

EASTER


2017

SAWGRASS CAMPUS


400 LAKEVIEW DR, CORAL SPRINGS, FL 33071

APRIL 8-9

 6PM

 10, 11:30AM | 1, 6:30PM

APRIL 15-16

 5, 6:30PM

 8, 9, 10:30AM | 12, 1:30, 6:30PM

SAMPLE RD CAMPUS

3301 RIVERSIDE DR, CORAL SPRINGS, FL 33065


APRIL 16


 9:30, 11AM | 12:30PM

F T L CAMPUS

101 SE 3RD AVE, FT LAUDERDALE, FL 33301

APRIL 14 & 16

 7PM (GOOD FRIDAY)

 5PM

LAKE WORTH CAMPUS

127 SOUTH M ST, LAKE WORTH, FL 33460

APRIL 16 *Grand Opening!*

 11AM



   
CBGLADES
954.755.7767

Coral Springs & Parkland The #1 Family Resource Since 2002!

Spectator

April 2017



Family Savings Inside!
FREE Sandwich From Soho Subs
Parkland Rangers Football & Cheer
& Camp Registration

What is Your Home Worth?



It's easy... see our website to determine your home's current value.

BILL SOHL
AND ASSOCIATES
SOUTH FLORIDA REAL ESTATE

MyParklandLuxuryHomeValue.com

Your Parkland Real Estate Attorney



JLKohn.com
Joseph L. Kohn, Esq.

- CLOSINGS/ TITLE INSURANCE
- SHORT SALE NEGOTIATION (Retainer Fee Waived)
 - FORECLOSURE DEFENSE
 - LOAN MODIFICATIONS

954-332-3111

Corporate Offices

5489 Wiles Road, Suite 304, Coconut Creek, FL 33073

Other Offices

6300 NW 5 Way, Suite 100, Fort Lauderdale, FL 33309



QuickStart™ Summer Piano Classes for Beginners

with Dr. Joseph Line Master teacher and pianist

Classes Start June 12th!

- Maximum of 5 students per class
 - 10 classes in two weeks
 - Half the cost of private lessons
 - Late afternoon & early evening
- Call Today Space is Limited**

954-298-5014

www.JosephLinePianoStudio.com Find us on Facebook



No Education is Complete without Driver's Education

- Drive the new GT Mustang & SS Camaro
- Owner/instructor - former police officer
- Prepare for your test, parking & highway
- Hourly lessons, no long contracts

www.godrivinginc.com

- Online Classes - See our website
- Four-Hour First Time Driver Class
- DMV Driver's License Permit Exam
- Court Ordered Classes

Go Driving, Inc.



954-757-7622



Join Us for Easter Sunday Brunch!

April 16th, 9:30 am to 3 pm

BUFFET STYLE FEATURING:

- Carving Station with Ham, Filet & Brisket
- Omelet Station
- Shrimp & Grits
- Chilled Shrimp Cocktail
- Fried Chicken
- Southern Stuffed French Toast
- Bacon & Sausage
- Biscuits & Gravy
- Eggs Benedict
- Yogurt & Breakfast Breads
- Sliced Fresh Fruits & Danish
- And A Whole Lot More!

Menu Selection subject to change

Adults - \$27.95
Kids 5 years to 12 years - \$14.95
Kids under 5 years - \$8.95

Bottomless Mimosas & Bloody Marys \$10.95

Call to make your reservations

954-510-1099

6240 Coral Ridge Dr., Coral Springs 33076

www.bigroosterssoutherntable.com



Meet The Easter Bunny!



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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

Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia

Web, Social Media & email Marketing

Marketing Solutions
Links Media

Distributed by

US Mail &
Baron Express
954-297-0731

Contributing Writers

Stacy Case
Dr. Wayne Crance
Dr. Howard Gelb
Dr. Gary Goberville
Dr. Clive Woods
Cassie McGovern
Shellie Miller

Advertising Sales

Office
(954) 753-4300

Scott Farrugia
(954)684-6590

e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator

Twitter@/MySpectator

MySpectatorOnline.com

The entire contents of this magazine are copyright 2017 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher.

It's All About Community!

There's SO much to do this month!

Welcome to April, 2017! With one look at our Up and Coming Events (page 30), you'll be filling your calendar with activities and wondering what you may have to leave off. Golf tournaments, WorldFest, egg hunts, Jazz Brunch, concerts and more....there won't be a dull moment this month! As we've also touched on for several years, it is also Drowning Prevention month and, with all of the bodies of water surrounding our families, it's time we took heed to the many warnings. Make sure to get your children signed up for swim lessons right away! Don't wait another day...you'll never regret it.

Thank you so much for being part of our community! We are blessed beyond measure by your eagerness to share your news, your triumphs and your families with the rest of us. Have an incredible April, drive safely and make it your personal goal to get out to an event this month. Make some fun and new friends!

God bless you and our soldiers,

Shellie & Scott

church by the glades.com

SAWGRASS CAMPUS
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
SAT 6PM
SUN 9, 10, 11:30AM
1, 6:30PM

FT L CAMPUS
101 SE 3RD AVE, FORT LAUDERDALE, FL 33301
SUN 5PM

SAMPLE RD CAMPUS
3301 RIVERSIDE DR, CORAL SPRINGS, FL 33065
SUN 9:30, 11AM
12:30PM

LAKE WORTH CAMPUS
127 SOUTH M STREET, LAKE WORTH, FL 33460
SUN 9:30, 11AM

ON TV! THE CW SUN 11AM | Hallmark CHANNEL M-W-F 6:30PM

@CBGLADES @PASTORDHUGHES | 954.755.7767

Working the Dream

By Shellie Miller

This rapid information age has helped us to be efficient, but it's also made us into a society that expects instant gratification. In previous years, if I wanted to find a childhood schoolmate, I'd make a few calls, catch up with several old friends, and learn about many pals as I sought after one. Nowadays, a few clicks on my computer tells me he lives in a brownstone on central park, is married with three kids, travels the world with his family, has founded a conservation charity and is now a billionaire. Because I witnessed his drive and work ethic from our young age, my guess is he has not been sitting around Googling me!

I love the heritage of our country! Rebels with a purpose to live free or die trying, they tilled the land, grew their own food, and made their way in a wild world that held no resemblance to where they'd come from. They dreamed audacious dreams and created huge companies that employed thousands who could then dream their own dreams and step into bigger futures.

I fear that a large number of Americans have become a hoard of "followers" who are on-line, on the couch and know more about the Kardashians than they do about their own spouse or children. Resting in mediocrity, so many are semi-satisfied with the status quo. They expect others to clean up after them without taking responsibility for the circumstances they've created. They grumble when the cable is out, leave their partner when the bank account is overdrawn, blame others for their poor decisions and are ignorant to the example they've been living in front of their kids. This is not the United States that our founding fathers were dreaming about. Yes, you are FREE to do as you please, but is it truly freedom when it hobbles following generations?

My belief is that we must proceed cautiously because 'slow and steady' has always won the race. The oldest fortunes in America were built on great ideas and hard work. Some of them were made, lost and then made back again. The glass IS more than half-full! Let's get back to what gave us a great foundation, stop listening to and believing the griping, and enjoy the fruits of our OWN labors. Our country is very young compared to others. We would do well to live by the original blueprint that built the American Dream. Hard Work and Individual Responsibility.



