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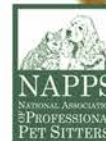
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On the Cover: Coral Springs mom Melissa Braden with sons, Caden, Devin & Dylan.

It's All About Community!

Moms & Memorial Day; Celebrate Both

May is always a month we think of for Moms first, but in the USA, our Freedom is due to the sacrifices of both men and women who have fought for and insured our freedom.

This month we get a Federal Holiday on May 29 combined with a long weekend, not just so we can enjoy picnics and family time, but to remember those brave souls who lost their lives in an effort for us to relish our American lifestyle. This year, please honor these soldiers by attending a special service, flying your flag at half-mast from dawn until noon and/or patriotically decorating your yard and the graves of those who served.

We are blessed beyond measure and owe it all to those who have gone before us with purpose and vision. Reveling in our liberties while forgetting those unselfish souls will only condemn us to repeat history. Happy Memorial Day! Remember all of those who paid for your freedom.

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Mothers for All Seasons

By Shellie Miller-Farrugia

One thing that I have learned, now being a mother for more than 28 years, is that mothering is a series of seasons. Just like life, there are wonderful days and there are the days that may have gone better if I had just stayed in bed.

Many of us start out with a spring season, to give an example. A new child is just that. New in every respect. New in age, new to the family, and new to the rhythm of daily life. From their birthday forward, nothing will ever be the same. The beauty of this perfect new being, I believe, is strategically presented to us in order to mask the many losses that come with the extraordinary gain. Loss of sleep, loss of time, loss of a predictable schedule and often a shift in our relationships with other friends and relatives. Our baby is the new center of the universe. We have so much to learn about this new addition to the family. We have so many places to go and so many things to see. We can't wait to show them the ocean, the zoo, our favorite theme park. We are thrilled and look forward to be there for the first of everything. We are ecstatic! We are exhausted! We are Mothers!

The next season is summer. Summer is a beautiful time, but here in South Florida it is hot, stormy, and drags on a little bit. Motherhood has a summer season as well. There are the storms that come with colicky and/or 24 month-old children and continue on for many years, especially when there are siblings included. This season is also peppered with amazing times filled with pride, deep love and feelings of accomplishment. On the other hand, there are days when waking up before dawn, packing lunches, doing laundry, being a taxi driver and then a referee seems as though it is droning on and on and on. Sometimes the summer of motherhood wants for creativity and hopefulness.

The brisk breezes of fall bring very evident change for every family. As her children are about to embark into the world, mothers often feel a little off balance. Whether it is a weekend camping trip, a move to college, enlistment in the Armed Forces or marriage, moms feel the shift in a physical and emotional way. The seasons of spring and summer have strengthened her and her children, but Mom's tender heart is bruised with every measure of distance put between her child and herself. As the trees shed the leaves they produced in the spring, so does a mother watch her children go out into the world and make their way.

The winter season in my own mother's life was a lesson to me. As I became an independent professional, she no longer ventured out to make new friends or learn new life skills. She enjoyed her grandchildren, but didn't do much more. As my babies go on to their various corners of the globe, my intention is to enjoy every bit of their families while continuing to learn and grow into a more productive woman, friend and mom.

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Family In Focus

The Braden-Kushner Family The Kushner boys are a pretty lucky trio. Brothers Dylan, 10 Caden, 8 and Devin, 6 live in Coral Springs with their mom and stepdad Melissa and Chris Braden, while the entire blended family remains close with their father, David. Add Chris' 2 year-old son Greyson and the family's pets Bear, Bella and Virginia to the mix and you've got one very big happy clan!

Being a mom to three boys is never boring for Melissa, an association manager. She devotes spare time to each of her three sons. "I run and read when I can. Any extra time, I give to each one of my kids so we can do something special "with mom" without one of their brothers around." She and Dylan are part of a book club and have discussions daily. Caden is Melissa's little chef so she says, "I'm always finding recipes that we can do together." Devin is a daredevil according to Melissa. "He always wants to go out and ride bikes or scooters and do something really active with me when no one else is around." Melissa is currently a team mom for the Coral Springs Chargers and Registrar for the organization. Her husband Chris is a plumber and assistant coach for Devin's 7U Chargers football team.

