



WELCOME BACK!

SUMMER 2021

Public Skating June 14th - August 17th

Monday - Friday: 10:15am - 3:00pm

Monday - Thursday: 7:15pm - 8:45pm

Friday Night (teen night): 8:30pm - 11:00pm

Saturday & Sunday: 1:00pm - 3:00pm

Saturday Night: 8:00pm - 10:00pm

see our website for pricing & details

Camp Incredible June 14th - August 13th

8:00am - 3:30pm

Camp Incredible (ages 5-12) is designed for skaters of all abilities. Camp Incredible includes a full day of structured supervision, play time and a snack.

\$75 per day or \$285 per week

Early Bird: \$255 per week by May 1st

Registration fee of \$29 required
(tax not included)

Interested in Youth Hockey?

Check out our Panthers
Summer Hockey Camp!

Details to be released soon at
PanthersIceDen.com/camps-clinics
PREVIOUS HOCKEY EXPERIENCE REQUIRED

Public Skating 2 for 1 Admission

Valid during any weekday public skating during Summer 2021. Not transferrable. Cannot be redeemed for cash. Expires August 17th, 2021. Valid for 1 use. DOES NOT INCLUDE SKATE RENTAL. One coupon per household per session.



Spectator

April 2021



See pages 6 for details

EXCLUSIVE • BBB RANCHES LOT





BILL SOHL
LUXURY HOMES TEAM
PARKLAND

0000 NW 66th Lane, Parkland, FL 33067
Who wants to build their dream home?
This vacant lot is the perfect spot to make your dreams
come true. Just shy of 3 acres and situated on a quiet street
lined with some of Parkland's finest homes.
Horse friendly community!

City of Parkland Community Page
(954) 655-5097

Please visit BillSohlSellsParkland.com for other featured listings.



JK Closing Attorneys is the Premier
Law Firm Focused on **Real Estate**
Closings in Southern Florida.

GET A *FREE*
CONTRACT REVIEW
BY AN ATTORNEY*

*A courtesy provided on
behalf of the Bill Sohl team

Please send any offers for review to Contract@JKClosings.com and give us a call to confirm!

954.332.3111



FREE INSPECTION & CLAIM REVIEW

- ✓ Are you about to make a property **CLAIM**?
- ✓ Are you unsure if you should make a **CLAIM**?
- ✓ Was your **CLAIM** denied or underpaid?



LUCIANO ASSUNCAO
Public Adjuster #P145194
Luciano@FSclaims.com

It's NOT TOO LATE! I can help.

Call (954) 483-4688

Residential & Commercial Insurance Claim Professional

- **KITCHEN WATER DAMAGE**
- **ANY ROOF DAMAGE**
- **TROPICAL STORM "ETA" DAMAGE**
- **ALL PLUMBING ISSUES**
- **MOLD ISSUES**
- **FIRE/SMOKE DAMAGE**



THIS IS A SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

Maximizing Insurance Claims For Policyholders



Publishers, Shellie & Scott Farrugia

It's All About Community!

Enjoy Our Community!

We are thrilled to be getting a bit more "back to normal," and are praying that you feel the same way! This month's magazine features some sports that are back on track, as well as some causes that are vital to our attention. Drowning prevention has always been a cause that we are passionate about, and despite it being a focus in May, we want to make certain you are prepped to educate your friends and family NOW! It's always good to BE PREPARED.

Personally, I've been noticing that masking has kept many of us from usual "social niceness." I've made it my mission to greet EVERYONE I encounter with a hearty "Hello!" or "Hi There!" Since they can't see me smile, they can at least "hear" the smile in my voice...give it a try; you'll surely be blessed.

It's wonderful to share our corner of Paradise with the amazing families who call it home. Enjoy April by offering kindness and assistance to friends and neighbors in our community. Let's appreciate the diversity and viewpoints of each person we encounter in our daily travels.

Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

Light It Up Blue!

By Barbara Gobbi

This April, millions of people will recognize Autism Awareness Month. This complex neurological developmental disorder affects language and communication, social interaction, motor skills, obsessive tendencies, and repetitive actions such as pacing, hand-flapping or rocking, known as "stimming". Individuals with autism also have sensory issues and are very sensitive to sound, light, smell, taste, and touch.

Since the 1970s, when Autism Awareness Month first began, the number of children diagnosed with autism has grown from one in every 2,000 children to one in 54. Many ask, "Is autism on the rise or are the diagnoses changing?"

Parents, advocates and physicians debate the possible contributing factors from genetics, environmental, vaccinations and diet. As a parent of a child with autism, my focus has been to help him to learn and grow to the best of his ability so that he can find his way in the world.

