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It's All About Community!

Thanks for Everything!

We all know the theme of most November publications, but I'd like to be so bold as to avoid some of the sappy stuff and add some humor. Guess what? I'm grateful. I hope you are, too! I'd like to give thanks for things I often forget to say, and will definitely not be mentioning over turkey. Thank God that I didn't get pulled over when I missed the stop sign, my make-up wasn't on yet and was only wearing pajamas. Thanks to those of you who didn't embarrass me by mentioning the stacks of mail, assortment of shoes (in every size and style...thanks, kids!) and unfolded laundry in our living room. Thanks to my dogs and parrots who are always excited to see me. Thank you to my amazing husband for trudging to the barn in the early morning rain to fix fences and a water main (country living at its finest) in a flooded, mucky horse stall.

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2020.

God bless your family and each and every one of our troops,

Shellie & Scott

Appreciate the Positives this Thanksgiving

By Andrea Goff

2020, the year of vision, who would have thought that it would bring so many changes to our world? As we head into this season of Thanksgiving let us take a few moments to reflect on the ways the Corona virus has changed our lives. It all began with toilet paper shortages and being told to wash our hands well. Beaches were closed to send Spring Breakers home, and then remained closed, challenging those exercising to move off the sidewalk into the road to keep a 6' distance. Masks didn't work, and then they did. We felt confused. We binge watched Netflix, Zoomed until our eyes hurt, and cancelled all our travel plans. Our homes during lockdown were our work places, our schools and, for those who lived alone, a place of somber isolation. Our gardens became our sanctuaries and curbside food pickup and drive by parties, in a feeble attempt at celebration, became the norm. Places of worship were closed. Some of us ate and drank too much, while others, with gyms unavailable, took to extreme exercise to give ourselves a sense of normality. Job loss and fear of not being able to meet bills added to stress. People missed their extended families, some lost loved ones to the invisible virus, and the world collectively grieved for the freedom it had once known.

Experts refer to five stages of grief: denial, anger, bargaining, depression and acceptance. Author CS Lewis described grief as not a state, but a process. People look for someone to blame; China, their mayor, the local state Governor, President Trump and even their own family, especially when in tight quarters. It has become very important to own our emotions and process them in healthy ways, such as by crying, journaling, and talking. Laughter and music are incredible tools to diffuse stress and anger. Empathy for those struggling goes a long way. Getting good nutrition, exercise, sunlight, and time in nature, as well as using meditation or prayer are good self-care practices. Recognizing the season, and having optimistic hope that it won't always be this way, is vital.

As we think about Thanksgiving, we can rejoice in the positives that have also come from this season of social separation. Exhausted families have found time to reconnect, freed from the never ending hamster wheel of activities. Home cooked meals and eating around the table have found revival. Unable to travel, many have rediscovered their home towns and social distanced with neighbors. People have generally been more available. Churches and synagogues have honed their online services and many who would never normally enter a religious building have explored and found peace in spirituality and time for reflection. Some have profited and business owners have set new goals and visions, or reinvented themselves in the vein of American creativity. As we gather (in smaller numbers) around our tables this Thanksgiving, let's reflect on the many blessings our great country has afforded us and, perhaps this year, as adversity so often does, we will have a deeper appreciation for all we hold dear.



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For many, the Covid pandemic has not only resulted in the loss of jobs, but also in the loss of insurance. Many are scrambling to find coverage and don't know where to turn. In the meantime, some businesses still providing insurance are looking for new products to cut costs while still giving some benefits to their workers.

Rick Jultak, one of the founders of Apple Insurance & Financial Services in Boca Raton, has been in the insurance business for 20 years, 10 of them with Apple Insurance. He founded the agency, which offers everything from cradle to grave policies, with Marc Fine.

"We deal with clients from the time they are born, through maternity policies, all the way through Medicare and even burial insurance," Jultak says.

He goes on to explain that a variety of health plans are "packages," that have unnecessary items bundled into them resulting in costs that are not required for certain clients. For instance, maternity coverage is not necessary for a single man, while also not wanted by the woman over 55. Although these facts are logical, many insurance plans include maternity in the package regardless of the user's needs. In a multitude of situations, there are coverages included in these bundles that will never be utilized, driving costs into the stratosphere. Rick and his professional team look forward to creating comprehensive options while considering every individual or family's needs and financial situation.

Full service means that customers can purchase car insurance, property and casualty insurance, long-term care insurance, dental insurance and even pet insurance.

