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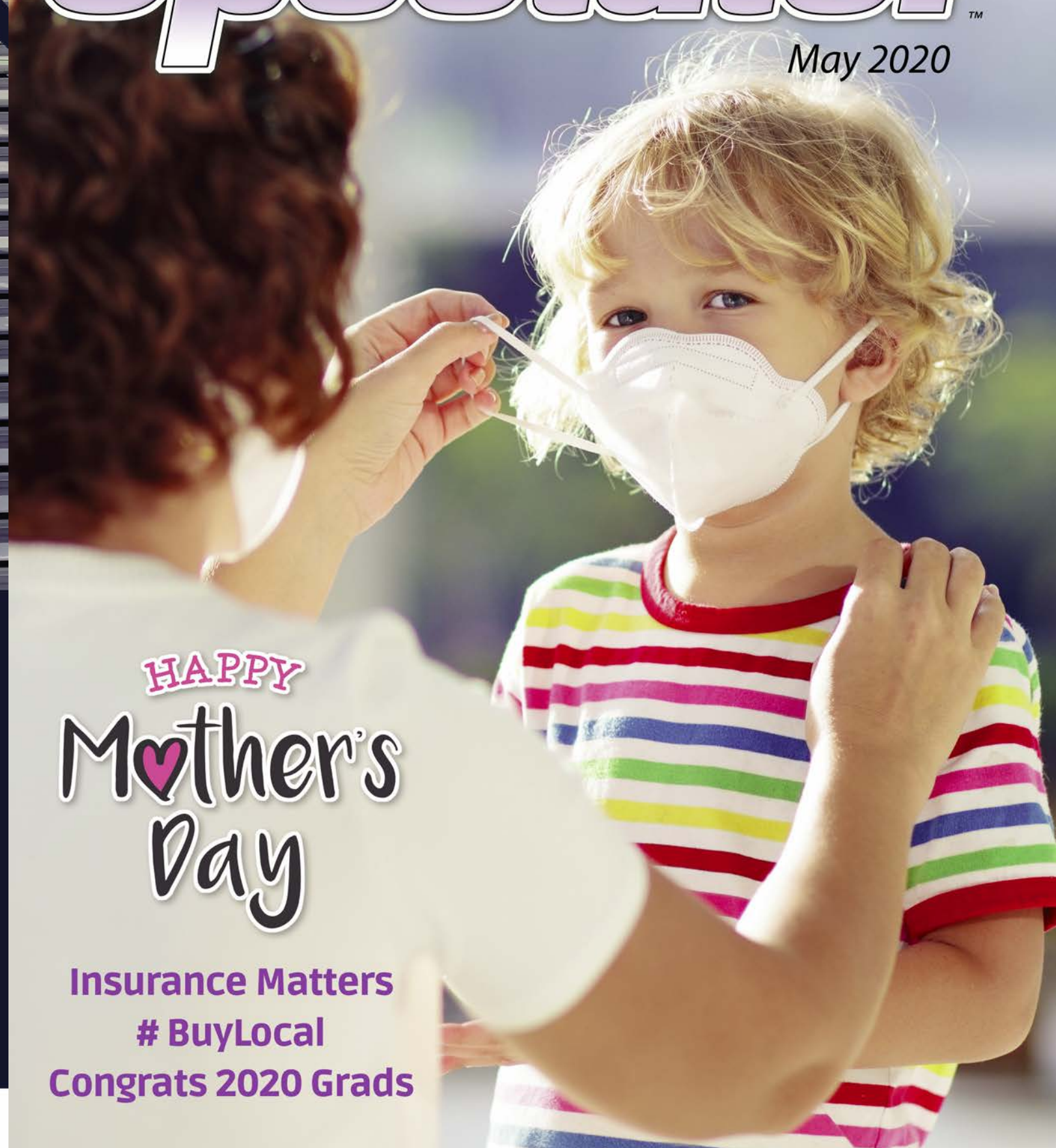
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Publishers, Shellie & Scott Farrugia

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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
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Baron Express
954-297-0731

Contributing Writers
Scott Brook
Cindy Brief
Ashley Ferraro
Dr. Howard Gelb
Barbara Gobbi
Ashley K. McCardia
Andrea Kowalski-Rosperski

Advertising Sales Office
(954) 753-4300

Scott Farrugia
(954) 684-6590
Maggie Woodburn
(561) 667-7910

e-mail:
spectatormagsales@gmail.com

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It's All About Community!

