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# Spectator

February 2017



**New State of the Art  
Global Wellness Center**

See article on page 6

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Publishers, Shellie & Scott Farrugia

# It's All About Community!

## Mmmmm Chocolate!

If you survived the holidays and can still fit in your jeans, bravo! Here's a little celebration for you... Valentine's Day! Personally, it's not the Christmas turkey that pops my buttons, but those red ruffled hearts that are filled with decadent danger for my derriere. This year, I'll load the kids up with sweets and then send them out into the world to run miles and miles of laps before they crash, exhausted and comatose, on our overstuffed couches. No offense to my Candy Man, Danny at Kilwin's, but this is the Holiday that wreaks havoc with my calm demeanor and self-control.

While the kids and I sample and poke at the center of every gooey chocolate in our satin hearts, please know that we are grateful for you and your family. We hand picked this area for the Spectator because you are warm, friendly and a whole lot of fun! It's such a good time to watch your children and our neighborhoods grow. Whether its candy or flowers this February, we want you to know that you are sweeter than any of our choices.

Our Website gets better every day, so you're invited to take a look at all of the pictures we have posted there!! [www.MySpectatorOnline.com](http://www.MySpectatorOnline.com) has a lot of info and you can also download the magazine in its entirety! Show Aunt Joan in Buffalo that cute shot of Andy playing basketball! And while you're online, please comment on our Facebook page, Facebook.com/MySpectator. You can win prizes, meals, and find out about area happenings, and special offers from our advertisers. Stay connected with the Spectator!

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

*Shellie & Scott*

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## Love is the Language of our Nation

By Shellie Miller

We've heard it over and over again. "Love your neighbor." I have said it many times to my children, as my mother said it repeatedly to me. We have heard it from pastors and rabbis and men and women of every belief, but how do we envision it for ourselves? Do you take it literally, and only think about the folks you share your street with? Do you dislike the neighbor who complains about the color you've painted your house, but share generously with the teenager who waters your plants when you're out of town? Do you realize that the person in line with you at the grocery store is also your "neighbor" no matter their address? Can you show that person love by giving them the .69 cents they are short for their groceries, or will you ignore their situation?

As we recently celebrated Dr. Martin Luther King, Jr., I was reminded that he lived a life of service, which is a language of love. Over the most recent years, I see that movements throughout America are stressing service in many areas. From painting a widow's unkempt home to buying a pool fence for an expectant couple who lost their first child to drowning, small acts of service are the way we Americans show our love for our fellow neighbors and for our freedom. This issue of the Spectator introduces us to the Koss family (p. 8), living through a terrible trial, but who continue to press forward in hope as an example to their children and our community. Scott and I humbly ask you to consider their burden and offer assistance.

Extolled as the greatest commandment given to faithful believers, it's been a long held American value for us to love and look out for each other.

I remember hearing about a group of people who worked fewer hours so that fellow employees wouldn't be laid off. It reminded me of my own neighbors, many that I hadn't previously spent much time with, who were quick to share their friendship, food, generators and water through our three week loss of power after hurricane Wilma ten years ago. Some may call it sacrifice, but I can say from one who has both given and received, the operative word in each case is love.

We're facing some real challenges in this unfamiliar time. Reaching out to others in service and support is vital to our culture. Americans, who have been very good lately at loving themselves and their personal viewpoints, must make it a priority to change their focus... and love others first.



### Spectator™ Magazine

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

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#### Web, Social Media & email Marketing

Marketing Solutions  
Links Media

#### Distributed by

US Mail &

Baron Express

954-297-0731

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# Opens Global Wellness Center



On February 14 at 9:00 am, North Broward Preparatory School (NBPS) will celebrate the opening of its 15,000 square foot Global Wellness Center located at 7600 Lyons Road, Coconut Creek, Florida.

Not just for elite athletes, the center was designed to give students the tools they need to develop lifelong wellness strategies. Speakers and events at the center will focus on physical and emotional health; mindfulness and stress management; and cultivating global mindset.

“When we developed the plan for this beautiful space, we really wanted to create programming around life skills that would be applicable for all of our students,” says Elise Ecoff, Head of School at NBPS. “This building represents our holistic approach to learning and our desire for our students to know how to make healthy, personal life choices for a lifetime.”

The Global Wellness Center is a state of the art facility that includes an athletic training center, yoga studios, new gymnasium, multi-purpose wellness rooms and weight training room. The center is part of North Broward’s master development plan that includes new facilities and the renovation of existing spaces to better serve our students, teachers, and community.

Senior student Laurel Alin is excited to be learning in the new facility. A student there for four years, she says, “North Broward has always been cutting edge when it comes to technology in our education. I believe the state-of-the-art Global Wellness Center will really enhance the experience for all students.” As a member of the school’s basketball team, she’s excited to play her first game in the new gymnasium celebrating Senior Night.

“The building is not only a state of the art sports training facility but will include programming for all of students and their families, as well as our faculty and staff,” said Mike Ostrowski, Athletics Director. “I am very excited about welcoming our campus and the community, and know that this space will become the heart and central hub for our campus.”

Founded in 1957, North Broward Preparatory School offers rigorous academics, vibrant fine arts education, competitive athletics, innovative STEAM programs and opportunities for character development for grades PreK3-12. NBPS is accredited by the Florida Council of Independent Schools and the Florida Kindergarten Council. The student body consist of 1,550 students representing 24 countries and is committed to creating a nurturing environment, where devoted and caring staff foster critical thinking skills students will need to thrive in an increasingly global world. North Broward is a part of Nord Anglia Education, the world’s leading premium school organization. **For more information, visit [www.nbps.org](http://www.nbps.org).**



## Be Ambitious

North Broward Preparatory School offers a learning environment designed to develop global citizens, innovators and creative thinkers for children in Pre-K-3, Lower, Middle, High School and boarding.

NBPS is committed to offering an enriched curriculum supported by innovative technology and STEAM initiatives; vibrant fine arts; and athletics programs. Students are challenged to think creatively and succeed in school, college and beyond.

To learn more about North Broward Preparatory School go to [nbps.org](http://nbps.org) or to schedule at tour 954-247-0179.



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# Love



(and please help)

# Thy Neighbor

A year ago Parkland Little League Information Officer and coach, Jeff Koss, went into the hospital with a fever and what seemed to be appendicitis. His wife Alison and their three children: Morgan 14, Connor 12, and Owen 11 prayed that all would turn out fine. The doctors proceeded with surgery and found that it wasn't appendicitis after all. The pain was actually being caused by a large tumor on Jeff's colon. The doctors removed the tumor and 21 lymph nodes in the surrounding area and he was diagnosed with Stage 3 colon cancer followed by 8 months of radiation and chemotherapy. On his first day of chemo, his youngest son wore a Superman shirt and encouraged Daddy to do the same. The tradition has spread through the entire family and many friends through Jeff's grueling procedures.

For the time being, he will be unable to work and financially support his family, but is completely devoted to his kids, wife and the Parkland Little League organization. He manages their website, and helps with registration. Both of the boys are on Little League teams, where he was coaching until his colon cancer was discovered.

Stoically optimistic, Alison is the owner of Parkland's Art, Paper, Scissors in the Town Center ([www.myartpaperscissors.com](http://www.myartpaperscissors.com)). She is an extremely dedicated worker with the entire family's financial responsibility on her shoulders. Eldest daughter Morgan spends most of her time after school in the studio helping her mom with the various activities that are offered for all ages. Birthday parties, art

classes, camps, ladies night out, and a variety of fun projects all happen at this creative business that has every patron smiling.