MAZZEI
orthodontics
"Creating Amazing Smiles with a Personal Touch"

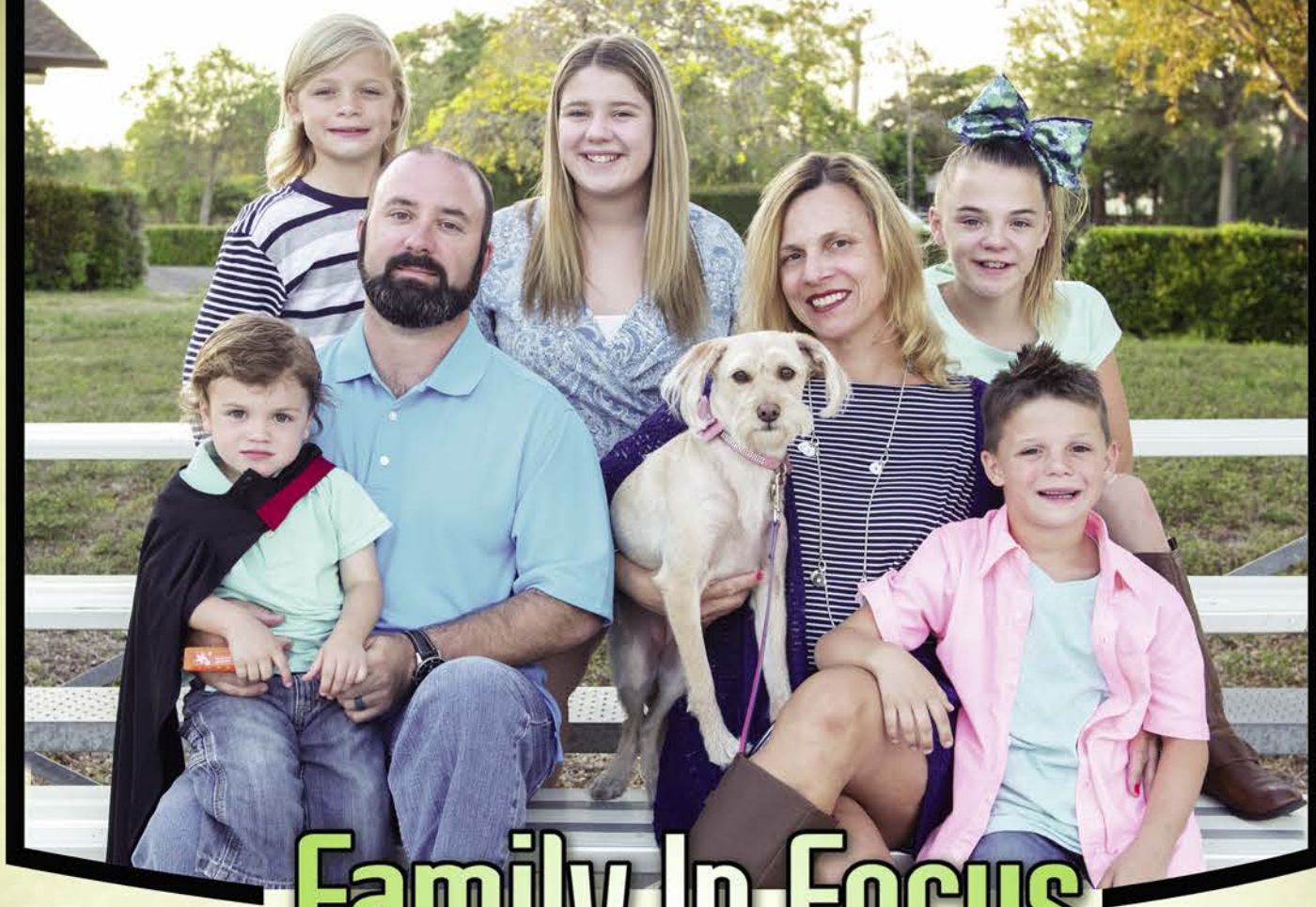
\$500 off
Comprehensive Orthodontic Treatment
New Consults Only. Not to be combined with other offers. Coupon must be presented at time of Initial Consultation. Offer Expires 5/15/17

SPECIAL Spring OFFER

Call Today to Schedule Your Complimentary Consultation
954-752-5040
9387 West Sample Road, Coral Springs 33065
Dr. Leanne Mazzei

Member American Association of Orthodontists

Follow Us On www.mazzeiortho.com



Family In Focus

The Walkers Active in many community activities, Rich and Catherine are busy parents because of their five kids ranging in age from 3 to 13. Their oldest daughter Delaney is in the 7th grade at Westglades Middle School where her favorite subjects are Civics and Language Arts. Steffy James, 11, prefers Math and Writing in the 5th grade at Park Trails Elementary. 9 year-old Scott and 6 year-old Drake attend the 3rd and 1st grades there, preferring physical education and math respectively. Hayes, 3, goes to preschool at Parkridge Christian Academy where he loves, "playing with my friends Chase and Charlotte." The Walkers also include their dog Lucy and three cats.

Rich stays busy as the owner of a successful sign company while coaching a variety of Parkland Sports. Catherine is a homemaker and consultant with 31 Gifts. Her schedule stays packed with activities for their children and the community.

Steffy James has cheered for the Parkland Rangers since the Walkers moved to Parkland from Rockaway, New Jersey in 2014. She just wrapped up her 3rd Season, which included two successful regional cheer competitions! She is also a local

Girl Scout with Troop 10520. Catherine enjoys leading this 5th grade Troop with her co-leader. Steffy James also loves gymnastics.

Scott and Drake are happily active in Parkland flag football, soccer and baseball. Rich is actively involved in coaching each of their teams and serves on the Parkland Recreation Soccer Board. Both boys love to play outside with neighborhood kids after school.

Delaney is a member of the National Junior Honor Society, and especially enjoys volunteering in the community. She also loves playing Parkland Flag Football, running, hanging out with her friends and also babysitting.

Hayes, the baby, enjoys all of the cool things he gets to experience at his older siblings' activities and games. He also has a great time at preschool two days a week.

In addition to his multi-sport coaching and Board member duties, Rich is always happy to donate signage to activities that the kids are involved in whether it is for school, sports or clubs. Catherine is a Girl Scout leader and is involved in Local moms groups like MOMS NEXT, MOPS and Parkland Moms Club. She loves being class mom for 3 kids at Park Trails as well as for Hayes' at Parkridge. She is passionate about volunteering and fundraising for families close to her heart. She is co-leading a fundraising campaign for 20 month-old Jude Ward's liver transplant. Please see page 28.

When the Walkers aren't busy in school, at work or on the sporting fields, Catherine says, "We love lazy weekends IF they ever happen! Beach days, pool days, Marlins and Dolphins games... bike rides." Further elucidating their love for South Florida, Catherine continues, "We love the gorgeous weather and the amazing opportunities available year round for sports. In the City of Parkland, we especially appreciate the farmers market and the community of friends that have become our family."

The Walkers worship at Mary Help of Christians Catholic Church.

In the Kitchen with



SoHo Subs, birthed right here in Coral Springs, started because Jeff Lassen's father grew up working in his dad's deli in Brooklyn and then Lynbrook, Long Island. Jeff says, "This is in my blood! My grandfather did it, my dad did it and it's something I knew that we needed down here." Jeff, his wife Nicole, and their 3 1/2 year old twins have been Parkland residents for two years now. A New Yorker at heart, Jeff tells us about working in his other business, Rite Way Auto Transport on Wiles Road. He and groups of his 56 employees would often go out for lunch. "We couldn't ever find a good place to go. The quality just wasn't there, and I knew that I could open a place that made the best subs in town."

Focused on freshness first, the welcoming and uniquely decorated restaurant serves only Boars Head cold cuts on bread made daily. The creative atmosphere and remarkable penny floor exude a singular vibe, where customers are certain to notice that there's a style of sandwich for every taste. From Italian style seeded or unseeded breads to traditional soft sub rolls and rye bread, the variety of choices assures that every taste and taste bud will be satisfied after a meal from Soho Subs. Take out and delivery are fast and easy, but dining in is truly a treat.



L to R, Lisa Larriccio, General Manager, Jeff Lassen, Owner & Chris Lawyue, Assistant Manger

Proud of the many selections available on the menu, Jeff boasts that his restaurant stocks more than 150 different beverages as well as famous Juniors of Brooklyn cheesecakes, more than 60 different types of chips and the finest quality condiments like Hellmann's mayonnaise. The produce in every sandwich is freshly harvested, boasting crispy Romaine lettuce and the juiciest Roma tomatoes. And what good is a sandwich without a pickle? Jeff says excitedly, "We give a bunch of them FREE with every sandwich!"

Jeff is planning for the future of his family while remaining confident that Soho Subs is going to be a huge hit all over South Florida. He already has his sights on a Boca Raton location for his next restaurant. "I'm going to make SoHo Subs into a successful chain, not a franchise. I plan to own it and always stay focused on high quality. We're going to keep this A-1."

