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See article & ad on pages 6-7

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On the cover: Broward Health Coral Springs state of the art cardiac care program. See article on page 6

It's All About Community!

Happy New Year!

We're excited to welcome you to a 2021 that is FULL of possibilities! We encourage you to begin each day intentionally focused. Please see the article on the facing page to understand the beauty of encouragement and inspiration.

This last year has been challenging in our community, and throughout the world. It's brought out the best in many of us. Being there for others is an important lesson, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!

This year is the 19th anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2021 is for YOU, dear Reader, Neighbor & Friend.

Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

Welcome 2021!

By Shellie Miller-Farrugia

All I can think about lately are my baseboards. If that sounds crazy to you, please know that I agree. If I have learned anything in the last year, it's that whatever wacky thought you have, life can be even wackier.

There were some pretty unpredictable things that shaped our lives in 2020. Many children, tired of the long school days pre-pandemic, got impatient with online learning after a few short weeks. Traffic was down, but standing 6 feet apart at the grocery store felt like gridlock in a war zone. Sitting in your car and waiting for your turn in the doctor's office was also an interesting way to live. After our family fell into the routine of barely ever leaving home, we were dutifully trying to keep our business alive, while also doing some "fixing up" around the homestead.

It surprised me very much when, in 2020, many of my friends and I concentrated our efforts (and the portions of our budgets that we could manage) at making things nicer at home. Of course we would! We were spending so much more time there. Luxuries like home offices, a special nook for the kids to study in, garage organization, and kitchen remodels were big ticket items for those of us who were a little overwhelmed by the confines of quarantine at home. And this is when baseboards got pretty important to me. Each and every home improvement I was part of seemed to have some very fancy special baseboards to accentuate it.

With a career in the home-improvement sector, I was surprised at the amount of people desperate to make changes during a time that was both financially and socially challenging. One of my clients said, "We've been carefully saving our money for decades, and we are spending much more time at home, so it needs to be exactly the way we'd like it." And so it went... fun remodels with every detail taken into consideration. For me, the sole downside was arriving home at the end of each day to my pitiful, 45-year-old, 3 1/4 inch baseboards. Despite my efforts to love my home, I couldn't stop focusing on them.

Those of us who dared to go outside of our digs, donned our masks, washed and sanitized our hands rigorously, kept our distance from older, infirm relatives, and became much more familiar with FaceTime and Zoom. One thing I am grateful for is that, despite being empty nesters, Scott and I probably spent more time with our children in "virtual" happy hours, dinners, and family chats than we had in all of 2019. We did the same with many of our closest buddies, making those valued friendships a priority. Running errands for elderly folks, bringing meals to those who were "locked in," and sharing ridiculous memes were all done in an effort to bring cheer, hope, and preserve our sanity. As a "healing" gift to myself, I finally did something about the baseboard debacle, and had them all replaced with bright, beautiful, 5 1/2 inch trim!

Welcome to 2021! Throughout the craziness, unpredictability, and tragedy of last year, we've all been looking forward to the single added digit of this new year, as if this magic number will make the negativity go away. So now we have new jobs! Not jobs we go to every day and collect a paycheck for, but a duty to ourselves and others! We need to step into Positivity Positions! It's time to spread good cheer, great news, and help those who need it. Are you excited? Your perspective will always improve when you are helping someone else.





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Heart Patients Get Access to Next Level of Cardiac Care Close to Home

When you're having a heart attack, you want quality care close to home. With Broward Health Coral Springs becoming designated a Level 1 Adult Cardiovascular Program by the Agency for Healthcare Administration, residents of Coral Springs and surrounding areas can rest assured that advanced cardiac care is moments away.

Broward Health Coral Springs expanded its diagnostic heart program in 2020 and anticipates further enhancing its program to treat ST Elevation Myocardial Infarction (STEMI) in the upcoming weeks. Treatment for STEMI, which is a heart attack caused by one of the heart's major arteries being blocked, requires opening the artery quickly saving as much heart muscle as possible. "As a result of our additional capabilities, specialized team of physicians, nurses and technologists, Broward Health Coral Springs will be able to treat patients presenting with heart attacks with an angioplasty procedure if deemed appropriate," said Mohammed Osman, M.D., medical director of interventional cardiology at Broward Health Coral Springs.