Now this cancer is back with a vengeance and Jeff has just undergone another surgery at press time. He will endure even more chemo with the actual number of treatments required to be determined as doctors evaluate his post-surgical situation.

Humbled and grateful for any help at all, Alison has become overwhelmed after more than a year caring for three children and a husband who is so ill. "I'm just treading water," she says quietly. "It's all I can do at this point." She fights tears when talking about the Love Of Her Life, Jeff, and the uncertainty that comes with each new day. Alison is amazed at Jeff's love for his family and Parkland Little League. "He has gone through so much surgery and pain, but each day he is still checking the feedback on the Little League account. He doesn't want to disappoint anyone," she says incredulously.

It is the hope and prayer of The Spectator staff and friends that our community will come together to help this family with their medical and ancillary expenses. Jeff, Alison and their family are extremely humbled, grateful, and thankful for your considerations, donations, and prayers.

If you would like to make a donation please see [www.youcaring.com/jeffkoss-729140](http://www.youcaring.com/jeffkoss-729140)

Photos Courtesy of LisaLefevrePhotography

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# RUN 4 THE CITY!... FEB 25th



No Perfect People, Inc. (NPPI) will be hosting the 2nd Annual Run for the City, a family-friendly 5k run/walk on Saturday, February 25, 2017. This event will raise money in support of local NPPI outreach programs such as Feed the City, Serve the City, Hope House, and international orphanages in Colombia, Haiti, and Nicaragua.

The race will start and finish at Church by the Glades at 400 Lakeview Drive in Coral Springs, FL. Check in begins at 6:30 a.m. and the race begins at 8:00 a.m., rain or shine. Online pre-registration is \$25 for all runners/walkers and free for children 10 and under. All race participants and supporters are invited to enjoy family activities after the race. T-shirts are guaranteed for the first 1,000 registrants and prizes will be awarded in many categories for both adults and children.

No Perfect People, Inc. is a non-profit organization located in Coral Springs, Florida, comprised of a group of people who are passionate about making a positive impact in our community and in the world. Everything that NPPI does is carried out with the belief that every human being is precious and deserves love, respect, and a chance to live a full life. We seek to encourage people to believe again, to try again, and to start again. Together we can make a difference in our communities and in our world!

**For more info, visit [www.nppinc.org/run4city](http://www.nppinc.org/run4city)**



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# Popularity with Passion!

By Cheri Tishman

What is the most watched, most played, most revenue-generating, and most popular sport in the world? You got it – soccer (or football as it is called in Europe)! Although, it's not yet the #1 sport in America, you would never know if you visited the local soccer fields in Coral Springs and Parkland between the months of November and March.

## But what's making soccer such a popular sport?

It starts with the fact that anyone can play. Known in Brazil as "The Beautiful Game," soccer doesn't take a lot of fancy and expensive equipment to play, which has added to its worldwide popularity. It can be played almost anywhere there's a large open space, by anyone, male or female, at any age with just a ball and something to mark the two goals.

Secondly, soccer players are some of the most fit athletes in the world, and the more experienced the player, the better and more exciting the moves. Young players are learning signature moves like the step-over and jump cut, the rivelino, the Zidane turn and probably the most famous, the Beckham free kick.

These magical moves are what keep the team members practicing, playing and bringing the Spectators to the fields.

## And what else contributes to soccer's popularity?

There are the 3.4 billion fans! No one knows exactly when or where soccer started but the undisputed birthplace of our modern soccer is Britain. Back in the 8th century, soccer games were very violent. There is a story that one of the first soccer games East of England was played with the severed head of a Danish prince, who the Brits had defeated in battle! I'm so glad the game has changed! Whenever and wherever it started, the most important element in soccer back then and today are the fans. The fans bring such an amazing atmosphere to the fields, with love and enthusiasm for the game.

Soccer is really more than just a game... it's a passion, it's entertaining and it's a business. One coach even told me that it's kind of a religion that becomes part of your life for as long as you live! To see all this energy in action, come out to the fields on any given day and enjoy the most popular sport in the world.... Soccer!





**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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## 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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## Just a Sprain

By Dr. Clive C. Woods

A sprained ankle is one of the most common orthopaedic injuries, with approximately 25,000 sprains occurring daily in the United States. Many people consider it "just a sprain" and fail to treat it with the respect it deserves. I am a fellowship trained foot and ankle orthopaedic surgeon, and see many patients who neglect ankle sprains months later and present with chronic ankle pain. The consequence of this neglect may lead to an unstable joint secondary to weakness, ligamentous laxity, and lack of confidence in the ankle to function properly. It is important to know how ankle sprains can be prevented and the manner in which they should be treated. The ankle is held together by bands of elastic fibers called ligaments. A sprain results when one or more ligaments are stretched beyond its limit. In a severe sprain, the ligaments can tear partially or completely. Sprains occur when the foot turns inward (inversion) or outward (eversion) to an abnormal degree with respect to the ankle. Ankle sprains can occur from stepping on an uneven surface, particularly when wearing shoes with high heels; stepping wrong off a curb or into a hole. In athletics, common causes of sprains include landing or stepping on another player's foot, or having to make quick directional changes, as in basketball, football and soccer. The recommended first aid for an ankle sprain, begins with the acronym RICE: R for rest, I for ice, C for compression, and E for elevation. The ankle is wrapped in an Ace-type bandage, elevated higher than the heart and iced with a cloth-wrapped ice pack for 15-20 minutes once every hour. This should soon be followed by a visit to your orthopaedist to rule out any fractures and decide if immobilization is necessary. Immobilization using a brace or boot provides stability to the ankle and allows the ligaments to rest and heal, thus reducing the risk of further injury. An anti-inflammatory medication may be recommended and crutches provided for a few days if the ankle is too painful to bear weight. Physical therapy plays an important role in the rehabilitation of ankle sprains. During physical therapy different interventions are utilized such as stretching the calf to create adequate mobility, strengthening the surrounding musculature to allow the ankle to be more stable, modalities for pain relief, as well as balancing for joint stability. As the ankle gains strength and stability, more sports specific activities such as jumping, hopping, running, and cutting are incorporated in preparation for return to play.

Dr. Woods completed his foot & ankle fellowship at the esteemed Florida Orthopaedic Institute in Tampa Bay, FL and received his medical degree from Meharry Medical College in Nashville, TN where he was a member of Alpha Omega Alpha Medical Honor Society.

While completing his internship and residency programs at University of Miami's Jackson Health System, Dr. Woods provided world class treatment for a variety of South Florida patients – including University of Miami Hurricanes athletes.

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Dr. Woods' areas of expertise include the use of state of the art medical procedures to treat foot and ankle medical conditions including:

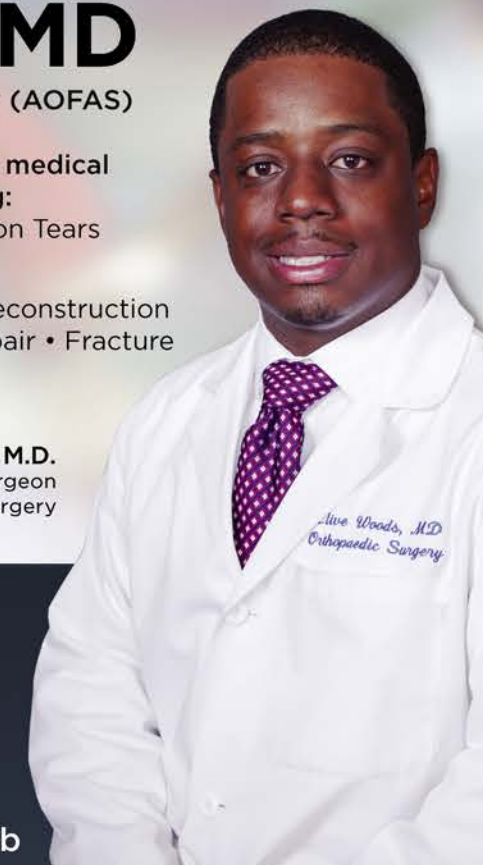
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–Dr. Howard J. Gelb



Photos and article by Cheri Tishman

“When we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: ‘Free at last! Free at last! Thank God Almighty, we are free at last!’”