It's been 10 years since our son was diagnosed with autism and research and resources have come such a long way. When he was first diagnosed, our insurance didn't cover any type of physical, occupational, or behavioral therapy, and access to therapy was scarce. After our son's diagnosis, we put him in intense therapy with up to 12 sessions per week, all paid out of pocket, and the closest facility to us was in Plantation. Today there is an abundance of therapy and resources available to our family.

Our son now attends Atlantis Academy Coral Springs, which caters to his unique academic, social and emotional needs. Atlantis Academy enrolls students in grades kindergarten through 12th grade, and their L.I.F.E. program supports young adults over the age of 18 and provides skills for independent living at home and in the workplace.

Many people ask us what we think our son's future will hold. Will he go to college, get a good job, get married and have children? As parents, we can't predict what the future will look like, any more than we can for our neurotypical children, so we focus on preparing them to be independent adults and reach their full potential. As a mom, I just want what any parent wants; for them to be happy and healthy.

To mark Autism Awareness Month, Autism Speaks launched the "Light It Up Blue" campaign. This initiative to bring international awareness of autism asks people and businesses to turn the lights in their homes and buildings blue. From the Sydney Opera House in Australia to the Empire State Building in New York, thousands of businesses will Light It Up Blue. The goal is to spread kindness, understanding and acceptance for people with autism.

This year and every year, our family will "Light It Up Blue" by swapping out our light bulb on our front porch to a blue light found at Home Depot. Won't you join us?



Spectator™ Magazine

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

Publisher & Managing Editor	Contributing Writers
Shellie Miller - Farrugia	Scott J. Brook
Creative Director	Stacy Case
Scott Farrugia	Shellie Miller-Farrugia
Photography	Ashley Ferraro
Scott Farrugia	Andrea Goff
Web, Social Media & email Marketing	Dr. Howard Gelb
Speedy-Designs	Barbara Gobbi
Links Media	Cassie McGovern
Distributed by	Advertising Sales
US Mail & Baron Express	Office
954-297-0731	(954) 753-4300
	Scott Farrugia
	(954)684-6590
	e-mail:
	spectatormagsales@gmail.com



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2021 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher.

church by the glades.com

Our Doors Are Open!

SAWGRASS CAMPUS **LAKE WORTH CAMPUS**

SAT 6:30PM **SUN 11:00AM**

SUN 9:45 & 11:30AM

ON TV!

M-W-F 6:30PM

@CBGLADES | @PASTORDHUGHES

954.755.7767

CARDIOLOGY

HEART GROUP OF SOUTH FLORIDA

Craig A. Hostig, MD, FACC
Jose R. Soler, MD, FACC

Board Certified in
Cardiovascular Diseases & Nuclear Cardiology

Accepting Medicare and
most insurance plans.

CALL FOR APPOINTMENT. (954) 884-0111

5901 Colonial Drive | Suite 302
Margate, FL 33063

South Florida Surgical Specialists, LLC



Backyard Pool? Focus on Water Safety!

By Cassie McGovern, McGovern Foundation, Inc

What is the first thing that comes to mind when you think about a relaxing day by the pool or maybe even the beach? Do you think about grabbing the new book you just bought or maybe pulling up a chaise lounge and taking a nap? Ahh, that does sound lovely; especially with the weather warming up.

Before you make those plans or get yourself settled in at the beach, I want to make sure you and your loved ones are safe. As a parent of a drowning victim and a water safety professional for 10+ years, I want to share with you a few safety tips and lessons that I have learned along the way. Edna Mae was only 19 months of age when she was taken from us by a drowning in our backyard pool. Since Em's death, we have worked to raise awareness and educate families so they never experience the same heartache.

Although the pool in your backyard is inviting and so enjoyable, we need to take simple steps to prevent our children from gaining access to it. We need to start thinking of our pool like a busy parking lot. Would we allow our child to walk around a busy parking lot alone? Then why do we allow our children to be unsupervised near any body of water?

Every drowning fatality tells the same story... "I never thought this could happen!" "He/She was only gone for a minute!"

What I want all parents and caregivers to know is that it can happen to them.

We all have a plan if we get a flat tire... We have a jack in our vehicle, we are taught how to change a tire yet, none of us want to have a flat tire but we are prepared if it happens.

We all have plans if there is a fire. We all know to stop drop

and roll, we have fire extinguishers in our home, we have a safety place to meet if there is a fire. None of us want to ever have a fire but we are prepared if it happens.