Jeff's personal favorite sandwich is SoHo's hot pastrami on rye. "We use National Deli pastrami because we found it to be the very best tasting. I'll put that up against anybody else's sandwich." Confidence and quality: Go in for a visit to Soho Subs and prove to yourself why their slogan is "Better than the Rest."

Open 7 days a week, Mon-Fri 11am-8pm • Sat 11am-6pm
Sun 11am-4pm. 8040 Wiles Rd. in Coral Springs
954-998-7799 • www.SohoSubs.com



WE DELIVER • ORDER ONLINE • CATERING & EVENTS

Over 170 Beverages Options • Boar's Head Meats

Over 60 Different Options of Chips

NY-Style Bread • Artisan Sliced Bread

Junior's Famous Cheese Cake

FREE SANDWICH!

With purchase of another sandwich of equal or greater value.

With coupon only. Not Valid with other offers • Expires 5/15/17 SP

8040 Wiles Road Coral Springs
954-998-7799 • www.SohoSubs.com





Dr. Gary Goberville,
Optometric Physician

Eye Site Vision Center
2344 N. University Dr.
Coral Springs
954-344-3937

Are prescription sunglasses a good idea?

By Dr. Gary Goberville

You may sometimes find yourself driving down the road, sun shining in your eyes, as you search in vain for those clip-on or magnetically attached sun lenses that came with your prescription eyeglasses. At times like these, you might find that prescription sunglasses are much more convenient and more than worth the additional investment.

You don't have to sacrifice fashionable style or high-level sports performance if you want prescription sunglasses. The styling of prescription sunglass frames is nearly the same as with non-prescription sunglasses. Almost all of the same fashion, designer and celebrity eyewear options apply. Contact lens wearers may also find that wearing prescription sunglasses is sometimes a far more practical alternative outdoors. For example, you may not want to wear your contact lenses on the beach where your eyes can become itchy and watery as you battle the effects of sand, sun, wind and water.

Even the non-prescription sunglasses you wear over contact lenses may not provide enough protection. Did you know that wearing your contact lenses while swimming is a bad idea because of potentially serious eye infections caused by microorganisms in the water? With prescription sunglasses, you have the option of wearing them anytime outdoors without the need to search for clip-on sunglasses or deal with contact lenses.

If you have a vision problem that requires corrective prescription eyewear, you have several choices when it comes to sunglasses. Prescription sunglasses are available for virtually any lens prescription, including bifocal and progressive lens options if you are presbyopic and need lenses to help you read that magazine or book at the pool.

These types of sunglasses also can help you if you need reading glasses only or if you wear contact lenses to correct only your distance vision and still need that additional boost for reading. You might also consider prescription swimming goggles or better yet a dive mask with your prescription in it.



BEGIN

a lifetime of

LEARNING



Eye Site Vision Center

www.EyeSiteVision.com

Excellence in Family Eye Care & Eyewear

- We carry a Phenomenal Selection of Frames
- Come Visit Our Extensive Sunglass Boutique
- Medical Savings Accounts Accepted

Coral Springs
2344 N. University Drive
954-344-EYES(3937)

Boca Raton
9874 Yamato Road, #120
561-479-1411

Lighthouse Point
2490 N. Federal Hwy.
954-943-3779

Contact Lens Special

Contact Lens Exam, 7 Month Supply of Contacts & FREE box of cleaning solution

\$130 While Supplies Last

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 5/15/17 SP

\$25 OFF

For Every \$100 Spent on Eyeglasses

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 5/15/17 SP

FREE

Kids Safety Lenses with purchase of frame

Certain restrictions apply. Call for details. With coupon only. Cannot be combined with any other offers. Exp. 5/15/17 SP

The patient and any other person responsible for payment has a right to refuse to pay, cancel a payment, or be reimbursed for payment for any other service, examination, or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment.

Choosing your child's school is one of them most important decisions you'll make. You want your kids to enjoy school while getting the best education possible, and so do we! At **Parkridge Christian Academy**, you'll find the caring community of teachers and students you've been looking for. We combine outstanding academics with an emphasis on helping your child become the unique person God created them to be. Call or stop by today to check us out for yourself!

NOW ENROLLING!
K - 8TH GRADE

Join us for an
Open House
May 16 @ 6pm

rsvp: info@parkridgeca.com

A program of Parkridge Baptist Church

954-346-0236

Parkridge Christian Academy
5600 Coral Ridge Drive, Coral Springs 33076



www.parkridgeca.com



Creative Summers Start Here!



American Heritage Camp Director Wayne Lenoff is passionate about summer camp, not because it's his profession, but because he loves the idea that each camper can have an amazing and active summer experience doing a variety of things that are both fun and engaging.

Hosting summer camps for more than 30 years, American Heritage's summer sessions begin June 13th and continue through August 12th. They are divided into three 3-week sessions, each one different from the other. One aspect of the camp is a traditional day camp where children will experience a variety of activities including various field sports, drama, art, swimming, video arcades and more. The camp supplies healthy lunches, with appetizing choices and snacks throughout the day. Day campers range in age from 3 to 13 and, beginning at age 6, go on a variety of field trips throughout the summer. American Heritage also features specialty camps for children who would like to concentrate in specific areas of interest.

"There's a Robotics Camp for that techie child who would like to build a robot and get it to do different tasks, such as digital electronics, 3-D printing, coding with Java and CAM," Wayne says. "Each session has its own unit that they focus on." Going through the list of offerings, he lists the sports activities available. "We host a Tennis Camp for the enthusiast who wants to get out on the courts every day and sharpen their skills; a Soccer camp headed by a former professional soccer player and Olympic development coach, and a Lacrosse Camp run by a former collegiate coach." And the choices don't stop there. Wayne continues, "We also have a Young Artist's Camp where the campers will study and create art using different mediums throughout the summer; a Science Adventure Camp where each session will concentrate on a different aspect of our local ecosystem, such as marine life, where campers will learn how to snorkel to observe marine life and life in the Everglades. Campers will also be conducting different investigative science experiments in our science lab. Video Production Camp is offered for ages 10 to 14 for two sessions." Wayne is

especially proud of the level of each instructor's professional accomplishments and all that they offer to the children. "Because we are a successful college prep school, all of the instructors in charge of our specialty camps are experts in their fields. For instance, our Robotics instructor runs our Pre-Engineering Lab during the school year." Wayne adds, "This is not a classroom instruction type of thing... Everything the children will be doing throughout the summer is hands-on."

For the 9-week camper, Wayne emphasizes that the main goal of American Heritage's program is to ensure that each camper loves the camp experience. "Every 3-week session is different, and each session stands alone. All of our specialty camps include getting the kids out for one hour each day and involved in something else. Most of the time they go swimming because our pool is right here on campus." When asked, Wayne shares his personal favorite. "I love the Day Camp! It lets you experience a variety of activities every day and gives you a well-rounded summer experience."

Free express bus transportation is available every day. A bus picks up and drops off children at one of many central locations. Door-to-door bus service is also offered for a fee, and parents can also drop off and pick up their children.

Involved with the camp for 17 years, Wayne began as a senior counselor and has continued to be a vital part of every summer season. His passion for the campers and the activities available to them is evident in the energy with which he speaks. Definitely focused on his role in making sure that every child attending American Heritage's camp has the best summer of their life, he puts it simply, "We want every child to look back and say, 'Wow! That was amazing!'"

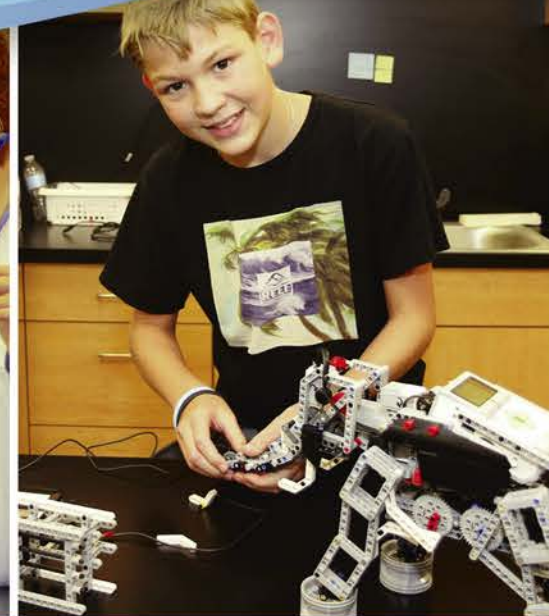
See ad on opposite page.