The “I have a Dream” musical/drama theatrical production by Herman LeVern Jones TheatreSouth Atlanta, Inc. was part of the 27th annual Martin Luther King Jr celebration held January 13, 2017 at the Coral Springs Center of the Arts theater.

The production is a Gospel Musical of the life of Dr. Martin Luther King Jr and the Civil Rights movement. To a standing room only crowd, the musical walked us through the most memorable parts of Dr. Martin Luther King Jr’s life. Starting with some Gospel songs and dancing, then on to the story about the Montgomery Bus Boycott with Rosa Parks, the Ku Klux Klan trying to prohibit the black’s right to vote, the Black Panther Party who formed to protect the black people’s rights, President John F. Kennedy’s help in supporting

the movement, the famous speeches and non-violent marches to protest the inequality that blacks faced, and Dr. King Jr’s assination.

Dr. King Jr. started his journey as the spokesperson for nonviolent protests for the Civil Rights movement. There were many threats to his life and his family’s life. But Dr. King Jr. never stopped dreaming of what could be.

In April 1968, Dr. King Jr. went to Memphis to support some striking sanitation workers who were being treated unfairly. Dr. King Jr. delivered his “I’ve been to the mountaintop” speech which seemed to predict his own death.

Following this speech Dr. King Jr. returned to the Lorraine Motel and was assassinated by a snipers bullet. Dr. Martin Luther King, Jr. was only 39 years old.

The legacy he left behind continues to inspire the world, equality, service and peace. We celebrate this legacy every year around his birthday on January 15 with a National Holiday. Dr. King Jr. is the only African American and non-president to have a national holiday.

**Please like us on Facebook and see more event photos at [facebook.com/myspectator](https://www.facebook.com/myspectator)**



## Half Marathon & 5K RACE FOR WOMEN'S WELLNESS benefitting the Broward Health Coral Springs Lisa Boccard Breast Cancer Fund **2017**

# On March 25, Run in South Florida Paradise and Help Fight Breast Cancer!

Our commitment towards fighting breast cancer is unstoppable. So Broward Health Coral Springs, in conjunction with the Lisa Boccard Breast Cancer Fund, is proud to announce the 2017 Half Marathon and 5K Race for Women’s Wellness. Men are welcome to join too. So bring your family and friends and let’s do whatever it takes to keep the fight alive.

### START TIMES:

Half Marathon: 6am

5K Run/Walk: 7:30am

### LOCATION:

Coral Springs Tennis Center

2575 Sportsplex Drive  
Coral Springs, FL 33065



### REGISTER NOW AT:

[itzevents.com/raceforwomenswellness](https://www.itzevents.com/raceforwomenswellness)

All proceeds from the race will benefit the Lisa Boccard Breast Cancer Fund through Broward Health Coral Springs





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## Time for the SWAT Team!

Students Working Against Tobacco

*By Bob LaMendola, Florida Department of Health in Broward*

Anti-tobacco advocates in Broward County will ask local elected officials in the coming year to consider raising the legal age to buy tobacco products, to 21, as a way to prevent youths from starting the habit.

The Tobacco-Free Partnership of Broward chose as its top priority for 2017 a project to ask elected commissioners from Broward County and its cities about raising the legal age for tobacco sales, which now is 18.

More than 80 percent of smokers start before age 18, many with help from friends who can buy tobacco legally. Researchers at the Institute of Medicine have estimated that raising the legal age to 21 would reduce under-21 smoking by 12 percent.

California and Hawaii and more than 200 U.S. cities and counties (none in Florida) have raised the legal age to 21, and four states have raised it to 19.

“Raising the age would help keep tobacco out of the schools,” says Imani Richardson, a Health Educator at the Florida Department of Health in Broward, which organizes the Tobacco Free Partnership.

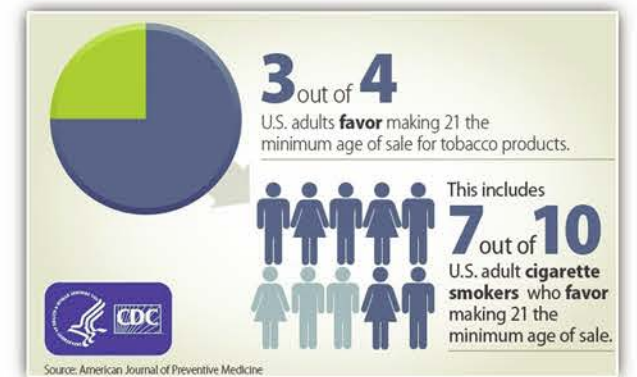
The American Lung Association in Broward has started working on presentations. In addition, the Partnership is enlisting the help of teen volunteers in the 20 Broward chapters of Students Working Against Tobacco (SWAT).

**The Partnership board will tackle other projects this year:**

- Encouraging more employers to ban smoking on their property and to offer free quit-smoking services to employees.
- Holding an anti-tobacco event at a Florida Panthers game.
- Participating in Relay for Life walk/run events with the American Cancer Society.
- Expanding its Youth Essay Contest to be more often than once a year.

**For more info Visit our Website [www.broward.floridahealth.gov](http://www.broward.floridahealth.gov)**

*FL Dept of Health: The first accredited public health system in the U.S. Mission: To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.*






What is green and big and takes six months to go away? The Parkland Farmers' Market. And six months later it reappears again. Located at the Parkland Equestrian Center at Temple Park at the intersection of Holmberg Road and Northwest 87th Avenue, it is the largest farmers' market in Broward County.

With more than 100 vendors at every market, you can find everything you might want. Not just produce, spices, pies, pastries, seafood, and soft pretzels, but flowers, soap, lotion, and plants. You can eat at the market or take home heat-and-eat items or ingredients for a gourmet meal. You can even bring your dog.

The Parkland Farmers' Market is not just about finding unique, organic, or delicious items, it's about walking in the park, family time, interacting with your neighbors, and meeting new neighbors. It all happens from 9:00am to 1:00pm two Sundays each month through April.

Join us on March 5th for Kids' Safety Day—a family fun event that provides kids with safety tips to use at home, in school, and on the playground. On April 23rd, the final date of the 2016-17 Parkland Farmers' Market season, we celebrate with Public Safety Day. Fire trucks and emergency response equipment will be on hand for display and demonstrations. Like all Parkland events, it will be fun for the whole family—but with more food than you can imagine.