"We have more than 100 experienced agents available statewide, with the majority working in our state-of-the-

art headquarters in Boca Raton," he says. "We work as teams to ensure customers get the right insurance product for them."

With Open Enrollment going on now, it's important to know that Obamacare is the law, not coverage. If you aren't sure of the difference, the agents at Apple (located coast to coast throughout South Florida) will be happy to explain things to you, as they are experts in navigating in and around the Obamacare obstacle course. Rick and his agents are mindfully focused to make sure you and your family are receiving the best healthcare options at the most reasonable prices. As the leading South Florida agency for Florida Blue, Apple Insurance has access to insurance products others don't



Rick Jultak • Founder

Because customer service is of primary importance, agents are willing to meet clients online, at the office, in their homes and even via drive-by appointments – all while ensuring everyone's safety by putting numerous health protections in place.

"People are working remotely, but the human touch is still important," says Jultak. "We don't just sell insurance. We build relationships."

Giving back is also important to Jultak, who supports a variety of causes, including pet rescue, multiple sclerosis, multiple myeloma and juvenile diabetes. Plus, Apple Insurance offers clients the services of its in-house job recruiter – free of charge – if they have lost their jobs. "It's been very successful," he says. "We have even hired a few clients as agents!"

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Meet The

Golden Family



Married for 13 years, Evan and Nikki Golden have a unique story that started before they were born! Both of their mothers shared a Lamaze class, and had their babies a week apart at Plantation Hospital. Evan and Nikki went to each other's first 3 birthday parties and always stayed close. After Evan graduated from UCF, they were reunited and have been together ever since.

Settled in Parkland, the couple are proud of their two sons, Stone, 11, and Zane, 9. Stone attends the sixth grade at Westglades middle school and his favorite subjects are Science and multimedia. Zane is in the fourth grade at Riverglades elementary, where his preferred activities are Math and lunch.

Both of the Golden boys are very active in youth sports; playing basketball, flag football and soccer. Dad tries to coach them in everything, as he enjoys the bonding and memories created on the fields.

Evan is on the Board of Directors for Parkland Flag Football, and played in the inaugural flag football league when he was a kid. Raised in Parkland, he remembers when the only park was Quigley Park. Nikki was born and raised in Coral Springs. Evan tells us, "As a family, we love going to either the Parkland or Coral Springs farmers markets and getting a bunch of food and bringing it home to watch football together."

When Nikki is not on the fields with her sporting sons, she spends time volunteering with Not My Daughter and Parkland Cares. She loves giving back and showing her boys the importance of making a difference while helping those in need.

The Golden family loves going to the beach, renting boats, spending time with grandparents and hosting family bbq's. They also love a good costume party, endless hours in the pool, making fire pits, telling stories, and singing songs.

Host of Eye on South Florida and Chief Marketing Officer for a law firm, Evan has some positive insight regarding our lockdown. "The pandemic gave our family the opportunity to slow down. Before it happened, we were always rushing family meals to get to fields. We had nothing scheduled on the calendar. We were finally having family dinners that were uninterrupted and enjoyable. The Golden boys discovered their passion for art and creative writing. We introduced our kids to all our favorite movies growing up like, The Goonies, Never Ending Story, The Princess Bride, Flight of the Navigator, Labyrinth, Back to the Future, and Roger Rabbit to name a few. It felt like we were watching an old 80's movie every single night."

Meeting this warm, engaging family gives us a positive vibe! Evan says, "Having the last name Golden is a way of life for us. To be Golden means to be friendly, encouraging, and to be the light in a time of darkness. We always try to find the positive in any situation."



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Parkland Buddy Sports



The Unique Challenges of 2020

By Wendy Hunter

Covid has presented some unique challenges for our Parkland Buddy Sports community of players, volunteers, coaches, board members and extended families.

It's impossible to prepare kids for everything that's going to be different through these times so parents have had to explain physical distancing, wearing masks, and why frequent hand washing is a must. For families with children and young adults with special needs, these changes can be more dramatic and impactful to their very focused routines. Going back to school, and resuming extracurricular activities, for this population has been especially concerning because many of these children have underlying conditions that make them more vulnerable.

Our program's foundation is coordinating peer to peer interactions between our players with special needs and their student volunteer buddies for in person, outdoor sports activities. 2020 has given us the opportunity to become more creative in our programming by pivoting to new buddy teleconferencing experiences including online yoga, campfire style sing-alongs, fitness and karaoke.