MEMORIES THAT LAST A LIFETIME!



American Heritage Summer Day Camps



DAY CAMP * ROBOTICS CAMP * THEATRE CAMP * VIDEO PRODUCTION CAMP
SPORTS CAMPS * SCIENCE ADVENTURE CAMP * ART CAMP

Free bus transportation to areas throughout Ft. Lauderdale and Miami

12200 W. Broward Blvd. Plantation, FL (954) 472-0022 www.ahsummerprograms.com





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.

Sports Medicine & Orthopaedic Center

(561) 558-8898

See our ad below

Stress Fractures

By Dr. Howard Gelb

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

That's Gotta Hurt!

- Specializing in Adult and Pediatric Orthopaedic Sports Medicine, Arthroscopic Surgery of the knee, shoulder, hip, elbow, wrist and ankle
 - Fracture care and joint replacement
 - Licensed physical therapist on staff
- ACL reconstruction, meniscus repair and arthroscopic shoulder reconstruction

Howard J. Gelb, MD, PA

Sports Medicine & Orthopaedic Center

American Orthopaedic Society for Sports Medicine

Fellow American Academy Orthopaedic Surgeons

Diplomat American Board of Orthopaedic Surgery

Subspecialty Certified in Sports Medicine

Fellowship Subspecialty trained in Sports Medicine & Arthroscopy

Member Arthroscopy Association of North America

www.GelbMd.com

561-558-8898

9980 Central Park Blvd. N., Suite 222, Boca Raton,
Between Palmetto Park & Glades Rd. on 441/State Rd. 7



My Aching Bunions

By Dr. Clive C. Woods

A bunion is a deformity in which the great toe gradually points toward the second toe. In addition, the joint at the base of the toe gradually moves away from the second toe. The medical term for this deformity is called Hallux Valgus. It is believed to occur due to wearing shoes with a tight toe box. It is commonly seen in women due to their tendency to wear tight shoes. Bunions can also be familial, or due to problems such as arthritis and various neurogenic conditions. Bunions often cause pain and swelling around the joint at the base of the big toe, mainly due to the increase in width of the foot. The overlying skin can become red, warm, and thickened. In addition, the deformity can push the second toe up causing a hammertoe. Relieving a bunion doesn't necessarily mean purchasing ugly or out of fashion shoes. It is a good idea to shop for shoes late in the day, when your feet are the largest from swelling. The shoe should have a half-inch between your longest toe and the front of the shoe. It should also be wide enough to wiggle your toes. I would also recommend the heel height to be low with your heel firmly against the back of the shoe. Other treatment such as bunion pads, which are available at most drugstores, and ice massage, can ease your pain. To help relieve a painful bunion, a plastic bag of ice should be applied to the area for 5 minutes. You may repeat this 2 to 3 times per day. When these treatments have failed, surgery may be indicated. An x-ray of the foot is taken before surgery in order to evaluate the severity of the deformity, and whether there is existing arthritis in the joint. During standard bunion (hallux valgus) correction, the prominent bone is shaved away. The metatarsal bone is cut and repositioned with screws, a plate, or a combination of the two. A soft tissue release is performed on the contracted joint capsule and adductor tendon between the first and second toe. The final portion of the procedure entails tightening the capsule over the shaved bunion to help move the great toe away from the second. After this procedure the patient is placed in a bunion wrap and a small boot. The first 4 to 6 weeks you are allowed to bear weight on your heel. X-rays are obtained in the office to view the healing of the repositioning of the great toe. The treatment for an arthritic joint differs from a joint without degenerative changes. Depending on the severity of the arthritic bunion, the treatment may require a fusion of the joint.

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.

CLIVE C. WOODS, MD

Member of the American Orthopaedic Foot & Ankle Society (AOFAS)

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

- Bunions • Hammer Toes • Arthritis • Neuromas • Achilles Tendon Tears
- Trauma • Fractures • Flat Foot

His surgical specialties include: • Foot Reconstruction • Ankle Reconstruction • Ankle Replacement • Ankle Arthroscopy • Achilles Tendon Repair • Fracture Repair • Injections • PRP Therapy

Howard J. Gelb, MD, PA
Sports Medicine and Orthopaedic Center



CLIVE C. WOODS, M.D.
Orthopaedic Surgeon
Fellowship Trained in Foot & Ankle Surgery



“ Dr. Woods is a highly skilled and respected orthopaedic surgeon. His enormous talent, professionalism and commitment to patient outcomes strengthen our ability to deliver an enhanced level of comprehensive care.”

–Dr. Howard J. Gelb



Always Check the Water First!

By Cassie McGovern

An estimated 65,000 people in the United States alone do not know how to swim. It is reported that 54% of adult Americans cannot swim and my belief is our community tends to be much higher with the melting pot of different cultures. Many adults learned how to swim as young children but never go into the water anymore and have forgotten how to swim over the years. Others were never taught and continue to avoid the activity altogether. It was once thought that knowing how to swim was very important but now it is more up to the individual.

We all need to place a higher priority on learning the basics of swimming, since drowning is preventable. Worldwide, we lose 370,000, the U.S loses approximately 10 people per day, totaling approximately 3,700 annually. In 2016, Broward County lost 80 individuals due to drowning. Drowning is everyone's responsibility and can happen to anyone.

There should always be someone supervising individuals while they're in the water. If you child has little or no mobility, a caregiver should be holding them or be within arms reach. Always assign a water watcher, no matter who is in the pool.

If you have small children in your home or visiting your home, please install alarms on all doors leading outside, install a 4-sided barrier around any body of water, learn to swim and learn CPR. We have seen an increase in drowning's while a secondary caregiver is caring for the child, whether it is a grandparent, aunt,

uncle or babysitter-they need to be educated on proper water safety too.

A couple of other areas we all should become more educated on are:

- Dry Drowning also known as Secondary Drowning
- Hypoxic Blackout or Shallow Water Blackout
- How to escape a vehicle that goes into a canal.

Our county has so many amazing resources, Children Services Council provides a \$40 swim coupon for Broward county residents 6 months to 4 years of age by visiting watersmartbroward.org and Swims/McGovern Foundation provides adult swim coupons to Broward county residents by visiting SWIMSfoundation.org.

What we wouldn't give to have our sweet, beautiful daughter here with us, but we were all victims of her accidental drowning. No one wants to think about these type of things happening but unfortunately they do! We are working diligently to change the mindset, "It can't happen to me," to "Always Check the Water First!"

Please join us at our annual golf fundraiser to Take a Swing Against Drowning on Friday, May 5th! We look forward to all of the athletes and concerned citizens who will make a difference for this cause. Please see the ad on the opposite page for details.



Nancy Wiley
ORTHODONTICS

Let our passion in everything we do transform your life.

"Voted 2016 BEST Orthodontist"
In Coral Springs & Parkland



Before After



- Board Certified Orthodontist
- Doctorate of Dental Surgery & Certificate in Orthodontics from Columbia University
- Specializing in Early Treatment, Damon Brackets and Invisalign for Adults & Teens

\$500 OFF TREATMENT

Included in the cost of full treatment is:
• Free Consultation • Free Panogram & pictures
• Free retainers (1 set)

Cannot be used in combination with reduced insurance plans or third party financing. Redeemable for new patients only starting full treatment. No other offers may apply. Expires 5/15/17

(954) 753-0015

4689 N. University Drive, Coral Springs 33067 • www.WileySmiles.com



TAKE A SWING AGAINST DROWNING

FRIDAY, MAY 5, 2017
12pm Registration/Lunch
1pm Shotgun Start

**Followed by Mardi Gras Award Ceremony
HERON BAY GOLF COURSE**

The open golf outing will include lunch, golf, golf carts and will be followed by hors d'oeuvres, an award ceremony and a large assortment of silent auction items.