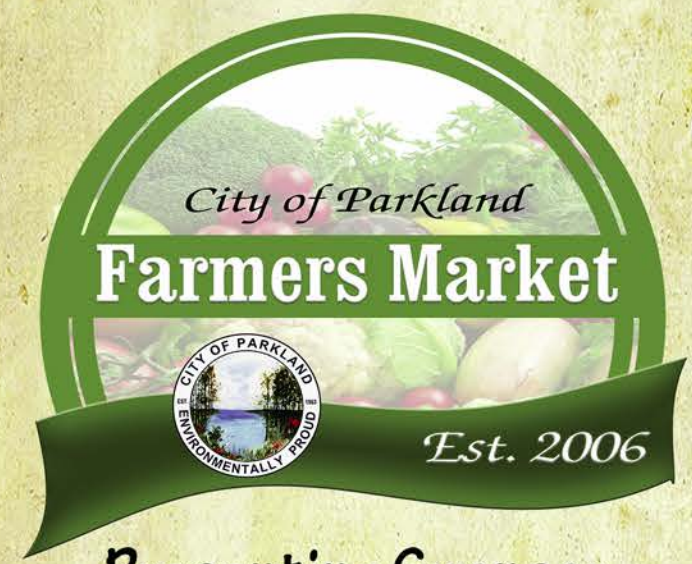
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# The Parkland Farmers Market

## SUNDAYS 9AM - 1PM

- February 5
- February 19
- March 5
- March 19
- April 9
- April 23



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[www.csall.com](http://www.csall.com), or call (754) 551-1501.

**CHALLENGER BASEBALL LEAGUE**  
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 at no cost. For more info, call (954) 345-9329.

**NORTH SPRINGS LITTLE LEAGUE**  
 For more info go to  
[www.eteamz.com/northsprings](http://www.eteamz.com/northsprings).

**WINTER BASEBALL**  
 Players from Parkland and Coral Springs are  
 welcome. Games are held August - November.  
[www.cswb.us](http://www.cswb.us) or call 954-341-0702.

**MEN'S CHRISTIAN ATHLETIC ASSOC.**  
 Teams of every denomination from any faith-based  
 organization are welcome to the league.  
 Please call (954) 796-0933

**MEN'S SENIOR OVER 30 BASEBALL**  
 For info, call Ron Luzim (954)755-1500  
 or Kevin Lydon (954)609-0069.

**CORAL SPRINGS TEE BALL**  
 For more info, call Nick Becker (954)345-2255.  
 See ad below

## Basketball

**CORAL SPRINGS BASKETBALL**  
 Year round play check for sign up dates.  
[www.CSBCHOOPS.com](http://www.CSBCHOOPS.com) or call (954) 360-1200  
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 GT Mustangs and SS Camaros! Permit Exams,  
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## Flag Football & Cheerleading

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 & FLAG FOOTBALL CHEERLEADING**  
 For more info, see [www.CSFFC.ORG](http://www.CSFFC.ORG) see ad  
 below, call 954-553-1084, email [csflag@aol.com](mailto:csflag@aol.com)  
**ULTIMATE FLAG FOOTBALL**  
 For more info, see [www.UltimateFlagFootball.org](http://www.UltimateFlagFootball.org)

## Health & Fitness

**ATHLETE GROWTH & FITNESS**  
 Get in the best physical & mental shape of your life.  
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[www.athletegrowthandfitness.com](http://www.athletegrowthandfitness.com)  
 Call 954-609-7767. See ad & article page 28.

## Tackle Football & Cheerleading

**CORAL SPRINGS TACKLE FOOTBALL  
 & TACKLE FOOTBALL CHEERLEADING**  
 For more info see [www.cschargers.com](http://www.cschargers.com)  
 See ad below.

## Horseback Riding

**MALACHI ACRES**  
 Riding Lessons and Boarding for Ages 5 thru adult  
 with beginner thru advanced instruction.  
 For more info, call 954-255-7185 See ad pg 3

## Ice Skating & Hockey

**FLORIDA PANTHERS ICEDEN**  
 The triple rink known formerly known as Saveology  
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 or call (954)341-9956.

## Lacrosse

**PARKLAND REDHAWKS**  
[www.parklandlacrosse.com](http://www.parklandlacrosse.com) or call Rob Windesheim  
 (954) 324-1444.

## Running

**NORTHWEST BROWARD ROAD RUNNERS**  
 A volunteer-based organization with a goal to promote  
 health and wellness through running, provide support  
 for runners of all ages, levels and abilities. For more  
 info, go to [www.nwbrrc.com](http://www.nwbrrc.com) or email  
[jaygee725@gmail.com](mailto:jaygee725@gmail.com)

## Soccer

**CORAL SPRINGS RECREATIONAL**  
 For more info [www.CSYS.org](http://www.CSYS.org) or call Mimi Milton  
 for further info. 954-341-6391. See ad below.

**CORAL SPRINGS UNITED F.C. TRAVEL SOCCER**  
 For more information, please visit  
[www.coralsspringsunited.com](http://www.coralsspringsunited.com)

**MEN'S OVER 30 SOCCER**  
 Contact Dr. Rami Toueg at (954)341-4500

## Softball

**YOUTH SOFTBALL ASSOCIATION  
 OF CORAL SPRINGS (YSACS)**  
 Two seasons run each year, February-May and  
 September-November. See the website at  
[www.coralsspringssoftball.com](http://www.coralsspringssoftball.com) or call  
 (954)344-0171. See ad below

**CORAL SPRINGS WOMEN'S SOFTBALL**  
 Players 18 & older can join the slow-pitch teams that  
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 Park. Call Barb Pantazis (954) 344-4449.

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 Sign up now for this well-known program full of a wide  
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 FREE daily buses to and from our area.  
 For more info, call (954) 472-0022 ext. 3043,  
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**CALVARY CHRISTIAN ACADEMY**  
 A Pre-K3-12 school committed to excellence in aca-  
 demics, athletics, arts, technology, leadership, and  
 ministry. The Academy is accredited by SACS and  
 ACSI. For more info, call (954) 905-5100 or see  
[www.ccaeagles.org/tours](http://www.ccaeagles.org/tours) See ad on page 35

**CORAL SPRINGS CHRISTIAN ACADEMY**  
 Northwest Broward County's premier private Christian  
 college preparatory school. Grades PK3 through 12th  
 grade. Accredited by the SACS, ACSI, FCIS, FKC &  
 ECFA. For more info, call 954-752-2870 or go to  
[www.ccsa.us](http://www.ccsa.us). See ad page 8.

**GLADES CHRISTIAN ACADEMY**  
 All About Introducing Kids to Jesus and His Word!  
 Kindergarten through 8th grade. For more info, call  
 954.755.6405 or see [www.CBGLADES.COM/GCA](http://www.CBGLADES.COM/GCA)  
 See ad on page 23.

**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 ad and article pages 6-7.

**SUPER STARS SUMMER DAY CAMP**  
 South Florida's Premier Summer Day Camp! We get  
 your child running, jumping, playing and having a  
 blast all summer long. For more info, see  
[www.SuperStarsCamp.com](http://www.SuperStarsCamp.com) or call (954)444-8548.

## Special Needs

**PARKLAND BUDDY SPORTS**  
 Find out about league offerings and activities.  
[www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

**CHALLENGER BASEBALL LEAGUE**  
 Strives to reach disabled kids and their families  
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**THE FRIENDSHIP INITIATIVE**  
 Provides programs & facilities for children and young  
 adults with special needs, while creating awareness  
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 954-753-9430 or [www.thefriendshipinitiative.org](http://www.thefriendshipinitiative.org)

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

## i9 Sports - Youth Sports Leagues

**Coral Springs Leagues** - Saturday & Sunday Options  
 Soccer - Ages 3 - 12  
 Flag Football - Ages 4 - 13  
 Baseball - Ages 3 - 7  
 Indoor Basketball - Ages 5 - 12

[www.i9sports.com](http://www.i9sports.com)  
 954-227-9955 (M-F, 9am-8pm)

## Important Numbers

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



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 Fielding Seven Football and Cheerleading Teams

- > Football Ages 5-14 & Cheerleading Ages 5-16
- > Games on Saturdays (starting in mid-August)
- > Season runs July through mid-November

For more information:

Football  
 Aj Poulin @ 954-901-7843

Cheerleading  
 Kim Valldeperas @ 954-294-6747

**Registration Starts In February**

Check the website for dates and Times

All Registrations Located At The  
 Tackle Football Building in Mullins Park or online at [www.cschargers.com](http://www.cschargers.com)

# Parkland Connections

## Parkland Little League

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

## Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

## Cheerleading

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

## Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football contact: 954-892-4244 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 954-520-2515 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com)  
[www.parklandrangers.com](http://www.parklandrangers.com)  
See ad below.