"This is a milestone for Broward Health Coral Springs," said Jared Smith, CEO of Broward Health Corals Springs, "and we will continue to strive for a high level of care to better serve our community and uphold community recognition as the area's best hospital and

best Emergency Department*."

"The addition of our STEMI heart program will make it possible for EMS to pre-alert the emergency department and transmit the electrocardiogram," said Gary Lai, D.O., chief of emergency medicine at Broward Health Coral Springs. "Our team can then be ready for the arrival of the patient and rapidly stabilize, medicate and expedite care to our in-house cardiac catheterization lab. This will save lives and optimize outcomes."

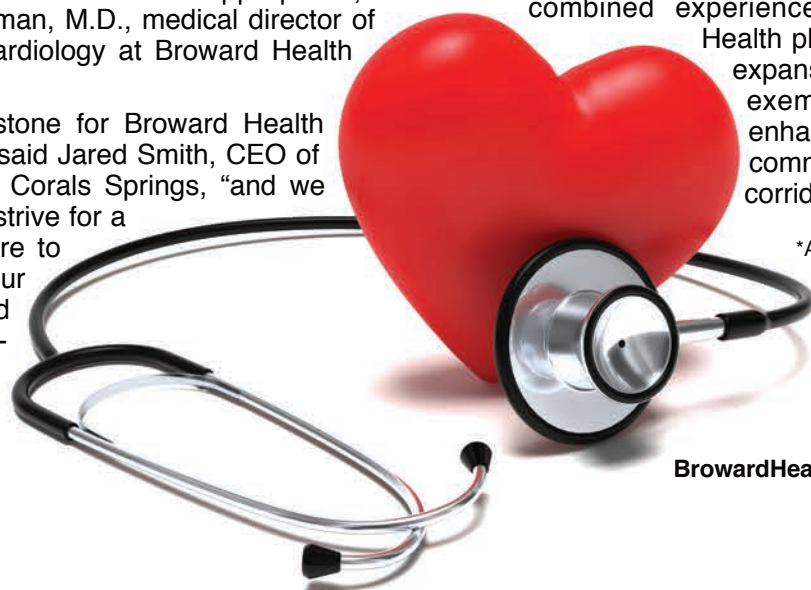
Broward Health Coral Springs follows a long tradition of cardiac excellence at the Broward Health system which has more than 50 years of expertise in advanced cardiology programs within Broward County.

"We are proud of the highly experienced and knowledgeable cardiac team that has been built to lead this program," said Smith. "Each caregiver brings a wealth of knowledge and expertise with over 30 years of combined experience. Combined with Broward Health physician clinical expertise, the expansion of our cardiac services exemplifies our commitment to enhance services for our growing community in Broward's northwest corridor."

*Awarded by Our City Magazine

Contact Cardiovascular Services at Broward Health Coral Springs directly at 954-344-3191.

For additional info visit [BrowardHealth.org/services/cardiac-services](https://www.browardhealth.org/services/cardiac-services)



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THANKS TO BROWARD HEALTH, BRUCE IS BACK TO ENJOYING HIS GARDEN

For several days, Bruce was experiencing symptoms of shortness of breath, diarrhea and sweating. Believing his symptoms were Covid related, Bruce was waiting it out. With the persistence of his family, he made it to the ER just in time to realize that he was having a heart attack.

"Doctors told me had I arrived 25 minutes later, I would not be here today."



Voted Best ER & Best Hospital*, Broward Health Coral Springs is committed to providing high quality care. With a state-of-the art cardiac catheterization lab, patients receive advanced and critical life-saving cardiac procedures close to home.

To find an ER near you, visit [BrowardHealth.org/ERLocator](https://www.browardhealth.org/ERLocator).

If you are experiencing a medical emergency, call 9-1-1 immediately.

*Awards received by Our City Magazine



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Meet The



Kelleher Family

Joe and Gayle Kelleher both grew up in our area, and are happy to be calling Parkland home since 2009. Their family also includes two kids; Aydan, 14, and Ava, 11, along with their dog, Chloe.