Melissa grew up in Coral Springs attending elementary middle and high school here. A graduate of Douglas high, she is thrilled that her boys are growing up in the same community. Dylan, Caden and Devin all attend Heron Heights Elementary in 5th grade, 2nd grade and Kindergarten respectively. Devin and Caden say that PE is their favorite class while Dylan prefers math.

All three boys play for the Coral Springs Chargers tackle football league. This season will be Dylan's 4th year, Caden's 3rd and Devin's 2nd. Caden and Devin also play baseball at North Springs. Their father David is an assistant coach for Dylan's 10U Chargers team.

Most often busy at the sporting fields, Melissa says, "When we are not at football, we enjoy fishing, swimming, biking and watching movies." She continues, "We also enjoy the family-centered activities the cities are always putting on. There is always something to do."

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Chargers Football is on the way!

By Stacy Case

With the end of the school year fast approaching and summer time right around the corner, area youths are already preparing to step out onto that gridiron for yet another season of city football this Fall.

As the Coral Springs Chargers Tackle Football Club and Cheer program has its (online) registration underway until late July, the league's president has a very encouraging, admirable outlook for the upcoming games.

"Youth football is a sport that teaches kids so much about respect and it gives them something fun to look forward to," says A. J. Poulin, who enters his third season as the program's president. "We put a strong emphasis on our players keeping their grades up, and, there've been times when, if a player's grades were dropping, they'd still show up to practice but would sit on the sidelines and do homework." In fact, the Chargers players have a report card 'check point' to confirm their school progress throughout the season.

But even before school starts back up, the Chargers players will undergo Spring Training throughout the month of May, with the plans of best prepping them for games to begin on Opening Day, August 12th.

They'll need to be ready to play other teams within the (AYFL) American Youth Football League from Tamarac, Coconut Creek, Sunrise, Plantation, Pembroke Pines, West Pines, Miramar and Delray Beach. And when they're not the visiting team, they host games from Aiello Field at Mullins Park, which can run deep into the Autumn season.

While the Chargers have a pretty high percentage of players returning from one season to the next, A. J. certainly welcomes those whose interest is just starting. "It's great when a child wants to try a new sport; I see so many kids at the park when our Chargers teams are practicing and wish they'd be spending their time with us instead," adds A. J. "I just want to see kids out there playing and having a good time."

The Chargers offer play in various age/weight divisions. From as young as 5-years-old and as light as 80-lbs., up to age 14 and 130-lbs. plus, the Chargers welcome both boys and girls to participate in its mid 1970s-established program.

Over the years, the league has attracted many youth football players and this coming season is expected to follow suit. There were nearly 320 players in 2016. "I'd really like to see at least another 75-100 kids out there this year," says A. J. "Of course we'd like to win a good amount of games and be competitive, but I truly just want these kids to have fun."

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WorldFest It's all about Culture!

Story & Photos by Cheri Tishman

Recently, I went to Ireland, Peru, Vietnam, Italy, Mexico and Argentina all in one day and without a passport! I saw Chinese Dragons, Clowns, Shetland ponies, wrestling, cooking demonstrations and bounce houses all the same day! I went to Worldfest 2017, held April 2 at the Sportsplex in Coral Springs.

Thousands of residents from Coral Springs and the surrounding communities came together to share their own culture and to experience and learn about the cultures of others. Cultures from Ireland, Haiti, Mexico, Israel, India, Colombia, Puerto Rico, Italy, Asia and the Mediterranean were just some that were represented.