## Flag Football

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

## Horseback Riding

MALACHI ACRES  
Riding Lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction.  
For more info, call 954-255-7185 or go to [www.MalachiAcres.com](http://www.MalachiAcres.com). See ad on pg 3.

## Lacrosse

PARKLAND REDHAWKS  
[www.parklandlacrosse.com](http://www.parklandlacrosse.com) or call Rob Windesheim (954) 324-1444.

## Soccer

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

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

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Sign up now for this well-known program full of a wide variety of daily activities for campers 3 to 14 years old. FREE daily buses to and from our area.  
For more info, call (954) 472-0022 ext. 3043, [www.AHSchool.com](http://www.AHSchool.com). See ads on pages 24-25.

**CALVARY CHRISTIAN ACADEMY**  
A Pre-K3-12 school committed to excellence in academics, athletics, arts, technology, leadership, and ministry. The Academy is accredited by SACS and ACSI. For more info, call (954) 905-5100 or see [www.ccaeagles.org/tours](http://www.ccaeagles.org/tours)  
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## SUPER STARS SUMMER DAY CAMP

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## Special Needs

THE FRIENDSHIP INITIATIVE  
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, call 954-753-9430 or [www.thefriendshipinitiative.org](http://www.thefriendshipinitiative.org)

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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  
Terramar Tennis .....(954)757-1910

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# Hoopin' It Up!

By Stacy Case

Nearly 400 youths have taken center court this season, and after having been established back in the 1970s, it's no coincidence that the Coral Springs Basketball Club players keep hoopin' it up!

The league has consistently grown over the years, and offers play to those from age 6 up to high school. The CSBC, albeit a pinnacle recreational sports program in the city, incorporated a travel program element (the Coral Springs Explosion) several years ago within its league and was recently put in the spotlight for its continued excellence in youth sports. The program as a whole was presented an award last November at a League Directors Conference in Orlando from the Florida YBOA (Youth Basketball Organization of America) as the Organization of the Year. "Our slogan is, 'this is the best game in town' and I think it is," says Richie Fraiman, who's been President of the Coral Springs Basketball Club for nearly a decade. "Upon receiving the award I told the Board Members I love what they do and their attention to detail for our league."

What other city sport offers four different seasons in which to participate? (Winter: from late Nov. -mid Feb., Spring: from late Mar. -early June, Summer: from late June -mid Aug., Fall: from early Sept. -late Oct.) And what other city sport offers BOTH a recreational and a travel program? Not too many city sports have all of those options under one roof. And according to Richie, whether a child is a superstar on the hardwood, or tipping off for the first time, "These kids learn how to play together," Richie adds. "Our first priority is that all of our kids are playing in a good, team-oriented atmosphere." Right now, CSBC is comprised of six divisions, and 52 teams. There's been so much participation that the league was able to create an all-girls program for some of the age groups. The younger teams play on outside courts at Mullins Park, whereas older teams play inside the Coral Springs Gymnasium. But before each season begins, players attend an evaluation so when the teams are being put together, there's a fair balance of playing ability spread equally amongst the teams in each respective division.

And don't forget...while it's the parents who usually shuttle kids to/from the games and spend countless hours in the stands, the league also has an 18 and older division as well as a 40 and older division. "We cater to all ages of those who want to play basketball," adds Richie. "Mostly though, I truly love being around the kids and seeing them grow over the years while they participate in our league." CSBC is still accepting registrations for its Spring season, in which the last on-site sign-up is Feb. 4 at Mullins Hall from 1-3pm. **For further information, visit [csbchoops.com](http://csbchoops.com)**

Please like us on Facebook & see more images at [www.facebook.com/myspectator](http://www.facebook.com/myspectator)

To Advertise Call 954.753.4300



February is National Pet Dental Health Month!



Family Pet Care

## Your Pet's Dental Health

By Dr. Wayne Crance

Dental Health is a very important part of your pet's overall health and one that is very often overlooked. Dental disease can lead to many health conditions like heart, kidney, and liver ailments not to mention overall oral infection and pain. Did you know that 70% of pets show signs of oral disease by age 3 and 85% of all adult pets have some form of periodontal disease?

Your pet's teeth should be checked at least once a year by your veterinarian to detect problems early. In addition, if you detect any of the following: bad breath, broken or loose teeth, discolored teeth, abnormal chewing, pain or bleeding around the mouth, you should seek attention.

While evaluating your pet's teeth can usually be done with a simple examination, cleaning them is entirely different. For a thorough, safe, dental cleaning in veterinary patients, anesthesia is essential, as this permits a comprehensive assessment of the tissues, allows dental radiographs to be made when indicated, followed by the cleaning (scaling and polishing procedure) itself above and below the gum-line. Professional dental cleaning removes dental plaque and tartar that cause periodontal disease. The dental deposits are removed by power (ultrasonic) and hand dental scalers. Following scaling, the teeth are polished to remove residual plaque and to smooth the tooth surface (which delays deposition of plaque and tartar subsequently). **"Non-anesthetic or Anesthesia-free dental scaling" is not recommended** by the American Board of Veterinary Dentistry. Preanesthetic screening and careful monitoring make this an extremely safe procedure. Although anesthesia will always have risks, it's safer now than ever and continues to improve so that the risks are very low and are far outweighed by the benefits. Almost all pets can go home the same day of the procedure.

Prevention is also important. Regularly brushing your pet's teeth is the single most effective thing you can do to keep their teeth healthy between dental cleanings, and may reduce the frequency or even eliminate the need for periodic dental cleaning by your veterinarian. Daily brushing is best, but it's not always possible and brushing several times a week can be effective. Most dogs accept brushing, but cats can be a bit more resistant. Patience and training are important.



Dr. Wayne Crance  
DVM

Riverside Animal  
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### 3 Nutrition Tips to Keeping Your Body Lean and Working like a Machine Forever!

*"Exercise is king, and nutrition is queen, together they create your fitness kingdom" – Jack Lalane*

By Dorron Blumberg

There are so many different diet theories in the world today. You can easily get mixed up with what you should be doing that would work best for your body. Below are three nutrition tips you can follow to help optimize your health forever:

1. Be Aware. Stop to think about what you are going to put in your mouth for each meal during your week/day. Take some time on Sunday and Wednesday to plan your meals ahead of time. If you are not a person who likes to cook, check out Perfect Fuel.
2. Understand what your body needs. Carbohydrates fuel your energy, protein feeds your muscles, and healthy fat supports your metabolism and energy. During your most active part of the day, fuel your body with high energy carbohydrates (i.e., fruit, oatmeal, Ezekiel bread). When you are least active, supply your body with more green vegetables and lean proteins. Lastly, use supplements that are NSF and Informed Choice Certified. Check out NSF Sport.
3. Eat in moderation and eat often. Enjoy food, don't abuse it. Same goes for drinks. Treat yourself and be balanced. Balance is key. For example, when you go out to eat, order appetizers instead of an entire meal or just simply split a meal. Furthermore, make sure you eat every 2-3 hours to condition your body to burn fuel and use it to support your body's metabolism. Check out Avatar Nutrition to learn about macros and flexible eating.