Sponsorship Opportunities:

McGovern Foundation, Inc. and SWIMS Foundation are registered 501c3 non-profit organizations and all donated resources are 100% tax deductible. If you would like to become a Corporate Sponsor, donate an item for the silent auction, and/or plan to golf please call 954-415-5880 or email emsplace1@gmail.com or 954-684-9895 or e-mail mtlion99@yahoo.com

We depend solely on donations, join us in the fight!



McGovern Foundation



Phone: 954-415-5880 • email: emsplace1@gmail.com
FEI 45-4494322
P.O. Box 8321 Coral Springs, Fl. 33075

Coral Springs Connections

Baseball & Tee Ball

AMERICAN/NATIONAL LITTLE LEAGUE
For more info. www.csall.com, or call (754) 551-1501.

CHALLENGER BASEBALL LEAGUE
Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

NORTH SPRINGS LITTLE LEAGUE
For more info go to www.eteamz.com/northsprings.

WINTER BASEBALL
Players from Parkland and Coral Springs are welcome. Games are held August - November. 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 or call (954) 360-1200 or Barry Popock (954) 599-6660

Driving School

GO DRIVING INC.
Learn to drive in the coolest cars on the road, GT Mustangs and SS Camaros! Permit Exams, instruction 7 days a week, and much more. For more info, call (954) 757-7622. See ad pg 3

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING
Now Registering! For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG See ad page 27.

ULTIMATE FLAG FOOTBALL
For more info. see www.UltimateFlagFootball.org

Health & Fitness

ATHLETE GROWTH & FITNESS
Get in the best physical & mental shape of your life. For more info, see www.athletegrowthandfitness.com Call 954-609-7767.

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING
NOW REGISTERING! For more info see www.cschargers.com See ad below.

Horseback Riding & Camp

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 24

Ice Skating & Hockey

FLORIDA PANTHERS ICE DEN
The triple rink known formerly known as Saveology has programs all year long! www.PanthersDen.com or call (954)341-9956.

Lacrosse

PARKLAND REDHAWKS
www.parklandlacrosse.com or call Rob Windesheim (954) 324-1444.

Music Instruction

PIANO WITH DR. JOSEPH LINE
Private and group instruction for ages 7 thru adult from beginner to advanced levels. Dr. Joe is a master teacher with more than 40 years experience. See ad on page 3, www.JosephLinePianoStudio.com or call (954) 298-5014.

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 or email jaygee725@gmail.com

Soccer

CORAL SPRINGS RECREATIONAL
For more info www.CSYS.org or call Mimi Milton for further info. 954-341-6391. See ad below.

Softball

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

CORAL SPRINGS WOMEN'S SOFTBALL

Players 18 & older can join the slow-pitch teams that play on Sundays and Monday evenings at Forest Hills Park. Call Barb Pantazis (954) 344-4449.

Pet Sitting

SAFE AT HOME PETS
Bonded and insured with more than 30 years experience, keep your pet's routine predictable when you can't be home. Overnight stays or daily stop-ins. For more info. call 954-415-5425. See ad page 3

Private Schools & Camps

AMERICAN HERITAGE SUMMER CAMP
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. See ad & Article pgs 10-11.

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.cscsca.us. See ad page 20.

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 See ad on page 29.

PARKLAND SUMMER CAMP
Now Registering! June 19-August 11 at Park Trails Elementary & Westglades Middle School. For more info. 954-757-4105, www.cityofparkland.org/summercamp. See ad page 27.

PARKRIDGE CHRISTIAN ACADEMY
For 15 years, this school for children in preschool to 8th grade has been educating students spiritually, emotionally and academically. For more info, www.ParkridgeCA.com, call 954-346-0236 or see the ad on page 9.

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 page 23. www.SuperStarsCamp.com or call (954)444-8548.

Special Needs

PARKLAND BUDDY SPORTS
Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE
Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

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.the-friendshipinitiative.org

Volleyball

SAND TURTLES VOLLEYBALL CLUB
Beginner sand volleyball training

19 Sports - Youth

(954)345-0500. www.sand-turtles.com
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.19sports.com
227-9955 (M-F, 9am-

954-

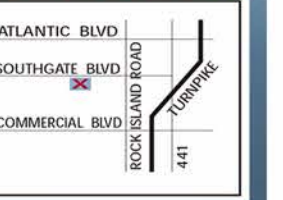
Important

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



JP RATES PARTIES

ADMISSION R SCHEDULE SESSIONS
IDED. NOT VALID ON SPECIAL EVENTS. TE. NOT VALID WITH ANY OTHER OFFERS. THURS, OR SATURDAY NIGHTS
OF GALAXY SKATEWAY. PRICE. EXPIRES 06/07/2017



3737 N. Lauderdale, FL 33068
954.435.3300
skatingcenters.com



2017 Registration

Visit Us At www.cschargers.com

Coral Springs Tackle Football Club

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 Valdeperas @ 954-294-6747

2017 FOOTBALL & CHEER REGISTRATION

Saturday April 1	Football/Cheer	10:30am to 2:00pm
Saturday April 29	Football/Cheer	10:30am to 2:00pm
The Month of May	Football/Cheer	Spring Training all Month

Tackle Football Building in Mullins Park or online at www.cschargers.com

Galaxy Skateway
Roller Skating & Family Entertainment Center

**BIRTHDAY PARTIES PUBLIC SESSIONS G
SPECIAL EVENTS FUND RAISERS PRIVI**



\$15 OFF A BIRTHDAY PARTY
LIMIT ONE COUPON PER PARTY. MAY NOT BE USED WITH ANY OTHER DISCOUNTS OR SPECIAL OFFERS. MUST BE PRESENTED AT TIME OF DEPOSIT. EXPIRES 03/31/2018



EVERYONE PAYS TO ENTER BUILDING ON ALL NIGHT SESSIONS. NO OUTSIDE FOOD OR DRINKS ALLOWED IN THE BUILDING.
3737 N Davie Road Ext, Davie, FL 33024
954.435.3300
galaxydavie@skatingcenters.com

Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com

Basketball

PARKLAND REC BASKETBALL
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
Cheer contact: 954-520-2515 or cheer@parklandrangers.com
www.parklandrangers.com
See ad and article on opposite page.

Flag Football

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

Horseback Riding & Camp

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. See ad on pg 24

Lacrosse

PARKLAND REDHAWKS
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

PARKLAND TRAVEL SOCCER CLUB
For more info, call Keith Brodsky 954-439-2596
www.parklandtravelsoccer.com

Private Schools & Camps

AMERICAN HERITAGE SUMMER CAMP
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. See ad & article on pgs 10-11.

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.cscsca.us. See ad page 20.

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 see ad on page 29.

PARKLAND SUMMER CAMP
Now Registering! June 19-August 11 at Park Trails Elementary & Westglades Middle School. For more info, 954-757-4105, www.cityofparkland.org/summercamp. See ad page 27

PARKRIDGE CHRISTIAN ACADEMY
For 15 years, this school for children in preschool to 8th grade has been educating students spiritually, emotionally and academically. For more info, www.ParkridgeCA.com, call 954-346-0236 or see the ad on page 9.

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 ad page 23 www.SuperStarsCamp.com or call (954)444-8548.

Driving School

GO DRIVING INC.
Learn to drive in the coolest cars on the road, GT Mustangs and SS Camaros! Permit Exams, instruction 7 days a week, and much more. For more info, call (954) 757-7622. See ad on pg 3.

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

i9 Sports - Youth Sports Leagues

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



Parkland Rangers Football & Cheer!

By Stacy Case

The Parkland Rangers Tackle Football and Cheer Program has already begun its registration for the 2017 season and is expecting as much, if not more, involvement as it has in previous years. The 2007-established league celebrates a decade and continues to expand.

Last year the group attracted about 125 athletes, which includes both players and cheerleaders, and the league is already on pace for nearly 165 area youths to participate this Fall.

The league is currently in the midst of registrations for its upcoming season, but before anyone gets on the field, safety measures are met by those running the program. This includes the coaches learning about concussion awareness and avoidance, and assessing proper age/weight calculations to determine in which division players are to be placed.