From 11 a.m. until 6 p.m., under overcast skies, the entertainment, arts, crafts, food, fun, family and friends were ongoing the entire day. Young and old alike, there was plenty to do for everyone. One of the big favorites among the younger crowd was the petting zoo, with goats, turkeys, a donkey and of course, pony rides. Baptist Health South Florida sponsored the Arts and Crafts tent with coloring, glitter, and painting. They also sponsored the Zumba dancing which got the kids and

adults dancing and exercising in between the entertainment. The kids also enjoyed a puppet show by Darci sponsored by the Northwest Regional Friends of the Library.

Also performing this year were the Colombian Mambo and Salsa dancers, the Ramblewood Elementary Multi-Cultural Dancers, Lei Pasifica Ohana Polynesian Dancers, YoYo Demonstration, a Solo Silk Dance by Lotus Angel Michelle Le, K-9 Demonstration by the Coral Springs Police, Caballo de Paso Peruano, the Drake School of Irish Dance, Folkloric dancers of Mexico and many, many more.

And the food... the food was from all over the world, however, I noticed the longest line most of the day was for the Puerto Rican food.

I think that WorldFest is one of the best, most entertaining events that Coral Springs offers to the surrounding communities. There are enough activities to keep your kids and you entertained for the entire day. Worldfest is typically held in April. Watch for the dates for next year!



Does Your Pet Have Allergies? *By Dr. Wayne Crance*

Summer is coming. With the warm weather comes more allergies and more problems for allergy sufferers. Allergies are a common problem in dogs and cats that can cause a significant amount of misery in affected animals. Allergies are unlikely to be cured, but with a thorough investigation including diagnostics, proper treatments and owner compliance, allergies can be managed. Proper management can make an animal very comfortable and allow it to live a normal quality of life. Common allergens that come from the outside include tree, grass and weed pollens; human and animal danders; storage and dust mites; mold spores, wool, dust and insects. These allergic substances are usually absorbed through the skin but can also be inhaled. Foods may also allergy symptoms, but play a much smaller role and usually are only about 10-20% of all allergy symptoms, Therefore changing foods rarely make a difference alone. Unlike humans, animals rarely have a runny nose, tearing eyes or respiratory signs. Instead, allergies in pets are usually expressed in the skin, and affected animals will itch, lick and/or chew themselves. The skin may be red, irritated or thickened from the chronic trauma and left susceptible to secondary infection. The ears may be affected as well. Allergies may start as a seasonal problem, but then can develop into an all-year-round issue. The main areas affected on your pet may include the feet (between the toes), ears, groin, armpits, legs, under the neck and the abdominal area.

Management of allergies are different for each individual animal. Unfortunately, not all animals respond to all treatments, and usually a combination of treatments and medications are needed to control the condition. Management usually includes topical treatments to help decrease the degree of itching by removing allergens, yeast and bacteria on the skin. Sometimes corticosteroids, antihistamines, cyclosporine, tyrosine kinase inhibitors, and/or omega-3 or omega-6 fatty acid supplementation are used to help reduce inflammatory responses to allergens. A new line of medications have greatly improved our ability to treat these dogs. An oral medication, Apoquel and an injectable medication Cytopoint, block itching with minimal to no side effects. These products do an excellent job compared to the other options.

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The Athlete's Elbow Part 1

By Dr. Howard Gelb

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

Howard J. Gelb, MD

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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.