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### Rejuvenating with Dermarollers

By Monique Bain

Everyone wants smoother, brighter and younger looking skin! The good news is that you can have it in 2017 without undergoing expensive and risky cosmetic surgery. The new treatment using derma rollers has gained massive popularity. These professional skin needling treatments are an established procedure showing clinical skin improvements and have celebrities like Demi Moore, Kim Kardashian, Jennifer Aniston and Gwyneth Paltrow using it for healthy and tighter looking skin. The treatments are gentle, pain free and the best part of all, they are completely natural. The derma roller is used to treat face, neck and body for rejuvenation, fine lines, acne scarring and stretch marks. The skin responds to treatment by naturally producing collagen which your skin needs to stay firm and regenerate scar tissue. New skin cells are generated over a process taking a few weeks to enhance overall structure. Patients get the benefits of new collagen and your skin care will be more effective. The procedure makes micro fine holes in your skin in the same way you might aerate a lawn and it allows active ingredients to penetrate your skin more effectively. Many practitioners will use vitamins on the skin for stronger and faster results.

As we age our skin loses elasticity as collagen levels decline, leaving skin looking tired and lined. The derma roller procedure counteract this by stimulating collagen production. Furthermore, collagen production also visibly reduces the appearance of body stretchmarks.

The process is exactly the same whether you're having the treatment done to the face or body. We first use a topical anesthetic cream or ice if the patient is very sensitive. The procedure takes 30 minutes from beginning to end. The derma roller penetrates the topmost layer of the skin. Our derma roller device allows the practitioner to adjust the needle depth throughout the treatment depending on the face or body area. The natural regeneration of the cells takes up to 6 weeks and leads to better looking skin. Immediately after the procedure the skin looks flushed and it may feel tighter than normal. The slight redness normally subsides within 1 to 2 hours following the procedure. The procedure also works in reducing hyperpigmentation, normalizing melanocytes and controlling abnormal formation of pigment. If you have any questions feel free to contact Five Element Wellness Center.



**Monique Bain**  
M.Ac, L.Ac

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The Annual  
 Woman's Wellness Exam  
 Could Save Your Life.



By Dr. Andrew Krinsky, MD, FACOG

Like most women, I'm sure you don't enjoy the annual trek to the Gynecologist. But did you know that there are some real lifesaving reasons why the **annual wellness exam** should be a consistent part of your wellness program?  
**Why is this exam so important?**

**1. Review and update your medical history:**

This includes current medications, changes in your family history, screening for issues such as falls, urinary function, depression, domestic violence, issues regarding sexual function, alcohol and drug use, risky behavior such as talking, texting, and not using seat belts while driving.

**2. Prevention of Infection:**

Appropriate testing for bacterial and viral infections, sexually transmitted illnesses (STI), Vaccinations when indicated for HPV virus protection, Hepatitis, Influenza, Tetanus with Pertussis, Shingles, Pneumonia, Chickenpox (Varicella).

For example did you know that all adults should receive a booster for Pertussis (Whooping cough) Family members can transmit this disease to newborns who have yet to be vaccinated. ( i.e. Grandparents to their newborn grandchildren). The CDC (Center for Disease Control) recommends that all family members visiting a newborn infant be vaccinated, and every pregnant woman receive a booster toward the end of EACH pregnancy to give some protection when her child is born.

**3. Evaluation of Fitness, Height, and Weight:**

This includes calculating your BMI (Body Mass Index), and evaluating diet and exercise Lack of weight bearing exercise and proper diet along with low Vitamin D can significantly increase the risk of hip fractures. Ordering the appropriate tests can minimize this risk. Did you know that an elderly person who fractures her hip has a 50% chance of not surviving? Proper monitoring of bone health can often prevent the first fracture!!

**4. Cancer Screening and Prevention:**

Each stage of a woman's life has its specific illnesses to consider. Your doctor knows when to screen for each of

these cancers. From Cervical, Breast, Uterine, Colon, and Ovarian, appropriate screening may make a real difference in early diagnosis and even survival. The average woman has a 1 in 8 chance of developing Breast Cancer over her lifetime.

**Did you know** that based on certain risk factors, ethnic background, and family history some women's risk may be as high as 70-80%. Proper screening can identify women at risk, before the cancer develops so specific risk reducing steps may be taken.

The risk of Ovarian Cancer increase in women with age.

This cancer grows silently, with vague, nonspecific symptoms and is difficult to diagnose at the earliest stages required for survival. The annual exam is extremely IMPORTANT in checking for Cancer of the Ovaries, and should include a thorough screening for symptoms, along with a complete pelvic and rectal exam. **IF WE DO NO THINK OF OVARIAN CANCER WE WILL NEVER MAKE A DIFFERENCE IN EARLY DIAGNOSIS!!!**

**5. HEART DISEASE:**

Did you know this illness is the number one killer of women in 2017. The symptoms of heart attacks in women may be very different and not as obvious as in men. We can't

change our Genetic background and the risks we receive from our parents, but we can screen appropriately before it is too late!!

**6. THE MENOPAUSE:**

This important time in a woman's life is filled with new issues and concerns.

**PLEASE DON'T WAIT. MAKE YOUR APPOINTMENT NOW TO SEE YOUR GYNECOLOGIST FOR YOUR ANNUAL WELLNESS EXAM, & STAY HEALTHY!**

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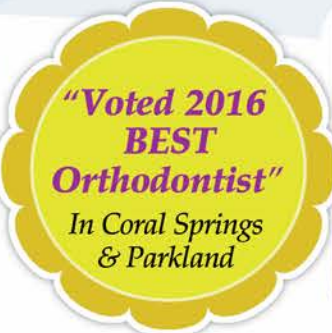
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# The 5 Love Languages

By Andrea Goff

My husband and I are polar opposites. High school sweethearts who have been married for 35 years, and together for 39, we beat to a different drum, and yet, with a few tools learned over the years, our relationship works.

Learning about love languages was like a person with myopia putting on prescription glasses and suddenly having 20/20 vision. Taking the test at [The5lovelanguages.com](http://The5lovelanguages.com) we discovered that while he thrived on physical touch my greatest need was for words of affirmation. I even went so far as to tape to the bathroom mirror a list of things my verbally challenged husband could say to make me feel loved; and I have kept just about every card he has ever given me.

Three children later we learned that one daughter loved to receive gifts, while the other needed quality time. It wasn't hard to guess the love language of our son, a mirror image of his Daddy, whose favorite thing to do is hug and be hugged.

Interestingly, my closest friends have always been go-getters like my husband, but their love languages are diverse. Often people give to others what they themselves like to receive, so my friend whose love language is acts of service will sometimes surprise me with a mop in hand. Another enjoys the quality time that comes with long leisurely lunches and invites me frequently to join her. Of course, we may have several love languages but there is usually one that is stronger, our primary love language, and makes us feel particularly loved and appreciated. Gift giving is one of my weakest areas but my husband's secondary love language. Thankfully my techie brother-in-law can always be called on for unique gift ideas.

Love is a word that has been greatly misused. We talk about loving our job, a bar of chocolate, the latest movie. Love is not just an emotion it is a decision that often requires unselfish deliberation and action. Love can be described as not only a strong liking but a unique attachment, the carrier of the highest emotion inherent in man.

Each of us is designed with a love tank that yearns to be filled. A child whose love tank is full will be well adjusted and able to easily give love as well as receive it. Conversely a child whose love tank is constantly on empty will have many internal struggles. Life can be tough, taking a few minutes to discover the particular love languages of our spouse and children can help a family have more understanding and effectively give love, while truly feeling loved in return.