To Everyone's Health!

There is a specific reason that we've all become part of this "distancing" way of life. Despite the challenges brought by the veritable closing of so many storefronts, restaurants, and services, the world has come to heel in an effort toward "healing." When you are comfortable, and we are encouraged to venture out, please patronize favorite local stores, salons, eateries,, and more!! Our neighborhood businesses have had a rough time, and they deserve our support!

Another group of people who deserve a GIANT SHOUT OUT are the GRADUATES OF 2020! We are so proud of you and your achievements! This historical time is one that none of us will ever forget. Yours is the "Class of the Century!"

Finally, we pray for every family that has lost someone during this horrendous pandemic. Our hearts are with you,

Shellie & Scott

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How a Pandemic Changed my Approach to Motherhood

Ashley K. McCardia

Before the world closed down for Corona, I was 6 months into my first job outside of the home in a decade. Prior to that, I was a stay at home mom, homeschooling my two girls, and I didn't want it any other way. But as we all know- life happens. Circumstances can change on a dime and mine did just that. For the first time, my 6 and 10 year old girls stepped into their respective classrooms at our local elementary school and I went back to work.

Six months is enough time to get out of practice at most things, so when fate put me back home full time with my girls, my motto quickly became, "Give yourself and them some grace."

Unbeknownst to me, my patience had suffered greatly while I hadn't been home with the girls. I was no longer used to the way my six year old took an eternity to tell a story, or the way my oldest had turned into a moody preteen seemingly overnight. I was not accustomed to my house looking quite so lived in, or craft supplies strewn literally everywhere. I'd forgotten how much food we went through every week!

I noticed an infinite number of Facebook articles on 'Organizing Your Life during a Pandemic' and 'How to be a Teacher 101.' So much advice that ultimately left me feeling defeated. I needed to find what worked for us and, with plenty of trial & error, we did. We fell into a routine and I noticed my resentment for isolation was waning. I was no longer begrudgingly home full time with my kids, but instead was wading my way through a time in history that would end up being a lifelong memory for us- for better or worse.

I wanted my kids to look back on this time as a weird, but special moment in time where we were forced to simplify. As days passed, I found myself leaning into a more relaxed way of life. I lowered my expectations of myself and my kids and we were all happier for it. I made a decision to try and say "yes" as much as I possibly could. We slept in. We did schoolwork at our pace. We literally took every day as it came.

As a direct result, I became less focused on being a perfect mom, a stigma that has plagued me for 11 years. The world stopped and blessed me with a chance to just be with my kids, create new bonds, teach them, make art with them, fuel their independence, and show them that I do not care that things go perfectly, but that we are safe and happy. Most importantly, I was able to show myself that perfect wasn't the goal. It took a worldwide shut down for me to realize that my 'just okay' days were fine!

This year mother's day is going to be strange for many of us moms. We will likely order take out versus going out to eat, many of us won't be able to visit our own mothers & grandmothers, and it will probably look just like many of our average days lately. Maybe, like me, you would rather a day of solitude & peace rather than one of celebration this year. Either way, my hope for you, fellow mama, is just that you remember your best is perfection, and that you are enough just how you are and, as we slowly emerge from our homes into our new normal, you remember these months fondly.