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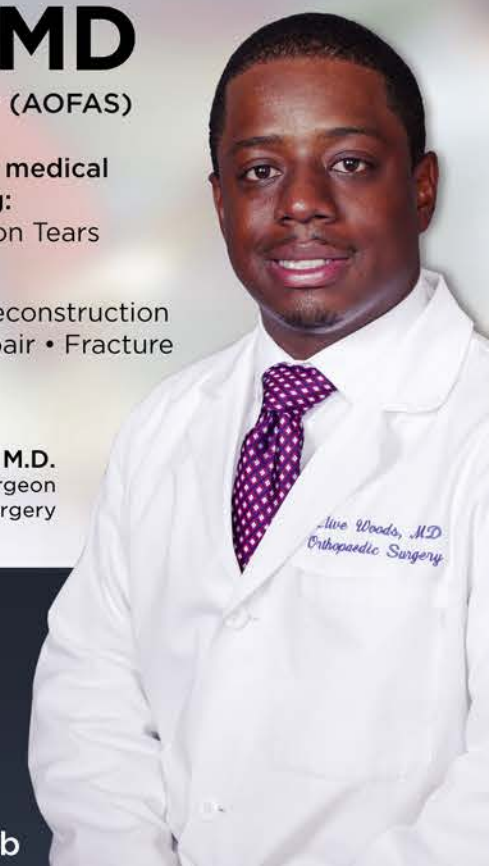
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At the elementary level, pre-k through 1st grade students learn musical theory and movement to music, increasing their motor skills and hand-eye coordination as they sing songs, dance and exercise. Energetic and positive learners, this is the perfect age group to expose to music in many forms. Students in the lower grades are encouraged in their classes by answering questions in group discussions, participating in songs and completing their work assignments. Mr. Taylor is especially encouraged that the school believes in the importance of beginning musical education at such formative ages.

Additionally, 2nd through 8th grade learns musical theory, application, musical appreciation and history. Students are also taught solfeggio and sighting singing to prepare them for future musical programs, as well as ear training to distinguish between different notes, rhythms and dynamics. Mr. Taylor is particularly proud of the musical curriculum that is extremely well-rounded and serves to propagate a love and appreciation for music in every one of Parkridge's students. Children enjoy practicing, singing songs, and learning different techniques on the instruments that the school provides.

Mr. Taylor says that, "One of the best assets of the music program is the band." Children are able to spend a majority of their time learning more techniques and developing their "voices" on the instruments. Students in band are also taught to play a variety of instruments as they rotate through the ukulele, guitar, piano and drums.

Concentrating on the fundamentals of technique and application of the theory they learn in their general music classes, the strength of the musical program at Parkridge is that its curriculum has been created to meet the needs of every student.

Mr. Taylor concludes by saying, "As the school grows, I would like to see our music program grow with it." He looks forward to a future that includes a piano lab, guitar ensemble and a marching band.

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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 & article page 25.

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. See ad page 9.

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING
NOW REGISTERING! For more info see www.cschargers.com See ad & article pgs 8-9.

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 below.

Roller Skating

Galaxy Skateway
Florida's #1 entertainment and roller skating facility. We feature skating sessions for the entire family. www.skatingcenters.com or call (954)721-0580. See ad on page 17.

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.

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.nwbrcc.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 page 7.

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.cscsa.us. See ad page 23.

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 26.

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 on back cover and page 19.

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 & article pages 14-15

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 pages 26-27. 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.thefriendshipinitiative.org

Volleyball

SAND TURTLES VOLLEYBALL CLUB
Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. 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
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
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Lessons Correct, safe riding instruction in a relaxed, non-competitive, encouraging environment for children and adults, beginner through advanced.

Camp Starts June 12th
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Making horse dreams come true for children and adults since 1999

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Horse Shows • Quality Boarding

Galaxy Skateway
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SPECIAL EVENTS FUND RAISERS PRIVATE PARTIES

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LIMIT ONE COUPON PER PARTY. MAY NOT BE USED WITH ANY OTHER DISCOUNTS OR SPECIAL OFFERS. PROPERTY OF GALAXY SKATEWAY. MUST BE PRESENTED AT TIME OF DEPOSIT. EXPIRES 03/31/2018

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SKATE RENTAL NOT INCLUDED. NOT VALID ON SPECIAL EVENTS. NOT VALID ON ALL DAY SKATE. NOT VALID WITH ANY OTHER OFFERS. NOT VALID ON WED, THURS, OR SATURDAY NIGHTS. PROPERTY OF GALAXY SKATEWAY. CALL FOR TIMES AND PRICE. EXPIRES 06/07/2017

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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 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 16

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 on pgs 7.

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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



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Do You Have What It Takes?