"We are 100 percent safety-oriented and absolutely want to win some games, but more importantly, we want to follow the specific age/weight matrix," says Andre Stampono, who is in his first year as President of the Parkland Rangers. "Aside from making safety a priority, we make sure they have mandatory playtime so they can all get a fair chance to play the game."

The Rangers divvy their players according to age and size among several different divisions. From as young as 5-years-old and as light as 75-lbs., up to about age 14 and approx 155-lbs., the Parkland gridders offer play for just about any boy or girl.

Registrations will continue until about September and are currently underway; the in-person sign-ups are typically held the last Saturday each month at the league's home field of Pine Trails Park.

Games begin in late August and continue through the Fall. Depending on regular season records, a playoff berth may be determined for each respective division. But with all of the 2016

Parkland Rangers teams having made it to the playoffs, Andre seems optimistic of what this year may bring, which gets underway with a pre-season jamboree.

"We kick things off just before the season starts and have a 'scrimmage' day with the other teams in our league," he says when referring to the Broward County Conference of Pop Warner Youth Football, which also includes a few teams from South Palm Beach County.

He specifically likes this league because it does not require the players to tryout, and each are given mandatory playtime and follow the traditional 11-on-11 high school format of play. (note: the younger division(s) may play a modified version of the rules for safety purposes, depending on enrollment details).

The Rangers' conference includes teams from Weston, Lauderhill, Pompano Beach, West Park and Boca Raton. But regardless of who or where they play, Andre sees several concepts instilled in the program's players as the season progresses.

"All of these kids learn about discipline, what teamwork truly means, and how to respect their teammates and opponents," says Andre, whose own son has been a Parkland Ranger for three years.

On-line registration and more league info is available at www.parklandrangers.com. See ad on opposite page.

Respect Effort Discipline Perseverance
Do You Have What It Takes?

Congratulations to the many academic all-american scholars, to all of our football divisions for advancing to the playoffs, and to our cheer team for placing 1st in their division, with the highest overall score!

Be a Part of the Team and Become a RANGER Today!
ParklandRangers.com

NOW REGISTERING FOR 2017!

South Florida's Premier Travel Football & Cheer Program

EVERY CHILD PLAYS, EVERY GAME visit www.ParklandRangers.com ages 5-15 welcome



Renewing Minds • Engaging Hearts • Transforming Culture

CRUSADER SUMMER CAMP

954-752-2870

www.CSCA.US

2551 Riverside Drive, Coral Springs 33065

Crusader Camp Preview April 6th at 5:30pm



Ages
3-12

**Bible
Academics
Art
Sports
Technology
Field Trips
Enrichments
S.T.E.A.M.
Robotics**

20 Years
Serving
Coral
Springs



Since its founding in 1971, Coral Springs Christian Academy has ministered to students in a Christ-centered learning community, instilling the vision and practice of excellence in academics, character and service for God's glory.

Northwest Broward County's premier private Christian college preparatory school offering a rigorous academic program which reinforces values and a Biblical worldview. Students participate in weekly chapels, physical education, art, and music and technology courses and may choose from various extracurricular activities such as competitive athletics, drama, competitions and social events. Student leadership and service opportunities allow our students to positively impact others in our community and abroad for the glory of God

CSCA students have opportunity to earn a College Preparatory, Honors or Advanced Placement (AP) diploma. Our AP and Dual Enrollment programs allow our students, as early as 8th grade, to earn college credit from either University of Florida, Colorado Christian University, or Broward College.

Our students earn many academic distinctions such as National Merit Scholar Finalist and recipient of the Bright Futures Scholarship. Each year our students graduate with SAT and ACT scores which are well above the state and national averages. Our graduates are poised, confident, and prepared to thrive at institutions of higher learning and professions of their choosing.

CSCA is fully accredited with Exemplary Ratings with the Association of Christian Schools International (ACSI), AdvancEd, Florida Council of Independent Schools (FCIS), Florida Kindergarten Council (FKC) and the Evangelical Council of Financial Accountability (EFCA)

CORAL SPRINGS CHRISTIAN ACADEMY

2251 Riverside Drive
Coral Springs, 33065
(954) 752-2870



Coral Springs Christian Academy admits students of any race, color, national, or ethnic origin to all the rights, privileges, programs and activities generally accorded to or made available to students at the school. CSCA does not discriminate on the basis of race, color, national, or ethnic origin in the administration of its educational, admissions, or other school-administered policies or programs.

Warning...Keep Chocolate Away from Pets!

By Dr. Wayne Crance

Families throughout the United States will soon be sharing chocolate eggs and treats to celebrate the end of lent and start of Easter. However, vets are warning pet owners to keep all chocolate away from their pets after revealing it is the main cause of poisonings in dogs. Pets getting their paws on chocolate means that Easter is now the second busiest time of year for cases of chocolate poisoning, just behind Christmas. Chocolate is particularly toxic to dogs, as it contains caffeine and theobromine, two substances that dogs are incredibly sensitive to. Theobromine and caffeine are present in roasted cocoa beans which chocolate is derived from. If ingested by dogs it affects the heart, central nervous system and kidneys.

The usual signs of chocolate poisoning include vomiting, diarrhea, increased body temperature and heart rate, rapid breathing and can even lead to seizures and cardiac failure. In order for owners and their pets to enjoy a happy Easter together, the best option is to keep all chocolate out of their reach and give them an animal-friendly treat instead, like a dental chew or even special dog friendly 'chocolate' treats.

"Although there aren't as many cases of chocolate poisoning for cats, rabbits and rodents, they can all still suffer from health issues after digesting chocolate.

Another common treat for humans that can be toxic to your dog is sugarless gum containing xylitol. This sweetener added to some sugarless gums can cause low blood sugar and liver disease in dogs. Cats do not seem to be affected. As little as one stick can be toxic for a small dog.

"If you suspect your pet has eaten chocolate or sugarless gum then it is always safest to take them straight to the nearest veterinary practice for a check over."



Dr. Wayne Crance
DVM

Riverside Animal
Hospital

(954) 575-7915

Check out our **NEW** website www.riversidevethospital.com



RIVERSIDE ANIMAL HOSPITAL

8008 Wiles Road • Coral Springs
Hours of Operation
Monday - Friday 8am - 6pm • Saturday 8am - 3pm



RABIES VACCINE SPECIAL

\$10 OFF

with paid exam
Can not be combined with other offers.
Expires 5-5-17

NEW PATIENT SPECIAL

10% OFF

All Services
Excludes food & medication
Expires 5-5-17



Dr. Brad Dawson, Dr. Wayne Crance
Dr. Michael Hannwacker



- Full Service Animal Hospital
- Digital X-Ray
- State of the Art Laser Surgery
- Ultrasound

- Dental Care
- Microchipping
- Boarding
- Pain Management

- Veterinarians on Call
- Saturday Appointments
- CareCredit Accepted
- 3 Years Licensed AAHA Facility

Call to schedule an appointment (954) 575-7915



It's Lax time in South Florida!

By Stacy Case

Athletes here are blessed to have the local weather conditions yield a conducive environment for outdoor sports. Many area youth lacrosse players capitalize upon the climate to play that 'fastest game on two feet.'

Both the Coral Springs Chiefs and Parkland RedHawks are in the midst of their respective recreational lacrosse seasons and, once they wind down, they're going to stay busy with registrations for next year.

Before the whistle blows and time is called, both leagues will have had quite busy seasons. "From beginner to experienced, the beauty of rec lax is that new players get to learn from those who've already been playing, which is great because some learn a new sport while others develop leadership skills," says Anthony LoFurno, who is in his fourth year as the Chiefs' President. "This game has been around for so many years and its historical aspect is so unique when compared to that of the many other sports kids play."

So besides its longevity among young athletes, it also gives a glimpse of reality to its participants. RedHawks President Rob Windesheim tells us, "It teaches them about life and the importance of learning how to collectively play together. They develop a camaraderie that's like no other." Growing up in the sport with their friends, many of the current area high school players used the rec leagues as stepping stones to now play on a bigger stage.

"I think we've been instrumental in helping some kids get their start with lacrosse and also provided that base for the local schools' clubs/teams to draw from," continues Anthony. "I think it says a lot about what the rec leagues offer."