**You can read more in Dr Gary Chapman's book "The Five Love Languages" or have your family take the test at [www.The5LoveLanguages.com](http://www.The5LoveLanguages.com).**





# More than Fun & Games: Whiffle Blast works to make a difference!

By Jenna Kopec, photos courtesy of [www.derykdaavidsonphotography.com](http://www.derykdaavidsonphotography.com)

On January 21, the Jason Taylor Foundation introduced the inaugural Wizard Creation's Whiffle Blast presented by Sports Chiropractic and Natural Health Solutions, a charity-driven family event that aimed to raise funds for children battling cancer and pediatric medical emergencies.

With an interactive KidZone, live stage performances, food trucks, a home run derby and, of course, a whiffle ball tournament featuring nearly thirty teams, Pine Trails Park in Parkland became the home base for a day designed to make a difference.

The event was made possible by Dr. Todd Rodman, owner and physician at Sports Chiropractic and Natural Health Solutions, who came up with the concept, as well as Luke Freeman, president and founder of Wizard Creations. They worked closely with Sean Todd, director of operations at the Jason Taylor Foundation, to recruit participants, plan events and execute the event. All participants contributed to the cause.

"We put on Whiffle Blast because the Jason Taylor Foundation and SIDES [where a portion of funds raised are being allocated] are two amazing organizations that do such good for our community," said Freeman "We wanted to help give back to our community and to two organizations that do so much for so many others."

Seth Levit, executive director of the Jason Taylor Foundation, said he was blown away by the reception the tournament had.

"Todd [Rodman] had a vision and it really came to life," said Levit.

Despite some natural competitive natures, teams seemed to enjoy learning the game.

"I had never played whiffle ball before, so just watching

the different levels of different people was really cool," confirmed Corbin Stacy, Lulu Lemon ambassador and Whiffle Blast player.

The Whiffle Blast KidZone was filled with interactive inflatables and activities such as Kid's CrossFit and yoga. Nearby, the main stage, presented by the Dance Theatre Company, featured a DJ, vocal performances, a fashion show and a dance recital featuring incredibly talented youth from the stage partner. Rodman said that having children engaged in the event was particularly important to him so that they can see the impact they can have on other people.

"We're out here to have fun but there are a lot of kids [out in the world] that aren't having fun," said Rodman "I hope the kids walk away having a great day, learning a little bit about whiffle ball. And I'm just hoping that we can really start something that we can build on for years to come."

Volunteers, an integral part of Whiffle Blast, also took part in the excitement.

"I'm pretty sure if they have it again, the entire team is going to come," said Kiki O'Hara, a freshman volunteering with the rest of St. Thomas University's softball team.

Overall, Whiffle Blast met the goals set by Rodman, Freeman and the Jason Taylor Foundation. There was fun, there was unity and there was help for the community.

"I hope [everyone] had a good time and I hope they know that what they did meant something," said Levit. "A lot of young people will be helped because of what they did."

**For more info about Whiffle Blast, please visit the event page on the JTF website at: [www.jasontaylorfoundation.com/events/whiffle-blast/](http://www.jasontaylorfoundation.com/events/whiffle-blast/)**



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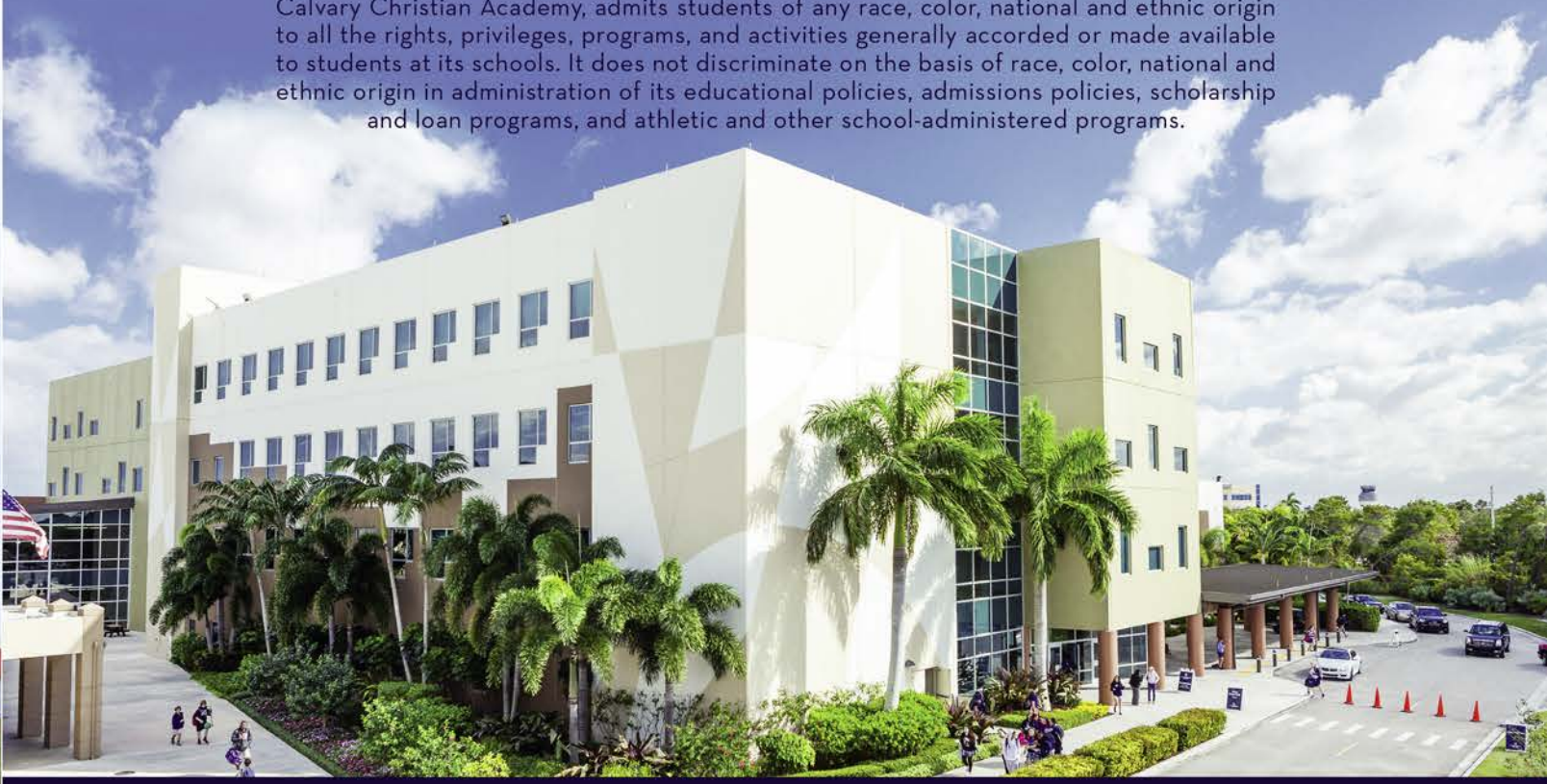


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**Wearing sunglasses is cool and very fashionable but most of all, very healthy for you.**

By Dr. Gary Goberville

Sunglasses are essential to protect you from the sun's harmful UV rays and also help prevent premature wrinkles, Macular changes and Cataracts.

However, Not all sunglasses are created equal... polarized and lenses that block the blue light are best. Lens quality is the most important aspect. Inexpensive sunglasses can blur vision and, in some instances, make your vision worse. It is recommended to purchase them from a Doctor's office to ensure you get lenses that help and not harm you. Here are 5 reasons to wear good sunglasses.