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Meet The

Kaufman Family

Social distancing has brought many families closer. The Kaufman family agrees. Matt tells us, "The quarantine has been particularly interesting for us, since we adopted our puppy, Oliver, on February 29th. Lots of long days, long nights, and lots of clean-up duty. The silver lining is that we are able to share this experience together and Oliver is attached to each one of us."

Matt and his wife, Amy, have been enjoying life in Parkland for more than 18 years, and are thrilled to share it with their two children, Olivia, 16, and Spencer, 13.

Both professionals, Matt is the VP of an Executive Search firm, and Amy is the CEO of a finance company. Outside of work, Matt is very well-known for his role as President of the Parkland Flag Football Board. He's been coaching Parkland flag football, soccer and basketball for more than 8 years. He tells us, "Few things are better than taking the team for ice cream after a game. Win or lose, this is where the kids bond and make friendships." Amy is the Treasurer for Congregation Kol Tikvah.

Olivia attends the 10th grade at North Broward Preparatory School. Her Favorite subjects are math and history. Spencer is in 7th grade at Westglades Middle School, where science and civics pique his interests.

Both active and athletic, Olivia and Spencer stay busy outside of school. For several years, the siblings enjoyed Next Stop Broadway summer camp in Coral Springs. Olivia has been Dancing for 13 years, is Co-Captain of the Mock Trial Team at school, and also enjoys tutoring other kids. Spencer is a valuable teammate with Parkland Flag Football, Soccer, and Basketball.

Most recently, the entire family got together to prove their athletic mettle. Matt says, "We formed Spencer's Squad and recruited about 40 people to run the Soldier Rush. We plan to make it an annual tradition."

When life isn't in lockdown, the Kaufmans especially enjoy traveling together, trying new foods and restaurants, as well as attending live shows and musicals.

Amy reflects about life and Parkland and what she loves the most. "I appreciate the camaraderie. Living here is a shared experience and we look out for each other. You get what you give. Being an active member of the community, whether through school, sports. or our synagogue, has unlocked so many meaningful relationships for our whole family. It's not the place, it's the people that make the difference."

Looking forward to life after quarantine, Amy says, "While we love our time on the fields at Pine Trails Park, it has been great to experience a slower place with fewer activities during this time. We are looking forward to seeing everyone again soon!"

The Kaufmans attend services at Congregation Kol Tikvah.

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Community Based Insurance Offers Promising Options

By Ashley Ferraro

Apple Insurance and Financial is a community oriented company proudly led by founder Rick Jultak and partners Marc Fine and Sharon Zilberman. With its main office located in Boca Raton, the company handles clients throughout the South Florida region. According to Jultak, "Members aren't customers, they're clients."

The family aspect of the company extends to agents and administrators of Apple as well. With over 100 local employees, not one has been laid off since the global pandemic ensued. Apple has made it possible for all of their employees to work full-time from home. In fact, they are currently looking to hire others who have been laid off and are open to a career in insurance.

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Even if you are not a client, Apple still wants to help you. As an agency founded on service, the company will gladly take your call and offer you generalized advice. There is no additional cost to this, and Apple provides the same

coverage offered through the Marketplace, but with an incomparable degree of personalization.

Apple is also involved in a variety of events and fundraisers that give back to the community. By hosting adopt-a-thons for pets in the tri-county area and donating large sums of money to animal rescues, they demonstrate the true vision of their agency. Rick mentions that Apple is also an approved vendor of the VA, donating time and resources to helping veterans (client or not) understand their health benefits. In addition, Apple sponsors fundraising events for multiple sclerosis (MS), multiple myeloma, and juvenile diabetes throughout the year.



Rick Jultak, founder

his daughter home from UF as well as his son who is a recent graduate of FAU.

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Pedagogy During a Pandemic

By Andrea Kowalski-Rospierski M.Ed.