Joe is the General Manager for Runyon's restaurant, a Coral Springs favorite since 1984. He started there when they opened, and it's been a terrific, 34 year career. Gayle has been an elementary school teacher for the last 20 plus years, and enjoys time with her class of First grade students at Park Trails elementary.

Gayle graduated from Taravella high and Joe calls Coral Springs high his alma mater. They lived in Coral Springs prior to moving to Parkland.

Aydan loves to skateboard, play basketball, and go fishing. Ava likes anything competitive. She just finished her flag football season with a super bowl win! Currently on a soccer team, Ava also likes to fish and play basketball. Both kids love spending time with their grandparents

A very close knit, warm family, Joe and Gayle love attending all of their kids' games and competitions. Gayle likes to bike and go walking, and Joe admits that he cannot sit still. He tells us, "I always have to be on the move. I enjoy golf, fishing, biking, basically anything outdoors." He goes on to say, "Family time is of great importance to me. With my work schedule the way it is, it is sometimes challenging to find that time. When the opportunity presents itself, I like to take full advantage."

The Kellehers enjoy attending City events such as the farmer's market and eats and beats. They also love going to the beach, fishing, lazy afternoons by the pool, barbecue, board games, watching movies and traveling to the Keys or the mountains in North Carolina.

Aydan is in the ninth grade at Douglas high school. Ava is in the sixth grade at Westglades Middle School. At the current time, both are learning online and each of them call math their favorite subject.

"We love living in Parkland mostly because of the country like feel," Joe tells us. "It is like living on the edge of a small town. The school system is great AND it is a safe place to live. Once you enter Parkland, you feel that you can escape the hustle and bustle that goes on around you."

Regarding 2020s unique circumstances, Joe says, "The 5 plus weeks that the restaurant was shut down because of the pandemic brought us much closer as a family. We, as well as most people, got a chance to spend every minute of every day together. We did a lot of activities outdoors such as fishing, boating, kayaking, pool time, got to know our neighbors, etc. I have a much better understanding of my family's needs and wants."



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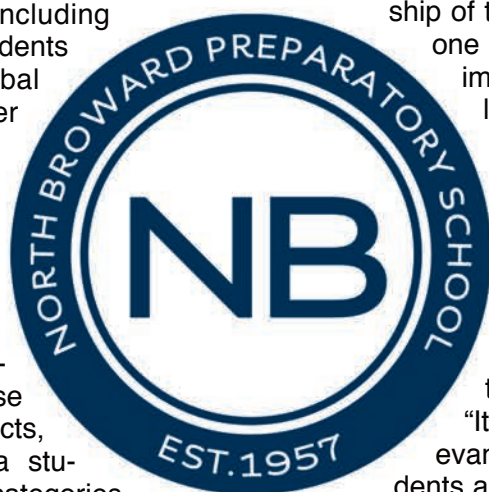
Global Campus Brings the World to Students at North Broward Prep



North Broward Preparatory School (NBPS) students aren't limited to what they learn within the four walls of their classroom. As a Nord Anglia Education family of schools, NBPS students collaborate through Global Campus and have access to a wide world of learning opportunities. Global Campus is an online platform where students learn from and interact with one another through shared resources and collaborative work. Global Campus and other Nord Anglia's partnerships including Julliard, MIT and UNICEF, give students the opportunity to develop global awareness and flex their higher thinking muscles.

NBPS Upper School students aren't the only global learners. Even our Lower School students are introduced to learning in a global context through Global Campus challenges and learning opportunities offered on the platform. These include forums, discussions, projects, and challenges with Nord Anglia students from around the world in categories such as STEAM, Social Impact with UNICEF and the Performing Arts.

In November, NBPS challenged students from Lower School through High School to participate in a Global Campus Writer's Corner Creative Writing Competition. Inspired by "Good Night Stories for Rebel Girls", by Elena Favilli and Francesca Cavallo, students were encouraged to discover their own 'rebel girl' and submit an essay to share their research and reasons why the character inspired them through the actions she took to create positive change in the world.