There is never a plan made for the 20,000 gallons of water sitting in your own backyard. Children are drawn to water; they do not care if it is the bathtub, dog dish, puddle of water, pool, or near by canal. They love it and do not understand the danger that it can bring.



Drowning is the number 1 cause of unintentional death for children 1 to 4, with Florida having one of the highest mortality rates. Over the last 3 years, Florida suffered the loss of 221 children to drowning. CDC reports that for every 1 death, 5 children are impacted by a non-fatal injury which increases the lives that are impacted considerably.

Here is what you need to know...

- Drownings happen in as little as 2" of water.
- A good swimmer can drown too.
- Drownings are Preventable.
- Drownings are quick and silent; they happen without a sound or even a splash.

Five Simple Steps...

1. Supervision, when you are near any body of water.
2. Install door chimes leading outside, to alert you when opened.
3. Install a 4' fence around any body of water, preferably with a self-closing self-latching gate.
4. Teach child to swim, as early as 6 months.
5. Learn CPR, you never know when you will need it.

For more info. see www.mcgovernfoundation.com

Get your **FREE** Water Smart Broward
\$40 Swim Coupon

For details please visit
www.watersmartbroward.org/programs/kids-swim-coupon/



NOW ENROLLING FOR THE 2021 SCHOOL YEAR!

- International Baccalaureate Program
- Over 50 Middle School Electives available
- Multicultural environment with day and boarding students from over 25 countries
- Flexible learning plans allow seamless transition to virtual, hybrid and in class instruction as necessary

VISIT WWW.NPBS.ORG/VISIT OR CALL 954-247-0179



Meet The

Reyes Family



Jose and Kim are thrilled to be residents of Coral Springs for 11 years now. Kim was raised here, and is a graduate of Taravella high school. Jose is also a Floridian by birth. Together, the couple have two kids, Abby, 13, Joey, 11, and a dog, Mickey.

Jose is a Senior Manager with an Ecommerce company, while Kim is a Nurse Practitioner and Beachbody coach.

Abby is in the seventh grade at Coral Springs Middle School. Joey is in the fifth grade at Country Hills Elementary. Both siblings agree that math is their favorite subject. When they aren't involved in their studies, Abby is part of the school band, dances with a local studio, and is an artist who also loves sewing and baking. She says, "Art enables us to find ourselves and lose ourselves at the same time." Joey plays Tackle Football with the Parkland Rangers, and is also a teammate with North Springs Baseball and the Coral Springs Basketball Club. Known as the family joker, he tells us, "Happiness is making someone laugh!"

Jose was the captain of his high school football team and now coaches Joey with tackle football, baseball, and basketball. He shares, "Talent wins games but teamwork and intelligence win championships." In his free time, he enjoys running, golfing, and racing with Kim. Jose has completed 11 half marathons, 2 full marathons, and 2 triathlons.

Kim enjoys working as a Team Beachbody coach. She helps her customers reach their nutrition and fitness goals through online workouts, motivation, nutrition support, and accountability. Kim has completed 2 marathons, over 25 half marathons, 10 triathlons, Ironman 70.3, and is also a physique competitor. Kim is also a family nurse practitioner working in Coral Springs. She loves inspiring others to be the best version of themselves, and advises everyone to, "Surround yourself with only the people who will lift you higher."

When asked what they love about Coral Springs, Kim replies, "The people! My hometown is filled with so many caring, friendly people. Wherever we go we always bump into someone we know from either sports, school, my clinic, or childhood friends." José agrees and is also very happy to be part of our community. He says, "It's definitely a family friendly atmosphere and a wonderful place to raise children. We have beautiful parks, amazing schools, and wonderful opportunities for sports."

"We also love vacationing and spending time with our family and friends," Kim says. "Every summer we rent a cabin in the Georgia mountains for hiking, tubing, apple picking, gem mining, boating, and enjoying the beauty of the mountain life. We also enjoy skiing as a family."

Since the start of the pandemic, Jose has been working from home. Kim shares, "With all of us spending more time at home together, we have new insights into each others lives and this has strengthened our bond as a family. We have enjoyed the time together with less everyday hustle of commutes and extracurricular activities."