Not many people enjoy waking up early for school. The day to day routine of classes, work, meetings, and sometimes watching the second hand move on the clock becomes tedious and tiresome. Weekends become much wanted breaks in which we can lounge in comfy clothes, binge watch Netflix, and catch up on those home projects we've been meaning to finish. Teaching is a meaningful, impactful, stressful, and a difficult profession. It provides many opportunities to get to know and work with numerous and varying people, both students and colleagues. It is also both rewarding and trying, which made me sometimes look forward to just getting out of my classroom, off campus, and away from the stacks of grading that sometimes felt unbearable. However, as I have found out over the course of my life, the powers that be or whatever

Just before spring break it became apparent that the whole Coronavirus thing that we had been hearing about in other countries was in fact going to soon become our reality. There were a few cases being reported in south Florida and we were told to have at least two weeks of lesson plans ready to go in case we had to self-quarantine. I figured we would at least make it to spring break before school was closed, but instead we closed down the week before. I wasn't exactly upset about the early break, but since this has turned into the best school skip

day on record, I've seen the error of my ways. I've never wanted to be an online teacher. I've taken online classes both in college and throughout my teaching career and have never really been much of a fan. Now that I am an online teacher running a digital classroom, as opposed to teaching in my school, I have even more so realized that I prefer, with just about every fiber of my being, to be in the classroom. Teaching online, to me, is partial teaching. My students read the material, do their assignments, and complete quizzes. We even have an occasional Zoom meeting to discuss topics within our curriculum. Seeing my students on my computer is nice but in no way the same. What I miss most and what is most difficult for me, is the complete lack of socializing within my school community, the human aspect of pedagogy. As an educator, there is so much more to my profession and my craft than simply disseminating information and skills to students. It is building relationships, forming bonds, and understanding the individuals in my classroom. Making the transition to online teaching from a content and curriculum stand-point was not difficult for me. However, I know I will continue to struggle with not being able to see my students each day. I miss, truly miss, each and every one of them. I feel like we have again been forced to tout our adage, "MSD Strong."



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From Inside The Grocery Store

By Ashley Ferraro



Not many people enjoy waking up early for school. The day to day routine of classes, work, meetings, and sometimes watching the second hand move on the clock becomes tedious and tiresome. Weekends become much wanted breaks in which we can lounge in comfy clothes, binge watch Netflix, and catch up on those home projects we've been meaning to finish. Teaching is a meaningful, impactful, stressful, and a difficult profession. It provides many opportunities to get to know and work with numerous and varying people, both students and colleagues. It is also both rewarding and trying, which made me sometimes look forward to just getting out of my classroom, off campus, and away from the stacks of grading that sometimes felt unbearable. However, as I have found out over the course of my life, the powers that be or whatever

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www.parklandbasketball.com or call the hotline (954) 227-0989. See ad below

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

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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Cheer contact: 786-236-0948 or cheer@parklandrangers.com.
www.parklandrangers.com See ad below.

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PARKLAND FLAG FOOTBALL
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See ad page 15.

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For more info go to www.parklandlacrosse.com

Soccer

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

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For more info, call Keith Brodsky 954-439-2596
www.parklandtravelsoccer.com

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or www.NBPS.org See ad back cover

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Parkland P-Rec

PICKLEBALL
Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

Special Needs

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

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THE FRIENDSHIP JOURNEY
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

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Parkland Leagues - Saturday Only
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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 |
| Tennis | (954)757-1910 |
| P-REC | (954)757-4105 |