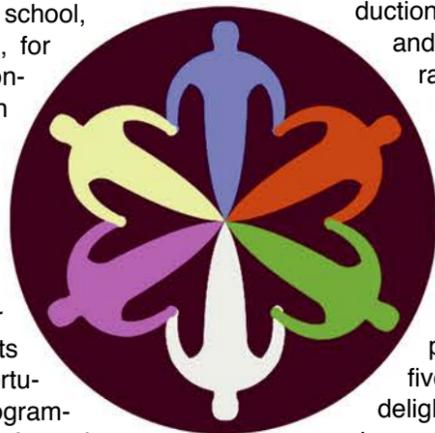
Our first exposure to the virtual world was in May when our annual golf outing was postponed due to Covid, and we had to reschedule our scholarship awards presentation. We still wanted to formally recognize the six high school senior scholarship winners for their exceptional work so we produced a virtual awards ceremony. In addition to being able to officially celebrate these amazing students, it also gave us the chance to learn the ins and outs of "Zoom." Best of all was having all six award-

ees and their joyful extended families in attendance! We continue to find new ways to participate together even if it can't be done in person. Our latest venture is a virtual "Turkey Trot", 5K/1M walk/run fundraiser taking place over Thanksgiving weekend to ensure we continue to raise funds to support our programs during these difficult times.

We have also used this time to tackle the job of designing a dynamic new website. Working with a stellar production company, we captured video content and combined it with the captivating photography we have from our "in house" photographers to launch a website that visually tells the story of Parkland Buddy Sports (www.parklandbuddysports.org).

Everyone involved with the program is looking forward to getting back onto Parkland's beautiful fields and courts to play sports and to share smiles, high fives and bear hugs but, for now, we are delighted to offer virtual programming that gets our kids interacting with their buddies and a chance to get up, move and have fun! We couldn't make the magic happen without the support of the dedicated coaches and board members who've been hard at work behind the scenes and of course to all of the families and student volunteers who stay engaged with us.

Parkland Buddy Sports is a 501c3 with the mission of providing opportunities for children and young adults with special needs and teen volunteers to come together to participate in organized sporting activities in a safe, fun filled environment. **To learn more, visit www.parklandbuddysports.com.**



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See ad on page 11.

Special Needs

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

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See ad on pages 13.

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Knee Injuries: The ACL

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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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Evaluations are held in mid-January, and the dates and locations for your player will be sent to you after registration.



Photos by Michelle Richards

CSA Little League Celebrates 50 Years!

By Stacy Case

While this pandemic seems to have stolen many precious events in the world, it cannot take away the fact that Coral Springs American Little League will be turning 50 years old this coming Spring!

Though the exact manner in which this celebration will be carried out by the league's officials may not be fully determined for a few months, one thing is for sure, according to CSALL's President... "We want to give the kids and families some type of normalcy while also marking this milestone," says Tony Juliano, who enters into his eighth year as CSALL's president, in which this will be his twelfth year on the league's Board of Directors. "If this were a 'normal' year, we'd be able to do a lot more on Opening Day."

As of now, that is (tentatively) scheduled for late February. Mullins Park, CSALL's home field, has undergone some renovations, including improvements to its upstairs clubhouse as well as to its concession stand. There have also been some field modifications made.

Tony is hopeful that he and his other 11 Board Members can show everything off while commemorating the league's 50th birthday.

"This is a wonderful milestone for our league; 50 years is really a milestone for just about anything," says Tony of the 1971-established Coral Springs American Little League. "We've got great families, and a group of young/new Board Members who can be here for several years to come."

Tony adds, "As some of us older Board Members begin to phase out, I feel very comfortable knowing that the newer Board Members will keep things just as great as they have been."

CSALL plans to operate its divisions in 2021 as it has previously, in that it will offer T-ball, 8U, 10U, Intermediate/50-70, Juniors and Seniors.

The league's longevity may be a result of offering play to such a wide range of ages, all abilities, and both boys and girls who live in or attend school in the City of Coral Springs south of Wiles Road.

Over the years, CSALL has hosted plenty of all star tournaments, offering hospitality to teams in various age divisions at the district, sectional and state levels. The league has also entered its own teams into many all star tournaments, earning innumerable accolades in each division over its 50 years of existence. The league has also had several state tournament appearances over its five decades.

CSALL's veteran-esque age is testament enough to exhibit just how well the program has been run for half of a century, and Tony says its traditions will carry forward still, despite this virus situation.