CAFÉ ♦ RESTAURANT ♦ BAR LOUNGE

DÉJÀ BLUE

A MEDITERRANEAN CULINARY JOURNEY

INTRODUCING OUR NEW MENU SPRING SUMMER 2021

ENJOY THE BEST OUTDOOR RESTAURANT TERRACE IN PARKLAND



SATURDAY-SUNDAY'S BRUNCH ♦ HAPPY HOUR EVERYDAY 4-7PM ♦ WEDNESDAY BoGo LADIES' NIGHT

SAFE SOPHISTICATED SIMPLICITY THAT FEEL LIKE HOME
BEST PRIVATE EVENTS - BEST COCKTAILS - BEST FOOD

7805 N. UNIVERSITY DRIVE PARKLAND FL 33067 - (954) 345-0128

WWW.DEJABLUERESTAURANTS.COM

PRESENT THIS AD BY 08/31/2021 TO GET
20% OFF
ONE REDUCTION PER CHECK
LUNCH ONLY
EXcludes
08/21



WE HAVE

YOU COVERED.

- Health
- Medicare
- Dental
- Vision
- Life
- Long Term Care
- Accident
- Critical Illness
- Homeowners
- Group
- Automobile
- Watercraft
- Pet



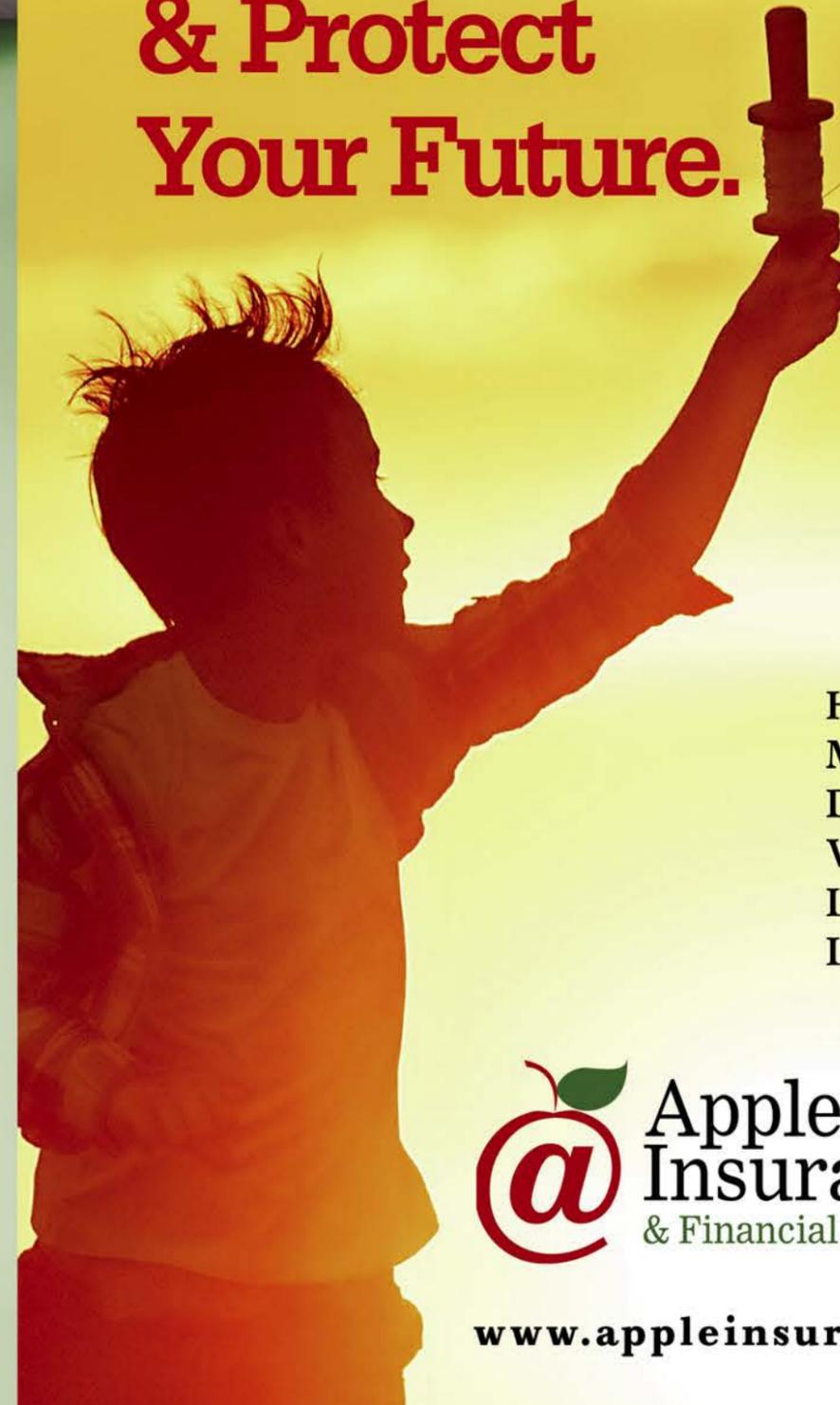
FOR ALL OF YOUR INSURANCE NEEDS,
561.614.2400 • AppleInsurance.com

Your Local Agency for
Florida Blue
An Independent Licensee of the Blue Cross and Blue Shield Association

THE MARKETPLACE HAS REOPENED!