Lower School students were also asked to identify a local 'rebel girl' who has advocated or taken action to address a growing crisis we face – Climate Change. Mrs. Jill Landel's 4th grade class selected Middle School Science teacher Hope Kennedy who created a Tower Garden at NBP where vegetables are grown and shared with students and even used in the school's dining halls. For five years, Mrs. Kennedy has guided her classes to the national championship of the Lexus Eco Challenge supporting one team as they shared the positive impact on the environment of eating locally grown food. Students also listened to a podcast, "Climate Changers" with Ryan Flahive, who interviews scientists, activists and educators taking initiatives to address the climate crisis.

Third grade teacher Lori Roney also extends her classes' learning through the Global Campus platform. "It's an amazing platform filled with relevant and engaging resources for students and educators that offers lots of ways to interact with others," says Roney. "The projects are thought-provoking and allow for student creativity. The real-world connections and access to world class authors and artists is inspirational," she added.

With Nord Anglia's Global Campus in their tool kit, North Broward students can open their classroom doors and bring in the world. Through programs like Global Campus, students learn to become critical thinkers today, and will become the thought leaders impacting world change tomorrow.

For more info, call 954-247-0179 or go to www.nbps.org/visit. See ad on opposite page.



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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 article and ad on pages 10-11.

Special Needs

PARKLAND BUDDY SPORTS

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

CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329 or www.challengerbaseballofbroward.com

i9 Sports - Youth Sports Leagues

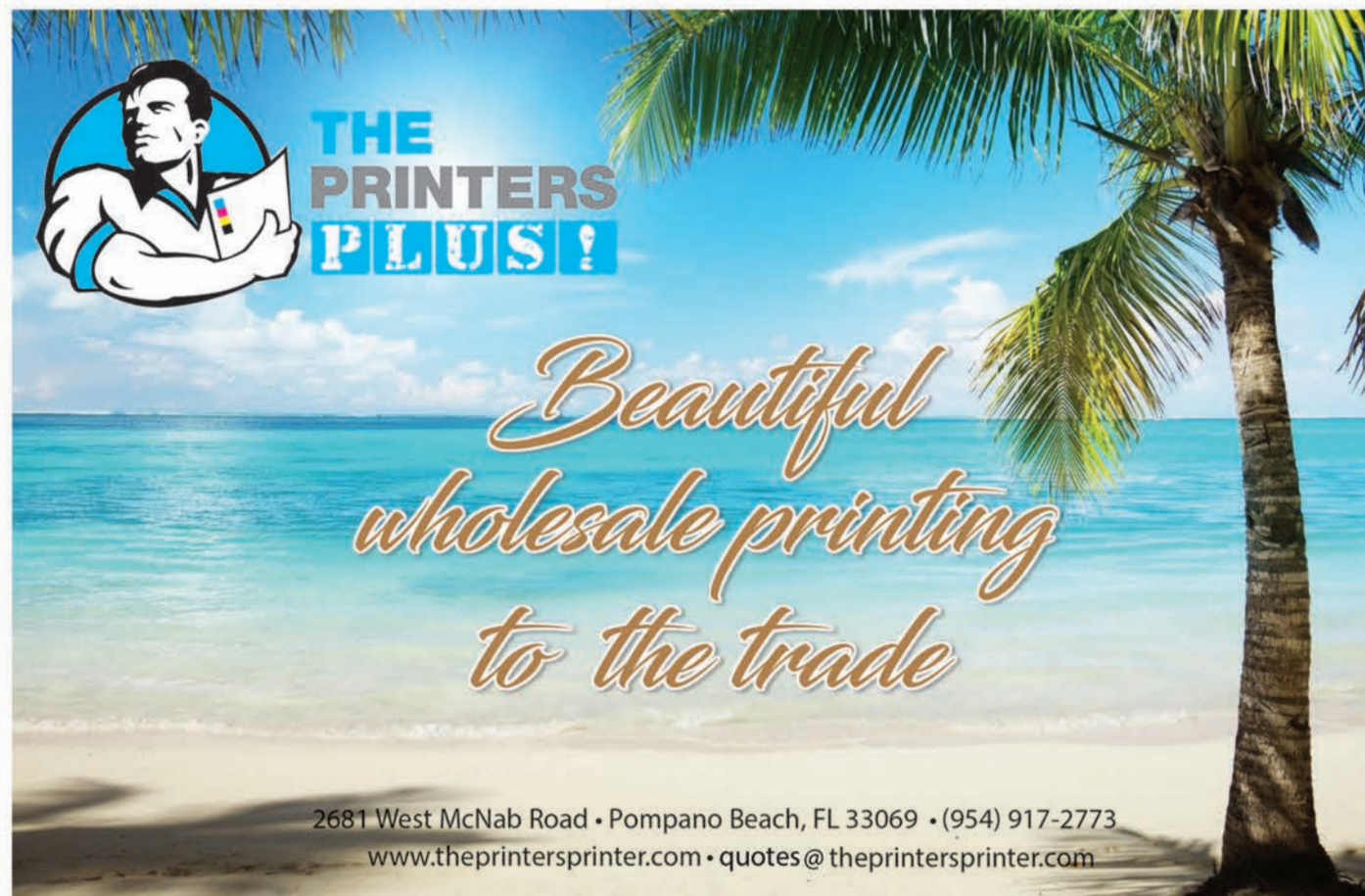
Coral Springs Leagues - Saturday & Sunday Options