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Football

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



HONOR & REMEMBER
SOUTH FLORIDA HOMETOWN HERO
SPC DANIEL AGAMI
10 YEAR ANNIVERSARY
MEMORIAL REMEMBRANCE
DATE: SUNDAY, JUNE 25, 2017

Please join the Agami Family in attending an open-house style event that will be open to the public, to honor our son and brother, SPC Daniel Agami who made the ultimate sacrifice on 06/21/2007.

WHERE: VETERAN'S PARK of Coconut Creek
3550 Lyons Road Coconut Creek
(Corner of Sample and Lyons Rd.)

TIME: 11:00am-12:00pm (promptly)




Call for more info.
(954) 571-6999

Join us in a procession to follow to Bru's Room Bar & Grill
12pm-? 5460 W. Hillsboro Blvd. Coconut Creek, FL 33073

PARKLAND SUMMER CAMP

JUNE 19-AUGUST 11

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

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Dr. Nancy Wiley...

Clearly Different



There's never been a better time to straighten your teeth with the most advanced clear aligner in the world! Clearly different, Invisalign straightens your teeth without wires and brackets, using a series of clear, customized, removable appliances called aligners. They are virtually undetectable, which means hardly anyone will know that you're straightening your teeth!

Making the decision to straighten your teeth is much easier when you know that Invisalign® treatment lets you live your life the way you want to. With Invisalign aligners, you don't need to worry about the gum and mouth irritation other teeth-straightening methods can cause. Invisalign aligner trays are not only smooth and comfortable to wear, but they're also removable. That means you can continue doing all the things you normally would, from brushing and flossing, to eating whatever you like. Special occasion coming up? No problem — just take your aligners out for that time and pop them back in when you're ready. Of course, even when you're wearing them, most people won't even know you're going through treatment, because they are virtually invisible!

Invisalign treatment is also ideal for your busy schedule, with fewer doctor visits required (approximately every eight weeks).

You also may be surprised to know that the benefits of having properly aligned teeth extend far beyond a confident smile. According to the American Dental Association, straightening your teeth can actually significantly affect your overall dental health. Think about it — a smile can hardly be perfect if it's not a healthy one. Fortunately, with Invisalign®, having a confident smile and reducing your risk for tooth decay and gum disease go hand in hand.

Choosing the right doctor is crucial to your overall success. Dr. Nancy Wiley is a preferred provider with Invisalign and board-certified orthodontist. **She was also voted best orthodontist in Coral Springs & Parkland.** Come find out with a complimentary consultation — even if you have been told you weren't a candidate in the past.

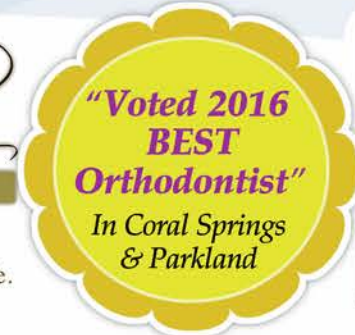
In honor of Mother's Day we are offering \$1,000 OFF Invisalign Treatment this month only!

See ad on opposite page. Call to schedule your appointment today 954-753-0015. Visit us on the web at www.WileySmiles.com



Nancy Wiley
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Let our passion in everything we do transform your life.



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\$1,000 OFF invisalign® TREATMENT

Included in the cost of full treatment is:

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- 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 5/31/17

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Pantries • Garage Systems & Much More!

Mother's Day Special!

\$400 OFF

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School physicals made easy!

We know your schedule is hectic so Broward Health Urgent Care is here to help take your child's sports physicals and school physicals off your to-do list!

Our qualified healthcare professionals will review your child's medical history and perform a physical exam to determine that they are ready to join school activities or participate in sports.

Three convenient locations in Broward County. Open daily 8am-8pm.