**Reasons to Wear Sunglasses**

- 1.) UV Protection.** The sun's UV radiation can cause cataracts; benign growths on the eye's surface; and photokeratitis, which is a temporary but painful sunburn of the eye's surface.
- 2.) Blue-Light Protection.** Long-term exposure to the blue and violet portion of the solar spectrum has been implicated as a risk factor for macular degeneration, and pre-mature Cataracts especially for individuals that are "sun sensitive."
- 3.) Comfortable vision.** In the car at the beach or on the boat. The sun's brightness and glare interferes with comfortable vision and the ability to see clearly by causing people to squint and their eyes to water.
- 4.) Dark adaptation.** Spending just two or three hours in bright sunlight can hamper the eyes' ability to adapt quickly to nighttime or indoor light levels. This can make driving at night after spending a day in the sun more hazardous.
- 5.) Skin Cancer.** Cancer of the eyelids and skin around the eyes is more common than people think. People should wear sunglasses outdoors whether they are working, driving, participating in sports, taking a walk, running errands or doing anything in the sun.



**Dr. Gary Goberville,**  
Optometric Physician

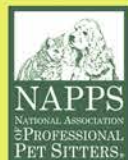
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# Up & Coming

## Family Fun Day & Car Show - Saturday, February 4

The Coral Springs Family Fun Day and Car Show is open from 10 a.m. to 2 p.m. Admission is free, so bring the entire family to 2575 Sportsplex Drive for a day of fun. There will be music, food trucks, vendors, bounce houses and entertainment. There will be a nominal fee for some of the activities. For those showcasing their vehicles, registration is \$20 on the day of the event. Trophies will be awarded to winners in multiple categories. For more information, call 954-345-2119.

## Parkland Mayor's Chess Challenge - Sat, February 4

From 10AM - 12PM, join the Mayor, elected officials, and community leaders for free and friendly chess sessions in support of scholastic chess. This FREE event takes place at the Parkland Recreation and Enrichment Center, 10559 Trails End. For more info, call 954-757-4105.

## Parkland Farmer's Market & Wellness Fair - Sun, February 5

Come join us for our Farmer's Market from 9:00 AM to 1:00 PM. Our market is also dog friendly so don't forget to visit our pet vendors! Held at the Equestrian Center at Temple Park, 8350 Ranch Rd., Parkland. Call 954-757-4105 for more info. See ad on page 19.

## Parkland Knit 'N' Knowledge - Monday, February 6

Do you enjoy knitting or would you like to learn? From 10:30-11:30 AM, bring your own projects, tips, techniques and ideas to share with fellow knitters at the Parkland Library, 6620 University Drive. If you've never knitted before, there is always someone to help you! Please visit [www.cityofparkland.org/library](http://www.cityofparkland.org/library) or call (954)757-4207 for more info. The library is located at 6620 University Drive.

## Florida Renaissance Festival - Feb 11th-Mar 26th, Sat. & Sun

Travel back in time to the 16th Century at the 25th Annual Florida Renaissance Festival, Quiet Waters Park, Deerfield. 7 Weekends February 11th through March 26th from 10:00 a.m. to Sunset! Over 100 Artisans selling their wares, Over 100 Performers to entertain, Kid's Kingdom, Entertainment and Food and Drink fit for a King! It's a Fun Family Event for All Ages! For more info or purchase tickets online at [www.ren-fest.com](http://www.ren-fest.com) See ad on page 21.

## Valentine's Day Gala - Saturday February 11

Team MiraLago at Parkland is holding a Valentine's Day Gala at the new Club MiraLago at 7pm to raise money towards the Relay for Life of Parkland event on April 1st. The local band, Rock Candy, will perform and a huge Silent Auction will be taking place. Tickets are \$75. For more information email [rachellaw7@hotmail.com](mailto:rachellaw7@hotmail.com)

## Keep Coral Springs Beautiful Clean-up - Sat, Feb 11

The City is seeking volunteers to help "Keep Coral Springs Beautiful," an Adopt-A-Street program in partnership with the Community Foundation of Broward. From 9 to 11:15 AM, volunteers will meet at their

assigned locations and work with team captains cleaning up different areas throughout Coral Springs. Lunch will be provided to volunteers after the clean-up.

Service hours will be provided and there will be raffles for participants. To sign up, fill out the volunteer forms available at [www.CoralSprings.org/volunteer](http://www.CoralSprings.org/volunteer). To sign up as a volunteer, contact Volunteer Services at 954-346-4434 or e-mail [volunteer@coralsprings.org](mailto:volunteer@coralsprings.org).

## Parkland Eats 'N Beats - Saturday, February 11

Grab your lawn chairs and blankets for an evening of music, food, and great company from 5:30-9:30 PM at the Parkland Amphitheater, 10561 Trails End. The City of Parkland will welcome Samantha Russell band and WT Heck to the stage. Come hungry because there will also be a wide variety of food trucks to eat from. No tents, pets or alcoholic beverages are allowed within the park. For more info, call 954-757-4105.

## Movie in the Park: Miss Peregrine's Home for Peculiar Children - Saturday, February 11

From 7 - 9 PM, come to Betti Stradling Park, 10301 Wiles Road, and enjoy this hit movie on the big outdoor screen! The City's FREE Movie in the Park will feature Miss Peregrine's Home for Peculiar Children. Parking and admission are free. Blankets, lawn chairs and coolers are welcome, and refreshments will be available for purchase. Please refrain from bringing glass containers, alcohol and pets. For more info, please call 954-345-2200.

## North Broward Preparatory School - Tuesday Feb 14

At 9:00 am, North Broward Preparatory School (NBPS) will celebrate the opening of its 15,000 square foot Global Wellness Center located at 7600 Lyons Road, Coconut Creek, Florida. For more information, visit [www.nbps.org](http://www.nbps.org). See article on page 6.

## Unplugged - Saturday, February 18

Hang out with friends and get Unplugged from 6-10PM at this outdoor event featuring live music, life-size games, craft beer from Funky Buddha Brewery, as well as wine, food trucks and live art. Bands will be performing live throughout the evening. Artists will also have their work on display and create art pieces during the event. The event is open to everyone ages 21+. It all goes down at the Coral Springs ArtWalk, 9405 NW 31st Court. Admission is FREE but food and refreshments will be available for purchase.

## Run 4 The City - Saturday February 25

No Perfect People, Inc. (NPPi) will be hosting the 2nd Annual Run for the City, a family-friendly 5k run/walk. This event will raise money in support of local NPPi outreach programs such as Feed the City, Serve the City, Hope House, and international orphanages in Colombia, Haiti, and Nicaragua. The race will start and finish at Church by the Glades at 400 Lakeview Drive in Coral Springs. For more info, visit [www.nppinc.org/run4city](http://www.nppinc.org/run4city) See article on page 10.

Sun Sentinel



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Tuesday

\$2 TACOS

(Choose either Carnitas, Picadillo, Chicken Tinga or Cochinita)

Valentine Week Feb 13-19

\$9.99 Couples Special

Includes 1 Mini Nachos, 2 strawberry or regular margaritas  
With coupon only. Not valid with other offers. Dine in only.

Our Gift to You!

\$10 OFF

With this coupon only. Can not be combined with other coupons, offers or promotions.  
One per table. When you spend \$50 or more.

Monday  
KIDS EAT FREE!

One item from kid's menu with each adult entree purchase.

Dine-In or Takeout • Deliveries by DELIVERY DUDES!

(754) 229-8940



10299 Royal Palm Blvd, Coral Springs, FL 33065

[www.LosTacosByChefOmar.com](http://www.LosTacosByChefOmar.com)



HOURS: Sun - Thur 11AM - 9PM • Fri and Sat 11AM - 10PM



Award winner Chef Omar Covarrubias