This year is quite different, as the Chiefs, whose home field is North Community Park, and RedHawks, whose home field is Pine Trails Park, have 'combined' rosters in a few age divisions due to lower registrations this season. So with that effort, lacrosse is offered to boys and girls at ages U7 up to U13 in the community from about late February until early May. Both programs are under the South Florida Youth Lacrosse umbrella, and usually play 10-12 games against teams in the tri-county area. Once the regular season is concluded, the RedHawks will begin preparations to host the 110-team Sunshine State Games from May 19-21st.

For more info, visit www.parklandlacrosse.com or www.coralspringslacrosse.com



South Florida's Premier Summer Day Camps
Now at One Convenient Location!

Transportation Available from Parkland & Coconut Creek • Ages 5 to 15

Campers participate in daily field trips & on campus sports or enrichment activities
954-947-9502
www.CampPalmetto.com

Campers engage in high energy recreation & fitness activities
954-444-8548
www.SuperStarsCamp.com

Will Your Kids be Sitting on the Sidelines Next Season?

REGISTRATION NOW OPEN!
 Parkland & Coral Springs Residents

Co-ed Divisions

- 5 Years Old
- 6-7 Years Old
- 8-9 Years Old

- 10-11 Years Old
- 12-14 Years Old

All Girls Divisions

- 7-9 Years Old
- 10-11 Years Old
- 12-14 Years Old

FREE Youth Clinic, Saturday May 20th
 For more Info. see our website www.ParklandFlag.com

Camp Malachi 2017

Sign Up Now for Summer Camp

Lessons Correct, safe riding instruction in a relaxed, non-competitive, encouraging environment for children and adults, beginner through advanced.

Camp Starts June 12th
and runs for 10 weekly sessions for (Ages 7-14)

954-255-7185 (Barn) **954-464-1239** (Cell)

www.malachiacres.com

Malachi Acres • 4701 Godfrey Road • Parkland/Coral Springs
Making horse dreams come true for children and adults since 1999

Visit our barn for a tour of our facility and meet our wonderful school horses.

Horse Shows • Quality Boarding

Licensed & Insured
#CFC054102

No Discount Gimmicks
Reasonable Prices for Quality Work

PRO BOWL PLUMBING

New Construction • Full Service • Remodeling

(954) 346-9873
www.ProBowlPlumbing.com

- All Plumbing Repairs
- Bathroom & Kitchen Fixtures
- Drain Stoppages
- Backflow Preventers
- Hot Water Heaters

Call Today & Receive A FREE Estimate & Flashlight

30 YEAR ANNIVERSARY

BROWARD HEALTH CORAL SPRINGS

Celebrating our Physicians and Employees that have been with us since the year the hospital opened in 1987.
Thank you for your 30 years of dedication and commitment!

PHYSICIANS

Michael Alboucrek, MD
Cesar Alegre, MD
Nicholas Arfaras, MD
Philip Averbuch, MD
Mario Avila, MD
Robert Baker, MD
Robert Barbarite, MD
Benjamin Barnea, MD
Oscar Betancourt, MD
Jose Birriel, MD
Rachael Bloomfield, MD
Angel Cadiz, MD
Joel Cheresnick, MD
Warren Day, MD
James DeLeo, MD
Alison Desouza, MD
Herman Epstein, MD
Francis Fazzano, MD
Walter Fingerer, MD
Scott Fuchs, MD
Peter Gach, MD
Sergio Gallenero, MD
Gary Garfield, MD
Stephen Geller, MD
Thomas Goldschmidt, MD

Benjamin Graber, MD
John Grigg, MD
David Harrison, MD
David Hochberger, MD
Barney Horvath, MD
Alfred Kalman, MD
Lorne Katz, MD
Norman Kline, MD
Kenneth Kronberg, MD
Kerry Kuhn, MD
Keith Kurland, MD
Marlon Labi, MD
Jose Leon, MD
James Lesniak, MD
Matthew Lief, MD
Stephen Lipkin, MD
Lawrence Madiefsky, DPM
Harvan Nahmias, MD
Douglas Neimand, MD
Luis Orihuela, MD
Melvin Pann, MD
Laurence Pearson, MD
Elsa Pestana, MD
Ivo Pestana, MD

Manuel Porth, MD
Subhash Puranik, MD
Steven Restler, MD
Stanley Richter, MD
Daniel Rosenthal, MD
Azeem Sachedina, MD
Ricky Schneider, MD
Bruce Selden, MD
Neelam Seth, MD
Glen Sharfin, MD
David Silver, MD
Marvin Stein, MD
Martin Stone, MD
Eugene Strasser, MD
Barry Streit, MD
Donald Tanner, DPM
Bert Vorstman, MD
George Waked, MD
Barry Waters, MD
Susan Waters, MD
Barry Werner, MD
Bose Yalamanchi, MD
Bruce Zafran, MD
Guy Zingaro, MD

EMPLOYEES

Vanessa Bibliowicz
Barbara Bolinsky
Cheryl Boll
Merl Brown
Kathleen Byrne
Germaine Deligeance
Ava Dobin
Nancy Frazier
Brian Goobeck
Michael Horowitz
Gina Kneski
Bernardita Korty
Kathleen Leoungtat
Monica Linton
Marian Loy
James Millemoth
Derra Montgomery
Clifton Robertson
Diane Schneider
Jennifer Whyne Smith
Herone Vincent
Eileen Whittingham



Family Fun Fest a Hit at Parkland's Pine Trails Park

The third annual City of Parkland Family Fun Fest ran from Friday, March 10th through Sunday, March 12th. There were rides, food trucks, and a carnival atmosphere at Pine Trails Park throughout the three-day event which featured something for everyone.

On Saturday, the premier night of musical entertainment live on the amphitheatre stage, three acts were featured. The Ultimate Kenny Chesney Tribute, Cachet, and Fast Forward provided the music while the rides and carnival atmosphere persisted. Before the weekend was done, approximately 7,000 people visited Pine Trails Park and it truly was a Family Fun Fest.

visit www.cityofparkland.org for more family friendly events & activities.

PARKLAND SUMMER CAMP

JUNE 19-AUGUST 11

PARK TRAILS ELEMENTARY &
WESTGLADES MIDDLE SCHOOL

REGISTER NOW

NEW THIS YEAR

The city will offer a variety of specialty camps. Visit www.cityofparkland.org/prec for more information.



954-757-4105

www.cityofparkland.org/summercamp



2017 CORAL SPRINGS FLAG FOOTBALL CLUB

LEAGUE UNDER NEW MANAGEMENT

- 11 on 11 Full Contact Flag Football •
- Up to 16 Games, Playoffs •
- All-star Game, Coaches Game and Super Bowl •

REGISTRATION AT MULLINS HALL

Sat 4/22 9:00 am - 2:00 pm

Or sign up online at
our brand new website.

www.CSFFC.org

Coral Springs Baby Needs Your Help!

At 4 weeks old, Jude Ward suffered a brain bleed due to vitamin K deficiency. He had a craniotomy and miraculously recovered very well. His liver was the last organ to catch up. He has been diagnosed with Alpha 1 Antitrypsin Deficiency. Sweet Jude is now in dire need of a life-saving liver transplant.

Parents Nicole and Josef, together with big brother Josiah are dedicated to this journey - always with a smile on their faces. The Ward family has been blessed with an amazing support system of family, friends and volunteers across the Coral Springs / Parkland area. Members of Parkridge Church in Coral Springs, this family is dedicated to their faith and welcomes continued prayers for Jude as he continues his transplant journey.

With the cost of a transplant often exceeding \$50,000, many transplant families are unable to shoulder the financial burden of such a procedure. The Children's Organ Transplant Association (COTA) is a national charity dedicated to organizing and guiding communities in raising funds for transplant-related expenses. Local volunteers are raising funds for COTA in honor of transplant patients like our little warrior, Jude Ward. We humbly ask for your help in achieving this hope.

The Wards recently traveled to Children's Hospital of Philadelphia, where Jude is now dual-listed on the Liver Donor List. Coupled with his team at Jackson Memorial in Miami, the hope is that we can indeed make this miracle happen.