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

CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

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www.i9sports.com

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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



City of Parkland FARMERS' MARKET

Parkland Farmers' Market presented by Broward Health of Coral Springs.

The City of Parkland is proud to announce the annual Parkland Farmers' Market. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles.

In an effort to promote a safe environment for everyone, we will be offering the Farmers' Market in a Social-Distance format. Customers will be allowed to exit their vehicles and walk freely while shopping the market. In an effort to promote a safe environment, we will have safety measures in place that all who attend must adhere to while attending the Farmers' Market.

The Parkland Farmers' Market is not just about getting your groceries for the week, it's about meeting a local farmer, catching up with your neighbors, and spending time with family. It all happens from 9am to 1pm two Sundays each month at the Parkland Equestrian Center at Temple Park (8350 Ranch Road, Parkland, FL 33067), it is the largest outdoor farmers' market in Broward County.

With a delayed start due to torrential rains, things got underway in December with a gorgeous weather day! Social distancing kept everyone safe. With dozens of vendors at every market, you can find everything you need and more. You can even bring your furry friend and visit one of the many pet friendly vendors.

For more info see www.cityofparkland.org/farmersmarket

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"We fell in love with Parkland," begins Sabrina Cozzolino. She, her husband Marco and their longtime friend Ignazio Pediconi discovered a commercial space that was perfect for their desire: To create a corner of Paradise, away from the crowd and busyness of the City. Fast forward a few years and the couple feels lucky enough to have turned that vision into a beautiful reality in 2016 when their Parkland restaurant, Déjà Blue, opened its doors to thrilled patrons. Closed on Mondays, the restaurant serves lunch, dinner, and Sunday brunch.

Today, they are proud to be serving their community from a casual-chic environment that doesn't have the pretensions of an upscale restaurant, yet provides a place for everybody to enjoy the friendly, relaxing atmosphere. The centerpiece is a full bar that faces the indoor open kitchen but also faces and serves patrons seated outside on the lake. Déjà Blue is, indeed, the place to "see and be seen."

The cuisine here is fresh, with menu choices home-made daily and based on healthy choices, balanced diets and local produce. Marco says, "Although our creations have a strong Italian influence, we also feature well-known recipes of the countries facing the Mediterranean Sea and embracing that culture." Regularly changing menu items to feature specialties and traditional dishes from the French Riviera as well as delicacies from Spain, he adds, "We also include the spices and flavors of the North-African coasts, the Greek islands and the Middle East." The trio of partners agree that the main idea was birthed to provide a culinary experience using the simplest of products from these charismatic countries.

When you enter Déjà Blue, you'll immediately feel at home or on vacation.... if you'd like to be immersed somewhere in Europe, with deliciously crusty bread and fresh butter immediately brought to the table. Service is attentive but never pushy. Starter items can begin with tapas for individuals or can be shared by a party of four. Menu selections are often simple with just a few ingredients, but can also be something more complex and involved. Presentation is always beautiful!