Family Sports Health

The Athlete's Elbow Part 2

By Dr. Howard Gelb

Little league elbow is a common problem in the growing athlete and describes medial elbow pain that is attributed to a microscopic injury to the growth plate or apophysis, where the tendon attaches to the inner elbow. Pain and loss of motion are common symptoms of little league elbow. Pitchers sustain the majority of injuries but any player may develop it from overuse. X-rays are very important as part of the work up for little league elbow. Comparison x-rays can be helpful in certain cases to evaluate the extent of the injury. The UCL (ulnar collateral ligament) can be involved in severe cases. If the apophysis or UCL origin is significantly displaced, surgery may be indicated. If the ligament is completely torn, a formal UCL reconstruction (Tommy John procedure) may be needed to return to competitive throwing. Prevention of overuse injury in the throwing athlete is critical to avoid long term injury. Injury to the young athlete's elbow may be prevented by limiting the number of pitches in a game or practice, allowing the athlete adequate rest after throwing, and limiting the number of teams that he or she plays on. Recent studies demonstrate that the fast ball may be worse than breaking pitches for the immature elbow, causing the growth plate to separate or ligament to fail. Fortunately, most athletes can return to their sport after adequate rest and rehabilitation.



Howard J. Gelb, MD

A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

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Steps to strengthen your body's security detail;

Your Immune System

By Monique G. Bain, MAC, LAC, Acupuncture Physician

Our body's immune system is constantly at battle as thousands of viruses, bacteria, parasites and toxins are inhaled and eaten every day or invades our bodies through scrapes and cuts. We don't realize the battle is taking place, however our immune system is constantly fighting for us. A weak immune system makes you vulnerable to infections, from the common cold, flu and even Covid-19. Most of us don't spend a lot of time worrying about our immune systems until we are sick or a pandemic like the one we are dealing with today.

Chinese Medicine practitioners have been dealing with immune system disorders for thousands of years and has had great success in increasing immunity by regulating imbalances and stimulating hormones and neurotransmitters. Studies have shown that acupuncture can strengthen a weakened immune system by increasing red and white cell counts, T cells counts (T cells destroy harmful bacteria and viruses in the body) and enhancing humoral and cellular immunity and increasing levels of interferon as well.

A compromised immune system is a major component of most chronic diseases and results in frequent colds, allergies, asthma, chronic fatigue and so on. Here is how to boost your own body's "security detail" naturally and easily and protect yourself.

Get Regular Sleep – lack of sleep disturbs regulation of key chemicals produced by the immune system to fight infection. In fact, less than 7 hours per night has been shown to triple your chances of getting ill.

Take some herbs and supplements – Astragalus (huang qi) is one of the most frequently used Chinese herbs and is used to fortify the lungs and protect the body against external pathogens. Modern research has confirmed that astragalus increases both specific and non-specific immunity.

Ganoderma (ling zhi) – is essential for rebuilding a person's constitution. It increases the number of white cells and inhibits the growth of various viruses and bacteria associated with the flu. Clinical studies shows that Ganoderma increases the production of cytokine and interleukin and has a broad spectrum of antibacterial activities.

Cordyceps (dong chong xia cao) – It enhances overall immunity by increasing lymphocytes and natural killer cells and the production of interleukin, interferon and tumor necrosis factor.

Vitamin C and Zinc are two important elements to support the immune system. Foods that are high in Vitamin C are red peppers, cabbage, strawberries, tangerines, oranges, Kiwi. Foods high in Zinc include chicken, barley, lamb, turkey and beef. Another good addition would be garlic to your meals for its antibacterial and antiviral properties.

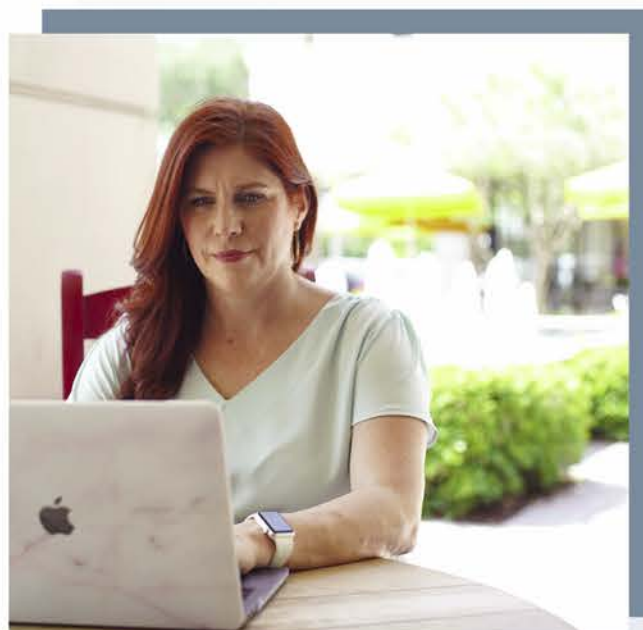
De-stress – Stress hormones suppress the immune system. Finding ways to reduce stress such as acupuncture, exercise and meditation will improve your immune system by releasing endorphins which have deep relaxing effects on the body.