"I'd like to see if we can have more of an 'Opening Weekend' as opposed to just an 'Opening Day' this year because of how meaningful this one is," explains Tony, about the event that will feature players' uniforms with special 50th Anniversary commemorative logos.

"We want to have something really special, and hopefully we'll all get through it and get these kids to play baseball again."

Registration for the Spring 2021 season is open from Nov. 1 through Jan 1, online only.

See at on opposite page for additional information



2021 CORAL SPRINGS AMERICAN LITTLE LEAGUE REGISTRATION



If your child attends any of these schools, OR, you live South of Wiles Rd, CSALL is YOUR Little League

- | | |
|--------------------------|-------------------------|
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| Ramblewood Elementary | Coral Springs Christian |
| Westchester Elementary | Coral Springs Middle |
| Coral Springs Elementary | Ramblewood Middle |
| Forest Hills Elementary | Forest Glen Middle |
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| Parkside Elementary | Coral Springs High |
| Coral Springs Charter | Coral Glades High |

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For more information and on line registration please log on to WWW.CSALL.COM
You can also reach the Coral Springs American Little League at 954-242-1760
You can email the league at CORALSPRINGSAMERICAN@GMAIL.COM

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- Todd & Nicole, Mia's parents (Parkland residents)

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Parkland Flag Football

Remarkably Overcomes Covid-19 Challenges

By Ashley Ferraro

Covid-19 has put a question mark on a lot of things for Parkland and Coral Springs families. Parents have been wondering when it will be safe to put their children back in classrooms, how birthday and holiday celebrations will be handled, and especially how their kids will be able to remain active and involved. However, one thing remained clear, taking sports away from the kids was not the solution to anything. Despite the obvious challenges that would come along with organizing an entire season of youth sports during a pandemic, Parkland Flag Football has proven to be a positive force in our community and, most importantly, for our children.

Amazingly, the 2020 Parkland Flag season had such a huge turnout, late sign-ups had to be turned away. With 60 teams consisting of both boys and girls, the league was overwhelmed with interest in their fall season. Of course, parents expressed concerns regarding Covid-19 protocols. In conjunction with the city, the league went above and beyond to ensure the children would only be allowed to practice and play in the safest environments possible.

"It's been even better than I could have expected given the circumstances," says Parkland Flag President Matt Kauffman. "We're carefully following the protocol we've written, including no high fives and hugs. But nothing can take away the camaraderie of kids having a blast together on the field."

The league is keeping a close eye on positive tests in schools and utilizing contact tracing to reduce the players'

chances of being exposed to the virus. By micro-managing the entire situation, they have been successful at keeping both the children and their families safe. Kauffman notes that the parents have been just as great as the kids. Family members wear masks in addition to keeping appropriate distance from each other while cheering on their young players from the sidelines, just as they have in past years.

"After contacting everyone from lawyers to insurance agencies to get this thing going, the crazy part is that everyone agreed. All of the parents signed the waivers and they agreed to follow protocols. It's really an amazing sign of how strong the community is. For the sake of the kids, everybody did what was asked of them," adds Kauffman.

Parkland Flag has offered a safe, healthy space for not only for the kids, but for their families and coaches as well. During the playoffs especially, the adults like to dress up, make banners, and get creative when it comes to finding fun ways to get the kids excited about games.

Kauffman claims he was truly shocked by the amazing turnout and support they received for the 2020 season. Some might find it difficult to imagine anything coming together so flawlessly in the midst of the Covid chaos, but Parkland Flag defied expectations by accommodating more players than ever while keeping everyone out of harm's way. The only true bummer the kids encountered were the pesky rainouts. Welcome back to outdoor Florida sports!



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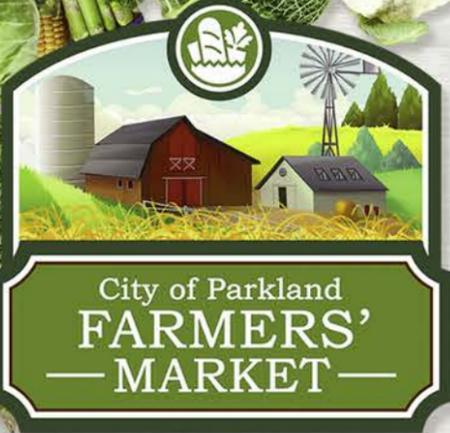
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