The goal of this lovely French hostess and Italian hosts was to recreate the convivial and friendly atmosphere of a Mediterranean Kitchen. Thousands of patrons and reviewers agree; the trio's dream has come true at Déjà Blue. "Déjà Blue is a hidden gem, with charming ambience and original Mediterranean food," said Coconut Creek resident Rachel Smith, whose date brought her there for dinner after a friend's recommendation.

Parkland resident Faisal Hanafi says, "I have been lucky enough to travel and dine in restaurants around the world and the authentic options at Déjà Blue are second to none. It's the first place that comes to mind for date night or a night out with friends."

Make your next occasion even more memorable by enjoying it at Déjà Blue, Parkland's most valuable hidden treasure.

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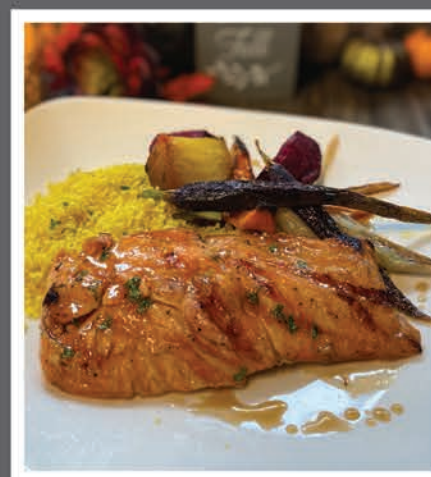
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Parkland Rangers Will Remember 2020 Season

By Stacy Case

Of course just about everything and anything will have an asterisk beside it this year when reflecting on all of life's events, but the Parkland Rangers Tackle Football Club made their mark regardless of the pandemic's impact.

A couple of their teams went deep into the playoffs, and aside from that success, Rangers President Will Billings says just being able to get the kids on the field was fete enough.

"When we played the other teams, whether we were home or away, it just felt a bit different, in a good way," says Will, of his four different age group (6U, 10U, 12U, 14U) Parkland Rangers Tackle Football Club. "We could almost sense that everybody was just happy to simply be out there; it was more about togetherness than competition because it was finally a reality for all of these kids in the (football) community."

Though Will describes the atmosphere as more of a community-type feel, his teams still went out there to play hard; it was the Rangers' 10U and 12U teams that both made it to the second round of the playoffs. Despite the program's start date having been delayed several times and following strict safety protocols, the Rangers were able to have another successful season of play and suited up about 120 athletes.

"When we started the season, our goal was to just give them something to do, especially since they had all been required to stay inside for a while," adds Will, of his Gold Coast Pop Warner organization. "We understand how challenging everything has been and didn't even think of the specifics of the season until we found out we could

actually have one. We then did what we needed and committed to get these kids a season in which to play."

Aside from the program's on-field successes, the sidelines took a bit of a hit as well. But again, the Rangers made adjustments and the show still went on. In fact, on any given Saturday, the Rangers' cheerleaders have exhibited boundless spirit for the teams but once the virus made its way closer, that was put on hold. However, their enthusiasm never took a back seat, as the squads mustered up a plan in which to stay safe while still prepping for performances. They had individualized virtual practices, meetings and events to aid in their team efforts. And once local mandates relaxed a bit, the teams safely got together to cheer!

This past season, the Parkland Rangers had three different cheer teams; Tiny Mites (ages 5-7), the Junior PeeWees (ages 8-10) and Junior Varsity (ages 11-13) represent the program at Ft. Lauderdale's Holiday Park Showcase in Oct.

"We intended to start a bit sooner with our conditioning, stunting, etc. but that certainly couldn't happen," says Kerry Fleck, head coach of the Junior PeeWees, whose squad went on past the showcase event to earn accolades at Southeast Regional and National competitions. "It was great to see them to not only finally have the chance to get back to cheerleading, but they all had such an incredible amount of athleticism and what they (can) do is very impressive."

Both the football and cheer components of the Parkland Rangers plan on taking a break for a bit, only until registration resumes sometime in the Spring.



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.