February 15th - May 15th

**We Help
to Build
& Protect
Your Future.**



- Health
- Medicare
- Dental
- Vision
- Life
- Long Term Care

- Accident
- Critical Illness
- Homeowners
- Automobile
- Watercraft
- Pet Insurance



Your Local Agency for

Florida Blue

An Independent Licensee of the Blue Cross and Blue Shield Association

www.appleinsurance.com • 888-MYBLUE8

Have Confidence in a Positive Outcome

By Scott J. Brook, P.A.



Life and divorce can be so tough and unfair. Kids suffer. Parents suffer. What can we ALL possibly do differently? What am I, as a family law practitioner, doing differently to mitigate the pain and the

5. Do not define yourself by your ex's words or actions or the termination of your marriage or by whatever ailment you are enduring.
6. Seek help from friends, family, loved ones and anyone that can help you achieve your goals; and
7. Work on achieving your goals daily no matter what – even if it means taking a break to fortify yourself for the next day.

A bonus step, which has helped me so much to go beyond my pain is to engage in GRATITUDE.

Be thankful for the good stuff and good people in your life. Be grateful for the accomplishments you have achieved. Take another look at your child or children and focus on what vision you have for your legacy.

As a result of my adversity, I have offered financial assistance and arrangements to help with litigation, some pro bono time, I have considered more flat fee arrangements and I am more patient than ever before when I have a client focused on problems. While I have always loved serving others and help families start new chapters, I have never been more cognizant of the uncertainties so many people face. In light of my new awareness, I am spending more time arriving at creative solutions to help my clients manage their uncertainty while being able to afford our joint efforts to achieve their objectives.

Lastly, I am constantly reminding my clients, friends, family and myself that no matter what the problem, there is always a solution, even if we don't know it readily.

Thanks for reading. Have a great day! I hope this helps you or someone you know.

Scott J. Brook, P.A. Family & Estate Law
2832 University Dr. Coral Springs 33065
www.ScottJBrookPA.com
954-757-5551



Scott J. Brook, P.A.
FAMILY & ESTATE LAW

FAMILY SERVICES

- DIVORCE
- DOMESTIC VIOLENCE
- GUARDIANSHIP
- TIMESHARING
- CHILD SUPPORT MODIFICATION
- PATERNITY
- PRENUPTIALS
- POSTNUPTIALS
- RELOCATION
- MEDIATION

ESTATE PLANNING

- DURABLE POWER OF ATTORNEY
- SIMPLE WILLS
- LIVING WILLS
- DO NOT RESUSCITATE FORMS
- NOMINATION OF GUARDIAN
- QUITCLAIM DEEDS

TESTIMONIALS

- "HE'S AN ATTORNEY WHO REALLY CARES AND IS COMMITTED TO HIS FAMILY, HIS FRIENDS, HIS COMMUNITY AND HIS CLIENTS."
- "HIRING SCOTT IS THE BEST DECISION I MADE."

REMOTE CONSULTS AVAILABLE BY ZOOM!



@FAMILYLAWFIRMTHATCARES

WWW.SCOTTJBROOKPA.COM
(954) 757-5551

2832 UNIVERSITY DR.
CORAL SPRINGS, 33065

Coral Springs Connections

Baseball & Tee Ball

CORAL SPRINGS AMERICAN LITTLE LEAGUE
For more info. visit www.csall.com, or call (954) 242-1760. coralspringsamerican@gmail.com

WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info you visit www.csall.com, or email coralspringsamerican@gmail.com call (954) 871 3997

CHALLENGER BASEBALL LEAGUE

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

NORTH SPRINGS LITTLE LEAGUE

For more info go to www.northspringsll.com

Basketball

CORAL SPRINGS BASKETBALL

Year round play check for sign up dates. www.CSBCHOOPS.com or call (954) 360-1200 or Barry Popock (954) 599-6660

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG

ULTIMATE FLAG FOOTBALL

For more info. see www.UltimateFlagFootball.org

Health & Fitness

WOWMOMS WORLD CORAL SPRINGS

NOW OPEN! A modern space for today's parents. It is a fun, safe environment for relaxation and healthy living for the entire family. For more info visit www.wowmomsworld.com

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com
www.parklandrangers.com

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

The triple rink known formerly known as Saveology has programs all year long! www.PanthersDen.com or call (954)341-9956. See ad on back cover

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com

Running

NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities. For more info. go to www.nwbrrc.com or email jaygee725@gmail.com

Soccer

CORAL SPRINGS RECREATIONAL

The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: www.csys.org, email: csysadmin@csys.org or call Mimi Milton at 954-341-6391

NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. Starts March 8 - May 1. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit www.springssoccerclub.com. See pages 22-23.