Healthy diet – Eating too much sugar, greasy foods, chilled or raw foods, alcohol do not build a strong immune system. Eating fruits, vegetables, lean protein, healthy fats and nuts are the cornerstone of a good immune system. Data suggests that gluten is destructive to the immune system.

If you are not getting enough sun, make sure to add Vitamin D to your supplementation. Unfortunately, almost 1/3 of the US population is Vitamin Deficient. Optimizing your immune system is the best way of keeping disease away.

For more info about Five Element Wellness Center, call 954-657-8342, visit www.5elementwellnesscenter.com or see ad on opposite page





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Staying “Social” During Social Distancing

By Barbara Gobbi of BG Marketing

When it was announced in March that schools and businesses were closing due to Covid-19, I’ll admit I was a little bit excited with anticipation of a slower pace to my new schedule. I think we all assumed it would be like hunkering down for a hurricane, except we’d have internet and Netflix.

Even though I own a social media marketing agency, I consider myself shy and a bit of an introvert, not “social.” Despite being named the class “Social Butterfly” in second grade, social distancing was going to be a piece of cake for me!

Until it wasn’t. I found that after a couple of weeks, I was missing some people. I also discovered that there were people in my life that were completely alone and isolated. They desperately needed some social interaction and connection with others is so essential for mental health. So I used my social media skills to connect people.

I run a Facebook group for entrepreneurs, and we organized a weekly virtual happy hour. The first week was somber as people lamented about how Covid-19 has devastated their business. But the second week we vowed to make happy hour...well, HAPPY! It was a weekly BYOB virtual event that connected people from all over the world.

Through the use of video conferencing with Zoom, our agency conducted

more meetings than ever before. We hosted weekly training sessions and one-on-one consultations for business owners. As a result, our agency had a record month, up 20% over the previous six months. Networking groups and service organizations that I belong to also moved to virtual Zoom meetings. I created videos showing people how to use Zoom, even teaching retirees at John Knox Village how to “see” their neighbors.

For all the things we may hate about social media and technology, we would all be in a much different situation right now without it. Children can attend virtual school and continue distance learning, doctors can see their patients via telemedicine, businesses can communicate with their customers, and people who are self-isolated can connect with friends.

Video conferencing platforms like Zoom and Skype have made it possible for some businesses to stay in touch with employees and customers. But they’ve also been an essential part of helping families stay connected to loved ones as well. Before Covid-19, how many people even heard of Zoom? Today, it’s easier than ever to stay connected and “social” during social distancing!



To find out more on how to successfully build your brand please visit www.barbaragobbi.com or call 954-557-6781. See ad on opposite page.



The National Salute to America's Heroes

The National Salute to America's Heroes (NSAH), presented by Hyundai, is one of the country's largest military air and sea shows. Recently, it announced the cancellation of this year's Memorial Day weekend event due to the COVID-19 pandemic. Despite the postponement, the NSAH and Hyundai introduced a community-based nomination initiative, titled "Salute 365," that will recognize local healthcare professionals, first responders and others who are tirelessly fighting and risking their own safety to care for members of the local community.