Coral Springs | Magnolia Shoppes
9663 Westview Drive
Coral Springs, FL 33076
954.320.3323

Weston | Broward Health Weston
2300 N. Commerce Parkway
Weston, FL 33326
954.217.5700

Plantation | Jacaranda Square
1811 N. Pine Island Road
Plantation, FL 33322
954.320.3360

What to bring to your child's physical:

- A copy of the entire sports or school physical form for the provider to review and sign
- Your child's prescription eye glasses or contacts if they wear them
- A copy of your child's latest immunizations

For more information, please visit BrowardHealth.org/UrgentCare



Coral Springs Christian Academy

www.coralspringschristianacademy.com

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
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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.

Abby Scavuzzo, Admissions • ascavuzzo@cscsca.us • 954-840-1148
www.coralspringschristianacademy.com



Dr. Gary Goberville,
Optometric Physician

Eye Site Vision Center
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Coral Springs
954-344-3937

The Silent Thief of Sight What Can I Do?

By Dr. Gary Goberville

Worldwide, Glaucoma is the second leading cause of preventable blindness and has the attention of the World Health Organization.

In its early stages, there is no pain or other symptoms. According to the National Eye Institute, 2.7 million people in the US have glaucoma - 50% know it, 50% don't!

Glaucoma tends to run in families: If you have a close relative who has glaucoma then you should have an eye test at regular intervals and advise other members of your family to do the same. It is estimated that approximately 2% of people over the age of 40 will have glaucoma. 13% of those on the blind register have glaucoma of some type. Afro-Caribbeans are more at risk of glaucoma and it may come on somewhat earlier and be more severe.

It is permanent. However, with regular comprehensive eye exams, early detection and treatment can slow down or even halt the process, reducing the risk of blindness. Treatments may save remaining vision, but do not improve sight already lost from glaucoma. You can lose a considerable amount of sight irretrievably before you are aware of any problem.

Though a measurement of eye pressure by tonometry is an important part of a comprehensive eye exam, it is not sufficient for the detection of glaucoma by itself. A visual field test should also be performed and an eye care professional should also look inside your eyes to check for signs of the disease. Ensure you have a regular comprehensive eye exam even if you are not experiencing vision or eye problems.



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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. 6/15/17 SP

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For Every \$100 Spent on Eyeglasses
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FREE
Kids Safety Lenses with purchase of frame
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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.

2017 Coral Springs Flag football

FINAL REGISTRATION!

Evaluations will be held on May 13th at Aiello Field/ Mullins Hall

CSFFC is one of the oldest and most successful sports leagues in Coral Springs. A non-profit, volunteer-run league, providing organized flag football and cheerleading. Dedicated to providing a learning atmosphere with emphasis on sportsmanship and positive values. We encourage boys and girls from Coral Springs and the surrounding area in flag football and cheerleading participation. We strive to provide a fun and safe learning environment for all of our participants. For Girls 5 to 8 years old and Boys 7 to 14 years old. Season runs August through November. Games are played at Mullins Park.

For more info see ad below or go to www.CSFFC.org



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 •

Last Chance to Sign up for the 2017 season!

Evaluation Day

May 13th, 2017 @ Aiello Field/Mullins Hall
check the website for division times

www.CSFFC.org

REFEREES NEEDED
CALL DAVE
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South Florida's Premier Summer Day Camps

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



Campers participate in daily field trips & on campus sports or enrichment activities

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www.CampPalmetto.com

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Campers engage in high energy recreation & fitness activities

954-444-8548

www.SuperStarsCamp.com

The Best choice for a Super Summer!

When "opportunity knocks", open the door! Matt Hall, the founder and owner of the already successful Super Stars Camp did just that when he negotiated the transfer of Camp Palmetto under his camp umbrella. Matt can now offer an even greater variety of summer choices for boys and girls in Broward and Palm Beach counties.

Matt, who holds a Masters Degree in Educational Leadership and years of experience teaching health and physical education, knows instinctively what kids need, which is why the curriculum has always leaned toward physical activities with Super Stars "Active" Camp. Matt seized the moment when he heard Camp Palmetto was closing its doors after 13 successful years on the campus of Loggers' Run Community Middle School. With a slightly different philosophy than Matt, Camp Palmetto also had a long history and an excellent following of families searching for a curriculum that includes arts and crafts, cooking, and technology, along with activities and field trips for an enrichment of daily summer activities.