Softball

YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and September-November. See the website at www.coralspringssoftball.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.

Swimming

AQUATIC COMPLEX & FITNESS CENTER

12441 Royal Palm Boulevard • Coral Springs, 33065 • 954-345-2121

MULLINS PARK POOL

10180 Ben Geiger Drive (NW 29 St.) • Coral Springs, 33065 • 954-345-2170

CYPRESS WATER PARK

1300 Coral Springs Drive • Coral Springs, 33071 • 954-345-2109

For more information see AquaticComplex.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 on page 9.

CAMP INCREDIBLE

Now registering for ages 5-12 is designed for skaters of all abilities. Camp Incredible includes a full day of structured supervision, play time and snack. For more info visit www.PanthersDen.com or call (954)835-8500. See ad on back cover.

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

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

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

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)

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
Parks Field Conditions	(954)344-1187

THE PRINTERS PLUS!

Beautiful wholesale printing to the trade

2681 West McNab Road • Pompano Beach, FL 33069 • (954) 917-2773
www.theprintersprinter.com • quotes@theprintersprinter.com

The Parkland Rangers Tackle Football & Cheerleading Program

EVERY CHILD MAKES THE TEAM!

EVERY CHILD PLAYS IN EVERY GAME!

ALL CHILDREN AGES 5 TO 14 WELCOME

Fun for the whole family!

Registration starts online beginning March 20th and will continue until the beginning of the season, August 1st.

PHONE: (786) 236-0948 | WWW.PARKLANDRANGERS.COM

Parkland Connections

Parkland Little League

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

Basketball

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

Cheerleading

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

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com. See ad page 15.

Flag Football

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

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com

Soccer

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

PARKLAND TRAVEL SOCCER CLUB
For more info, call Roger Thomas 754-368-7138
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 on page 9.

CAMP INCREDIBLE

Now registering for ages 5-12 is designed for skaters of all abilities. Camp Incredible includes a full day of structured supervision, play time and snack.
For more info visit www.PanthersDen.com or call (954)835-8500. See ad on back cover.

Health & Fitness

WOWMOMS WORLD CORAL SPRINGS

NOW OPEN! A modern space for today's parents. It is a fun, safe environment for relaxation and healthy living for the entire family. For more info visit www.wowmomsworld.com

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

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.

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

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
Tennis	(954)757-1910
P-REC	(954)757-4105




**Joe DiMaggio
Children's Hospital**
[U18] Sports Medicine

Your
Specialized
Dance
Medicine
Provider




**Families, Friends & Flag Football.
This is Parkland!**

REGISTRATION OPENS APRIL 19
for the fall season beginning in August

Find us on Facebook

Co-ed NEW Divisions

- Kindergarten
- Ages 6 & 7
- Ages 8 & 9
- Ages 10 & 11
- Ages 12 & 13
- High School

All Girls Divisions

- Ages 7 - 9
- Ages 10 & 11
- Ages 12 - 14



All Parkland & Coral Springs Residents Welcome
Hosted by the Board and Athletic Performance Training (APT). For more Info. see our website www.ParklandFlag.com

OUR PROVIDERS INCLUDE:

- **Physicians** – Board Certified in Pediatric Sports Medicine and former company physicians for the Boston Ballet and Boston Conservatory
- **Physical Therapists** – Board Certified in Sports Medicine, APTA
- **Athletic Trainers** – Healthcare providers who have a dance background and provide in studio care with partnered studios

DANCE MEDICINE SERVICES:

- Comprehensive medical examination, advanced imaging dance-specific biomechanical and functional assessment
- Return to dance progressions following injury
- Graston technique and blood flow restriction therapies
- Pointe Readiness Screening (in studio or in office)
- Athletic Training services for performances or competition
- Injury Prevention Workshops and Master Classes for teachers and dancers

OTHER SERVICES:

- Comprehensive Pediatric Orthopedic Center
- Spine Program
- Hip Preservation Program
- Limb Lengthening Program
- Hand and Upper Extremity Program
- Concussion Clinic
- Pediatric and Sports Rehabilitation Services

If your child has been injured or experiencing pain, call **954-538-5500** or visit JDCH.com/Dance

Please email us at JDCH_outreach@mhs.net for general information about our program



Joe DiMaggio Children's Hospital

Pediatric Services in Coral Springs



Staffed with highly-trained pediatric specialists and support personnel, our facility is designed to provide uncompromising outpatient care to the Coral Springs community and beyond in a compassionate and child-friendly setting.