"We at the National Salute to America's Heroes are always very focused on the health and safety of our guests, team members, and military partners. As we align with recommendations and guidelines from local, state, and global agencies, it was prudent to cancel the 2020 Hyundai Air and Sea Show," said Mickey Markoff, executive producer of The National Salute to America's Heroes, presented by Hyundai. "Given the regional and national concerns about COVID-19, we want to do what is best for the community at this time."

Beginning immediately, NSAH seeks nominations for four heroes who will each be awarded new Hyundai Sonatas as recognition for their outstanding service. The NSAH will select winners in each of the following categories: healthcare professional; first responder; unsung community hero, and present them with a 2020 Hyundai Sonata on Memorial Day.

"Because our show is so closely connected with Memorial Day, we think it's fitting to pay tribute on that day to the deserving members of our community who are on the front lines fighting against this world-wide pandemic and express our appreciation and gratitude for their service," added Markoff.

"We've been a proud partner of the National Salute to America's Heroes since its inception," said Angela Zepeda, chief marketing officer, Hyundai Motor America. "In keeping with this terrific partnership, we're already looking forward to next year's event but wanted to do something now that shows our commitment to the NSAH while recognizing some of the local heroes working to put this pandemic behind us. Hyundai has always been a brand that does the right thing for people, so we are pleased to be a part of this Salute 365 initiative and recognizing those unsung heroes during this crisis."

According to Markoff, "The initiative will seek nominations from the general public through traditional/non-traditional media sources requesting stories of deserving individuals who have displayed incredible courage and emerged as heroes in their community."

**Nominations in all categories can be made at USAsalute.com/hero.
Winners will be picked by May 15 and announced over Memorial Day weekend.**

The National Salute to America's Heroes presented by Hyundai is a nationwide two-day celebration held on Miami Beach, Florida featuring the Hyundai Air & Sea Show, Music Explosion presented by Hyundai, and Salute 365 initiative. Held Memorial Day Weekend, the National Salute to America's Heroes presented by Hyundai focuses on honoring and paying tribute to the military and first responders who protect the freedoms of all Americans. **For more information, please visit, www.USAsalute.com.**



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Check TV Times and Viewing Schedules at USAsalute.com



We have such an amazing community in North Broward

By Cindy Brief, President/CEO Coral Springs Coconut Creek Regional Chamber of Commerce

We have weathered many storms; however, the COVID-19 epidemic has been an unprecedented event. Thank you to our first responders, health-care professionals, grocers, and all essential workers. You have sacrificed so much for others and we will be forever grateful. Thriving & longstanding businesses as well as their families and employees have endured a lot over the past six weeks. While we can't get that time back as a community, we can all help in some way. Here are just a few ideas:

SHOP LOCAL FIRST

Please remember that local businesses often do not have the same resources that larger chains do when it comes to financial assistance and recovering from uncertain times like these. When shopping for goods and services, look to our local businesses first.

SHOP LOCAL, ONLINE

Many retailers have websites where you can buy online. If your favorite local retailers don't have an online store, many of our local retailers are taking orders online and you can pick up or have it delivered.

ORDER TO GO

Our local restaurants need our community support NOW!!! Many have curbside pickup, or you can use a delivery service such as Grub Hub, Uber Eats and Door Dash.

STAY SUBSCRIBED

If you have an ongoing subscription or membership with our local Chamber of Commerce, your gym, consider keeping it active - even if you're not going to show up right now. Many of these small businesses rely on that regular cash flow to keep things open.

B2B COLLABORATION

If you are a local business owner, take this opportunity to collaborate with your business community to see how you can help one another overcome some of our current challenges. Collaborating and understanding the unique challenges of different businesses will lead to solutions that benefit everyone.

TIP A LITTLE EXTRA

If you are financially able to do so, tip a little extra to the restaurants other service industries you are patronizing. These service workers may not have the privilege of income security, and a little extra can go a long way.