Consulting with professional leaders in the field of child development, Matt has worked throughout the winter to recreate and tweak the curriculum for both camps with an appeal to parents who are interested in giving their children options for the summer. Parents and campers are already providing positive feedback for the possibilities that will be offered by Super Stars and Camp Palmetto. Nothing changes for the sports lovers, while adding a whole new agenda for parents and campers wanting to mix it up a bit.

Choices for the summer campers include a full array of activities and field trips. Both camps are broken down by ages from those entering kindergarten through middle school students. Campers are kept in age groups to keep sports and other activities fair and fun. Super Stars activities include Swimming, Basketball, Soccer, Kickball, Flag Football, Water Slides, Color Wars, Camp Challenges, Capture The Flag and much more. "Our objective is to get your kids moving, having fun, and to promote a healthy lifestyle," Matt says. Camp Palmetto's curriculum will also include some of these activities, but for K through 4th grade, 3 field trips a week will be incorporated into their summer agenda.

Super Stars "Travel" Camp for middle schoolers and those campers headed into middle school provides engaging activities outside of campus and travel to local destinations that promote wellness, fun, health and education. For our 4th through 8th graders, camp instructors oversee safe daily trips that include tubing/knee boarding, Extreme Go-carting, Planet Air, Rapids, beach days and much more. When campers return to campus, they can participate in enriching activities designed to keep them engaged in creative play.

Parents will find no long term contracts for either camp. A child can be enrolled for a week or for the entire summer. Campers can switch weekly from sports camp to field trips and activities. While utilizing all the amenities on the campus of Loggers' Run Middle School, Matt is continuing use of the pool at Boca Prep International School. Whatever the choice, kids are with friends, supervised, and having fun all day. That's the way a summer should be. When Matt opens the doors to both summer camps, your kids will want to be there! **For more info. See ad on opposite page!**



GCA GLADES CHRISTIAN ACADEMY

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

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

- **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
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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.



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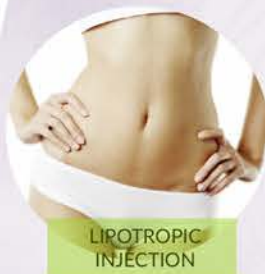
WE ACCEPT WORKMAN'S COMP, PIP, AND VA CASES. WE ARE PROVIDERS FOR UNITED HEALTHCARE, AETNA AND CIGNA. PPO PLANS ACCEPTED FOR BLUE CROSS BLUE SHIELD AND HUMANA.



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Shed Unwanted Pounds • Metabolize fat
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Want to Lose Problem Fat Quickly?

Mesotherapy is for You.



Mesotherapy is a medical specialty treatment aimed at eliminating fat pockets in problem areas of your body. It is also used to diminish wrinkles and unwanted signs of aging in the face and neck area. It is administered via various microinjections containing various types of homeopathic medicines, vitamins, amino acids and minerals. It can be used to eliminate cellulite, promote weight loss and rejuvenate the hands and neck.

Mesotherapy treats cellulite directly, promoting smoother skin and reducing fat in selected areas. The fat deposits are flushed from the body and do not reappear in other areas, which can happen with liposuction.

Mesotherapy is a painless procedure with no scarring, although swelling and light bruising may appear in the area for a few days. You might feel a light pinching or burning sensation when injections are administered.

How does it work: Mesotherapy treats three factors involved in cellulite formation. A specific formula is created to reduce the fat in your cellulite, improve impaired circulation and break down damaged connective tissue. It also increases the blood and lymphatic flow, therefore smoothing the skin's surface and reducing cellulite. The formula prevents cells from storing fat and helps break down existing fat cells. We can target love handles and any other areas that display fat pockets.

Sedation is not necessary and the patient can walk out a few moments after treatment and go on with their

daily activities. Therefore there is no "recovery" period with Mesotherapy other than the body working from the inside structures over time, thus affecting the outward appearance of the skin, such as tightening of the skin, removal of excess fat and cellulite.