Suite 110

MRI Services
954-575-8201

Suite 120

Rehabilitation Services
Physical Therapy
Occupational Therapy
Speech Therapy
Feeding Therapy
954-575-8962
JDCH.com/Rehab

Suite 140

Otoralyngology (ENT)
954-265-1616
Pulmonology
954-265-6333
General Surgery
954-265-0072
Physical Medicine and Rehabilitation
954-276-1600

Suite 207

Orthopedics, Spine and Sports Medicine
Hand and Upper Extremity Program
Hip Preservation Program
Sports Physical Therapy
Concussion Clinic
Performing Arts and Dance Medicine Program
954-538-5500
JDCH.com/Ortho

Parkland RedHawks 'Net' 2021 Season

By Stacy Case

After only a short-lived 2020 season, the Parkland RedHawks Lacrosse program picked up the pieces after Covid's wrath last year and is already in the middle of play.



Once again, the RedHawks have taken to the field at Pine Trails Park, and with even more participants this year, the club doesn't seem to have missed a beat.

"It's absolutely fantastic, the amount of players we have this year," says Aaron Toombs, who has enthusiasm about his second year of his Parkland RedHawks presidency role. "Considering everything over the past year or so, we really are very pleased," adds Aaron, who says his opinion is mirrored by his nine other board members.

Since the league's inception in 2004, the RedHawks have tailored play to local, recreational players (grades K-8) amongst its various age divisions for boys and girls separately: K, 1st and 2nd, 3rd and 4th, 5th and 6th, and 7th and 8th graders.

And when the Parkland RedHawks aren't hosting their home games, they visit teams from as far as Delray and Wellington to as close as Ft. Lauderdale and Weston, and several other leagues in between.

As many players and parents may have had their own apprehensions about the virus, the RedHawks are following the safety protocols that have been set forth by local government agencies. That being said, Aaron and his league were rather excited to just get back out there.

"More than anything, safety measures included though, it was so great to have achieved such great numbers again this year and I attribute that to our highly-involved Board," Aaron adds. "These board members are so involved in our community and really helped get our registration up."

In fact, this past Fall, the RedHawks stayed true to their form and once again offered several trial clinics; mostly for the younger players who have never tried the sport previously or for any other youths who wanted to get an introduction to 'the fastest game on two feet.'

The RedHawks are just about at the mid-season point, in which there are no playoffs scheduled. Additionally, games end around early May, followed by 2022 registration opening up in mid Fall.

Regardless of experience or 2020's robbed season, the RedHawks organization continues to keep the spirit of recreational lacrosse alive and well within the South Florida circuit.

"I've been involved with lacrosse for years and it really is an incredible sport," adds Aaron. "For boys, it's a great mix of contact and fast-moving action, and for girls, it's more about finesse and the perfect blend of passing, catching and scooping." Aaron looks for a strong finish this season before going on a short hiatus, followed by him and his Board getting back to work for the RedHawks' 2022 games.

For more info, visit parklandlacrosse.com



Expert Pediatric Orthopedic Care Right Here in Your Neighborhood.



"I'm Going to Ride my Bike Everyday Now!"

- Evan, 12 years old, biker

Evan made a full recovery from a broken wrist after receiving high-quality compassionate care from Kenneth Jeffers, MD, a board-certified orthopedic physician

"After Evan fell off his bike, we headed to Broward Health Coral Springs and the entire Emergency Room team immediately put my son and me at ease" - Amber, Evan's mom (Parkland resident)

To find a physician, call **954.759.7400** or visit BrowardHealth.org/Find-Doctor.



3000 Coral Hills Drive, Coral Springs

BrowardHealth.org • Follow us:

Being Healthy Starts Here.

Start that project now!



WITH OUR LOW-RATE HOME EQUITY LINES!