BUY A GIFT CARD

Unable to shop or dine in right now? Buy a gift card from a local business to give to someone as a "thank you" or use at a later time. For those not wanting to visit in person, many businesses will mail you your gift card upon request.

DONATE

The COVID-19 outbreak has already presented new community challenges for our local non-profits to address. Now is a great time to donate to the causes and organizations you care most about.

GET SOCIAL, ONLINE

Social media can play a huge role in supporting the local community. Lead by example in encouraging your online following to support local businesses. Tag your posts #OpenforBusiness and we'll do our best to share on the Chamber's social platforms.

To find out more about the Coral Springs, Coconut Creek Regional Chamber of Commerce visit www.cscchrchamber.com or see ad on opposite page



Invest In An Advocate & Resource

The Chamber is leading the way for your business to recover, so you can focus on your business during these unprecedented times. We will be there for you **now** and in the **future**.

Members who join the Chamber by May 31, 2020 will receive these unique perks!

Benefits you'll enjoy

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- Annual membership + **2 extra months**
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- Continuous **Advocacy** for your business and community
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- Member to Member **discounts**
- **Perks** from Office Depot
- Business assistance through **exclusive access** to prominent community leaders
- Virtual **committees** and **referral groups**
- Exposure through **social media**
- Promote your business by sponsoring a webinar or another virtual networking event

Benefits you'll enjoy

LATER

- **Complimentary admission** to future networking event
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Wishing Everyone Wellness!

By Coral Springs Mayor, Scott Brook

I hope this finds you and your family in good health and good spirits. These are tough and unusual times. However, we are getting through this together! As of this writing, our City has opened up the parks and many activities, in groups of 6 or less, are allowed. I am excited to play singles tennis soon! We have decided to allow for this first phase of opening up our City as the numbers have guided us to do so safely while still mandating social distancing and other requirements. Here is our website for the latest information on Covid-19 restrictions – www.CoralSprings.org.

Your Commission has continued to meet virtually ever since I requested an Emergency Meeting on March 13 and declared a State of Emergency in our City. Protecting the health and wellbeing of our residents has been and will continue to be our central focus until we have managed to mitigate and control the spread of COVID-19 in our community. Please understand that this is a work in progress. We will continue to monitor the numbers closely and make necessary adjustments as we go.

We meet on the first and third Wednesdays of the month. On the first Wednesday, we meet at 9 am. On the third Wednesday, we meet at 6:30 PM. Residents may always view the agenda prior to the meetings and give input at the meetings.

As a precaution we limit the number of persons in chambers in accordance to social distancing recommendations from the CDC. To accommodate guests, we will utilize an overflow area located on the City Hall Lawn. Residents who wish to address the City Commission may submit a written request to

the City Clerk prior to the Commission meeting by filling out the form online or by calling in during the meeting to 954-344-5900.

In our first meeting this month, there will be two proclamations made regarding National Mental Awareness Month and National Day of Prayer. Residents are invited to watch. Meetings are live streamed on CityTV, Blue Stream Channels 25, 25.2, 725 and on AT&T U-Verse channel 99.

This month and the proclamations hold special significance at this time. Many people are more anxious than ever. Many people are being led by their fear. As your Mayor, I urge residents to turn to others for help and/or turn to your higher power. One of my favorite expressions is "Faith over Fear." Our City has engaged in the Practice of our National Day of Prayer for years and it is a great way for our everyone to celebrate our diversity and seek comfort and peace as a Community.



Sadly, another unselfish soul was recently lost to suicide. His and his family's loss is tragic. This is a time for everyone to put aside their negative judgments about others' need for mental health assistance and eliminate the stigma. During this month, I urge you to learn as much as you can about Mental Health and Mental Wellness and join me in my quest to reach the tipping point in our NW Broward Community so that no one has to be silent about their anxiety, depression, or any other ailment.

May God Bless you, your family and our NW Broward Community. Stay Safe. Stay Informed. Stay positive.

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