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living by the numbers

By Shellie Miller

Uncertain as to what brought on my recent realization of the importance that numerals have played in my life, I decided that writing would be my catharsis and hopefully hatch some revelation. A deep relationship with numbers does not require mathematical wizardry, and for most of us, begins as soon as we can communicate. Our arrival comes with a magic "date of birth," and regardless of the annual age change, our lives become forever linked to that number. The query, "How old are you?" has the smallest toddlers raising two to four fingers and struggling with some of their first monosyllabic responses. It helps that English's first six numbers require only terse uttering.

Throughout our childhood, digits stream through our consciousness and are processed as we develop into our adult selves. The grade we're in, the number on our team jersey, how many kids can be invited for a sleepover, how many pets we have, the amount of family members we share the table with, times we've been on an airplane, and numbers of dolls or transformers in our collections continue to ebb and flow throughout our days. Evan Paulson, 11, says that the number he thinks about a lot is 13. "I'm ready to be a teenager," he says. His sister, Mandy, 6 and Parkland resident, Carol Liversedge, share the same favorite number, 7. Mandy says she just likes it, but I surmise that her next birthday may have something to do with it. Carol's reasoning reflects her faith when she says, "Seven is the number of completeness in the bible."

Students going into and attending high school can't seem

to get a break from a familiar sequence of numbers represented by initials. GPA, SAT, FCAT and more are the precursors to months of applications, campus visits and the amount of dollars one can receive in scholarships. And when one goes out into the working world, numbers take on a veritable life of their own.

Wages, percentage rates, credit scores, stock prices, futures markets and an endless litany of numerals in various orders await us in our adulthood. Purchasing anything is a game of numbers to some, where for others it is a trial of stresses. Liabilities and assets counterbalance each other with the resulting numbers giving us either a sense of security or the need to seek an expert's advice.

Having begun holding up two fingers and saying, "I'm this many," I have come to realize that my identity is comprised of many numbers, but only a few of importance. 1 (God), 5 (kids), 31 (day my husband and I married), 133 (my horse show number) and a special pair of digits that stand out in many aspects of my life; divisible by a number that when multiplied by its square root results in the answer.

Except for 1, all of the numbers pale in importance compared to the number of true friends that we can rely on in a crisis, who will celebrate our joys and help hold us together in our brokenness. Whatever that number grows into, I intend to celebrate its expansion until my last breath.



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Coral Springs Charter School joins together with the Community to deliver toys and supplies to homeless shelter

By Dr. Bessie Cristwell

The students at Coral Springs Charter School joined together to deliver supplies and toys to Broward Partnership, a homeless shelter assisting more than seven hundred families in Pompano Beach, Florida, on Thursday, December 17, 2020.

The holiday season is one of the greatest times to give back, and Coral Springs Charter School was part of the giving season.

Dr. Bessie Cristwell was instrumental in spreading the word about the homeless population in Broward County in need of supplies. For several years, she has worked with the community and schools to secure toys and supplies for families in need.

Victoria Loffreda, Maliha Mahmud, Adrian Ragoonanan, Maleah Gayle, Sharmeen Shivji, Katie Foster, and Cristian Escalona from Coral Springs Charter School have organized students to give supplies for the shelter. Broward Partnership produced items to hang on the Giving Tree, and students worked together to purchase products and toys to give to families at the shelter. The children genuinely enjoyed taking their gifts and supplies to the shelter. They enjoyed meeting the staff and appreciated their gratitude.

Mrs. Patricia Nicholas, from the Broward Outreach Partnership, is the Community Engagement Coordinator. she thanked the students for coordinating the Community Drive for the Giving Tree. "Each gift helps men, women, and families with children experiencing homelessness transfer into safe, stable housing. we appreciate everything that the community does to support our mission! We look forward to coming together again as we pave the road to help." Her grateful and appreciative demeanor listed the students Morale as she bid them adieu. "once again, thank you! We wish you a happy and safe holiday season, and a healthy and prosperous new year."

Dr. Cristwell said, "It is great idea that students learn how to give to others at an early age, so they may have a lifestyle of giving later in life. It is a good principle to know that when they assist others, it helps them too. When they give at an early age, they learn how to give a hand up, instead of a hand out. It is a JOY in Giving!!



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