Please donate at www.cotaforjudew.com



Home • Auto • Umbrella Insurance



Local Owner/Agent
Brett Porter

Rates going up?
Getting Dropped?
Save Up to 30%

Call us for a **FREE Quote!**

As an independent agency, we are not employed by any carrier and are free to shop the market for the best deal that suits all of your individual needs.

Barkley Insurance Agency, Inc. 954-975-8991

Fax: 954-975-9027 • email: barkins@bellsouth.net
2765 Cypress Creek Rd Suite B, Fort Lauderdale, 33309



WE ACCEPT WORKMAN'S COMP, PIP, AND VA CASES. WE ARE PROVIDERS FOR UNITED HEALTHCARE, AETNA AND CIGNA. PPO PLANS ACCEPTED FOR BLUE CROSS BLUE SHIELD AND HUMANA.



954-657-8342

7310 W. MCNAB RD.,
SUITE 107, TAMARAC,
FL 33321

5EWC.COM



Look & Feel Your Best!

PROVIDING SERVICES THAT PROMOTE TOTAL BODY WELLNESS TO SOUTH FLORIDA FOR OVER 15 YEARS.

- ACUPUNCTURE • HOMEOPATHIC INJECTIONS • MESOLIFT • DERMA ROLLER
- CUPPING • MASSAGE • WAXING • TEETH WHITENING

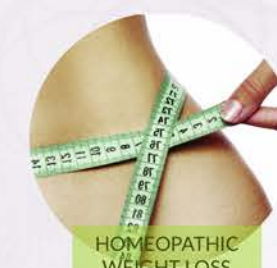
Gift Certificates Available!



LIPOTROPIC INJECTION SPECIAL

Shed Unwanted Pounds • Metabolize fat
Boost Energy Level and Metabolism
Remove Toxins and Waste From Liver

\$35 ONE SESSION **\$240** 12 SESSIONS



HOMEOPATHIC FAT REDUCTION

PAINLESS • NO SURGERY • NO DOWNTIME
Reduce Cellulite • Eliminate Stubborn Fat
Minimize Signs of Aging • Injection Therapy

\$95 ONE SESSION **\$499** 6 SESSIONS




ENDERMOLGIE TREATMENT

GET RID OF CELLULITE WITHOUT SURGERY!
• Non-Invasive • Deep Tissue Treatment
Improved Circulation • FDA Approved

SAVE \$250 ON 10 OR MORE TREATMENTS

GCA GLADES CHRISTIAN ACADEMY

www.GladesChristianAcademy.com
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
Elementary/Middle: 954.755.6405 | Preschool: 954.840.0599

- **SCHOOL MISSION:**
TO TEACH STUDENTS ABOUT JESUS AND HIS WORD
 - **WELL ROUNDED CURRICULUM**
 - **AFTER SCHOOL CLUBS:**
PHOTOGRAPHY, SCIENCE, GYMNASTICS, MISSIONS
 - **NOW ENROLLING!**
CALL REGARDING FREE TUITION
- A MINISTRY OF:** 

K-8th GRADE | FULLY LICENSED PRESCHOOL AND VPK PROGRAM



NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS
Glades Christian Academy, 400 Lakeview Drive, Coral Springs, FL, 33071, admits students of any race, color, national, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the organization. Glades Christian Academy does not discriminate on the basis of race, color, national, and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other organization-administered programs.

Up & Coming

Coral Springs WorldFest - Sunday, April 2 Bring your family and friends to WorldFest at the Sportsplex, 2575 Sportsplex Dr., to experience the diverse cultures that make up the community of Coral Springs. The event will be held from 11 a.m. to 6 p.m. and will feature ethnic foods, live entertainment, arts and crafts and fun activities for children, including the popular Kid's World. Once again, the members of the Multi-Cultural Committee will conduct a Cooking Demonstration where you can sample delicious and unusual food items. There is no charge for the outdoor WorldFest entertainment, music and exhibitions, but there is a \$3 parking fee and a reasonable charge for the food and rides. For more information about the event or vendor positions, call 954-344-1063.

Parkland Space Night - Tuesday, April 4

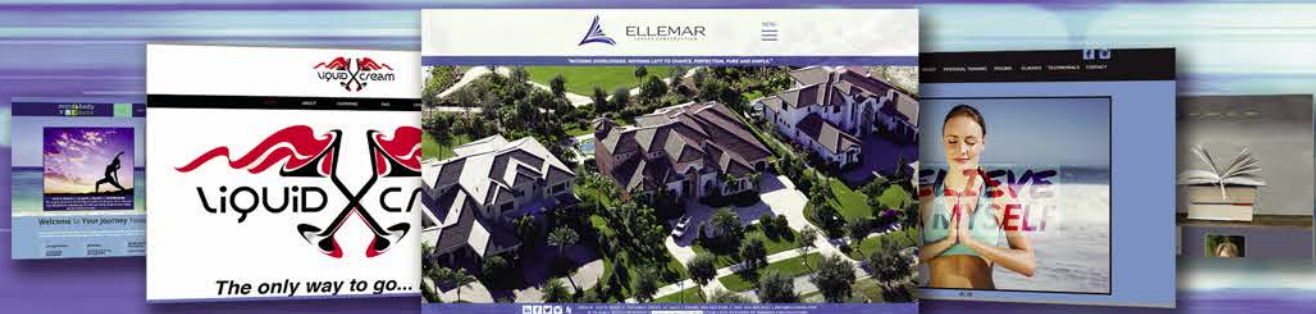
"Astronomy, Incorporated" is a class program conducted by the Honors Astronomy classes of Stoneman Douglas High School and will be held from 6:00-7:30 PM. In this program, students work in small groups to create both digital and physical 'products'. Space Night at Parkland Library, 6620 University Drive, is an opportunity for those students to display their creations. Student artwork and astrophotography will be posted throughout the library and their short films will be played in the conference room. Telescopes will be set up on the sidewalks outside of the building as well and operated by the Astronomy Club. Finally, we will have a Space Trivia Contest in the conference room during the 2nd half of the event. Register online www.cityofparkland.org/library or call (954)757-4207.

Parkland Eats n Beats - Saturday, April 8 Bring your lawn chairs and blankets for an evening of music, food, and great company from 5:30 to 9:30 PM! The City of Parkland welcomes to the stage Paisley Cruz followed by Big City Dogs. The Parkland amphitheater is located at 10561 Trails End. Come hungry because there will also be a wide variety of food trucks to purchase from. No tents, pets or alcoholic beverages are allowed within the park. For more info, call 954-757-4105.

Parkland Egg Hunt - Saturday, April 15 The City of Parkland welcomes Parkland residents to participate in this fantastic FREE event which will feature over 14,000 eggs. The City of Parkland's Egg Hunt will be held at Terramar Park, 6575 NW 75th Dr., starting at 9:00am. This event is open to Parkland residents only and pre-registration is required. For more info call 954-757-4105.

Coral Springs' Savor the Notes Jazz Brunch - Sun, April 30 Grab a mimosa and enjoy live jazz at the ArtWalk from 9 AM to 2 PM. This event will be in conjunction with the Farmers' Market from 10 a.m. to 1 p.m. Admission is FREE but food and refreshments will be available for purchase, including brunch specialties near the main stage and a Market to Table area featuring Farmer's Market vendors. Visitors will also be able to enjoy wonderful jazz. Limited seating will be available, but blankets and chairs are encouraged. No outside food and alcohol are permitted. The ArtWalk is located at 9405 NW 31st Court, just west of University Drive.

CUSTOM WEBSITES & DESIGNS



Professional Quality | Affordable Pricing | Super Fast Turn Around

✓ A Local Company You Can Trust

\$100 OFF
COUPON
Speedy-Designs.com



Speedy-Designs™
954-609-7767



MENU - Fresh Ingredients, bold flavors, simply authentic Mexican. We take pride in preparing of our foods and everything is cook to order. This guarantees the freshest of authentic Mexican food delivered right to your table.

LUNCH SPECIALS - Monday to Friday includes one soft drink for **Only \$7.99!**

Try Chef Omar's New Delicious Dishes!



Combo Monday
Create Your Own Taco Trio
Only \$9.99
Not applicable for Chef Specialty Tacos.

FREE!
MINI NACHOS
One order per table. With coupon 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.

Thursday
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

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