Anyone is a candidate who is seeking a treatment option for cellulite, wrinkles, excess fat and sagging skin. Anyone who is interested in removing these without the use of anesthesia or surgery should consider Mesotherapy.

Results vary depending on body type and lifestyle. On average patients notice a visible improvement after 2 to 3 sessions and gradually over a matter of weeks to months. Results will last especially if combined with proper nutrition and exercise. When it comes to unwanted body fat a healthy lifestyle will determine whether or not the treatments are long lasting.

Even though mesotherapy is new to the United States it has been used for the last 30 to 40 years in Europe and South America. Mesotherapy originated in France in the 1950's and is quickly becoming the safer alternative to liposuction and plastic surgery.

If you have a few inches you want to get rid of before bikini season starts, call Five Element Wellness Center at 954-657-8342. See ad on opposite page.



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Up & Coming

Safety Town of Coral Springs - Saturday, May 6

An early childhood safety education program designed to introduce ALL types of safety situations to young children. Celebrating 31 years of safety education for young children! On-site registration from 9am to 1pm at Kiwanis Park. 520 Ramblewood Dr. For more info call 954-344-1811.

Parkland Writing Buddies (K-5th grade) - Saturday May 6

We all know how important it is to read to children, but what about writing? Strong communication skills are important throughout life. And writing is fun, too! From 2:00 to 3:00 PM at The Parkland library, 6620 University Dr., teens will be paired up with young budding authors to guide them through the story creation process. Each child will write and illustrate a mini story to take home. This group meets once a month, and a different genre will be explored each month. Parkland Library card required to register. To register visit www.cityofparkland.org/library or call 954-757-4207.

Coral Springs CommuniTea - Saturday, May 13

Join the Coral Springs Multi-Cultural Committee for a cup of tea on Saturday, May 13 at 2 p.m. at the Coral Springs Museum of Art, located 2855 Coral Springs Drive. The event will feature an array of international teas, delectable hors d'oeuvres, and desserts galore – all with a multi-cultural flair. Held on the eve of Mother's Day, it could be a great way to treat your Mom, Daughter, Aunt or significant other. Bring your own special teacup and share your favorite teacup story to get a gift. Three prizes will be offered for best decorated tables in the category of Creativity, Uniqueness & Multiculturalism. Participants may wear ethnic attire to add to the multi-cultural theme. Admission: \$25 per person Please note that tickets will NOT be sold at the door. For more information, call 954-344-1063.

Parkland Eats 'N Beats - Saturday, May 13

From 5:30 to 9:30 PM, grab your lawn chairs and blankets for an evening of music, food, and great company at Trails End Park, 10561 Trails End. The City of Parkland will welcome SOSOS to the stage followed by Let it Be. 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

Parkland Memorial Day Ceremony - Wed, May

At 6:30 PM, The Parkland Library, 6620 University Drive, will mark this coming day of observance by presenting a slideshow of inspirational photographs accompanied by poetic narration. Harpist Darlene Weingarten, a member of the South Florida Chapter of the American Harp Society, will provide beautiful background music during the presentation. For more information visit www.cityofparkland.org/library or call 954-757-4207.

Coral Springs Memorial Day Ceremony - Monday, May 29

Please join the City of Coral Springs and the Veterans Coalition of Coral Springs as they host a special Memorial Day Ceremony at 9 a.m. in honor of the brave men and women of our military who have given their lives in service to our nation. The ceremony will be at Veterans Park, located at 8601 Royal Palm Blvd. (just east of University Drive). Chief Thomas A. Matteo, retired Staff Sergeant with the United States Marine Corps, and retired Law Enforcement professional, will be the guest speaker. Matteo is a six-time recipient of the Purple Heart, wounded during several tours of duty in the Vietnam War. Join us in remembering all veterans and their families who give so that we may enjoy the freedoms we have today. For more information, call 954-345-2200.

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