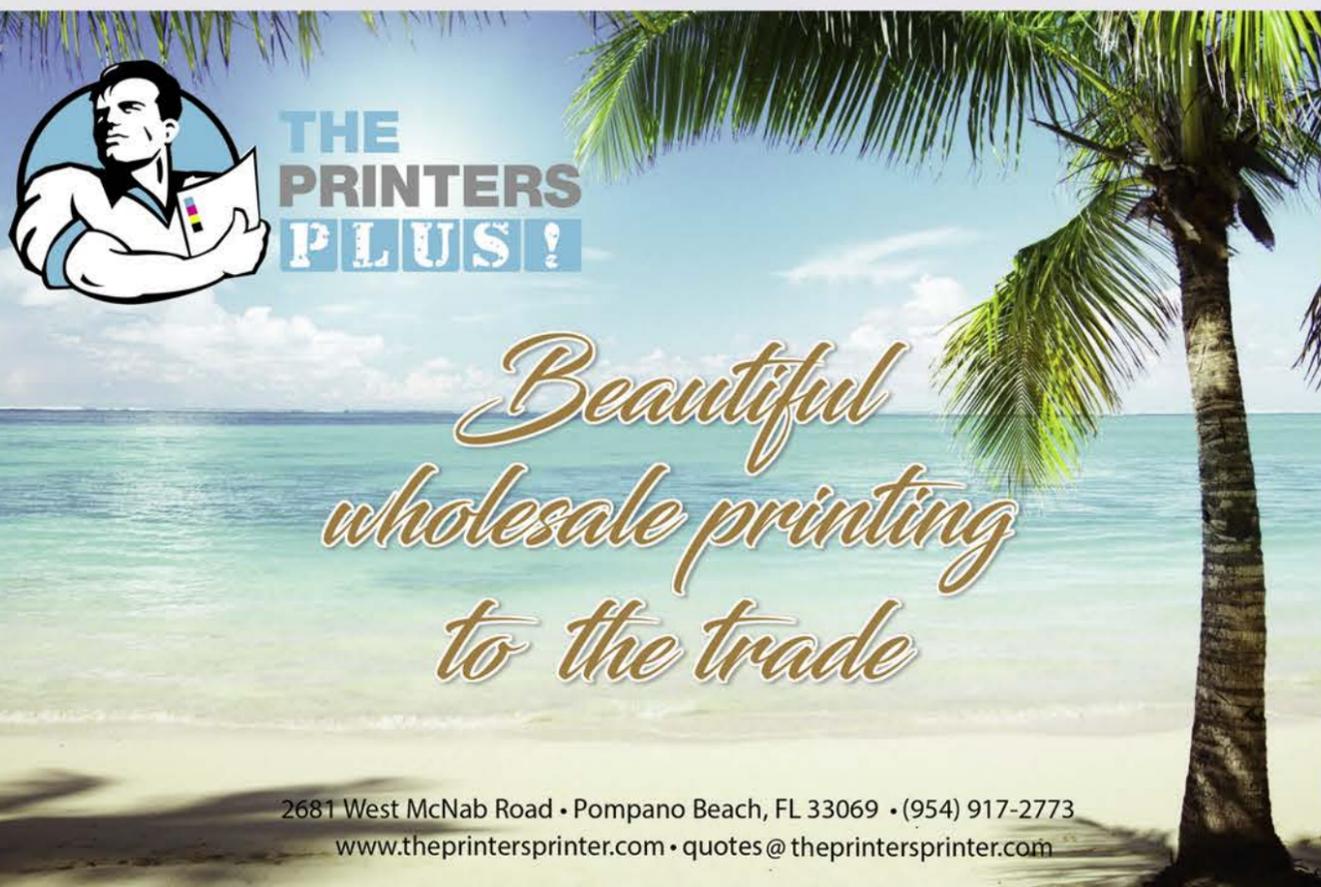
You can also follow them on Facebook at LEAPxx and Instagram @leap2bfit



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