Kendra Salerno
SVP, Market Manager

NMLS# 1233331

Coral Springs

10385 Royal Palm Blvd Coral Springs, FL 33065 Phone: 954.340.1822

Pompano Beach

1540 S. Federal Hwy Pompano Beach, FL 33062 Phone: 954.630.8800

CenterStateBank.com

We will pay closing costs on lines up to \$250,000!*

Variable rates as low as Prime Rate, currently 3.25% (3.25% APR)**,
plus .50% (3.75% APR)***, or plus 1.00% (4.25% APR)****

HOME IMPROVEMENTS | COLLEGE | DEBT CONSOLIDATION | VACATION | MAJOR PURCHASES

South State Bank and CenterState Bank, N.A. have merged to become South State Bank, N.A. Please visit BankingForward.com to learn more.

*Total closing costs generally range from \$0 - \$7500. Examples of closing costs paid by the bank are fees for a credit report, flood determination, title insurance and other costs. Bank paid closing costs will include up to \$200.00 toward appraisal fees. Customer is responsible for paying any additional appraisal fees over that amount. Line must be funded by 50% or \$10,000 at closing, whichever is greater. CenterState Bank will waive reimbursement of closing costs as long as your account is open for at least 2 years. Offer is available for primary residences only. Manufactured Homes/Mobile Homes are not eligible for a home equity line of credit. **Rate based on minimum beacon score of 720, ***Rate based on minimum beacon score of 700, ****Rate based on minimum beacon score of 680. Annual Percentage Rate (APR) may increase after consummation. Maximum APR is 18%. Property insurance is required, and if applicable, flood insurance will be required. All loans subject to credit approval. Rates and terms may change at any time without notice. Other restrictions may apply. CenterState Bank N.A. NMLS #403455



SPRINGS SOCCER CLUB PLAYER PATHWAY

THE OFFICIAL TRAVEL SOCCER CLUB OF CORAL SPRINGS, FL



**JOIN A SSC
TRAVEL TEAM
SPRING 2021!**

**ATTEND A
FREE SOCCER
CLINIC!**

**JOIN THE
ADP
PROGRAM!**

**PLAY FREE
PICKUP
SOCCER ON
FRIDAYS!**

CONTACT US TO GET STARTED ON THE PATH!
954-282-5215
INFO@SPRINGSOCCERCLUB.COM

SPRINGSOCCERCLUB.COM

Tired of working **IN your business
Time to work **ON** your business**

Specializes in:

Leadership, Teams,
Culture, & Systems

Results Guaranteed

www.BusinessCoachMichaelDill.com
MichaelDill@ActionCoach.com
954-675-9536

actionCOACH[®]
business coaching



MICHAEL DILL
Certified Award-Winning
Business Coach



Springs Soccer Club Takes Player Development To The Next Level

By Ashley Ferraro

Springs Soccer Club, the official travel soccer program in Coral Springs, offers comprehensive player development both on and off the field with the help of a professional coaching staff. After its inaugural season took off last year, the program is rapidly growing to deliver extensive skills training, younger player development, and competitive teams for local children, emphasizing the individual and their potential both on and off the field.

The official season runs for ten months, from August to May. During the summer months, players stay busy participating in development clinics. Although travel has been limited due to Covid-19 precautions, the teams were able to make it to cities as far as Jupiter, Naples, and Kendall to safely compete.

Although the pandemic had the Springs Soccer Club off to a slow start, the organizers were able to get it running in full swing thanks to the cooperation of the kids and parents, as well as safety protocols put in place by the city and county. Especially during times of uncertainty, the program acts as an outlet for youth to develop their passion for the game while reaping the benefits of playing on a team.

Laurie Thomas, Executive Director of the Springs Soccer Club, adds, "The kids are super excited to come out to the field because some of them are still doing online school, so they love to come out and interact with their teammates and play and have fun in that environment we create for them."

Something unique to the Springs Soccer Club is its advanced development programs in which children can

seek guidance from professional coaches, the perfect starting point for those looking to go on a pathway to a competitive team. It also acts as a supplemental training program to those playing recreational, since all players are granted access to this resource. Not to mention, there are three female coaches in the program.

"One of the things we really emphasize is not just the player development on the field, but also developing the kids as people and instilling values into our program, and recognizing kids that exhibit these values," says Laurie. "We build a lot of character into our training because that's a really big piece of how we develop the players. Coincidentally, whenever you spend that time building these core values, you can create competitors."

She mentions that if a player is found demonstrating a critical quality like sportsmanship, cooperation, or honesty, they will get recognized. In addition to honing in on technique and athletics, this is just one way that the program strives to be a positive influence on character building beyond competitive soccer.

The development training program invites all Coral Springs boys and girls to either try out for their competitive teams or play recreationally. For those interested in getting a taste of what the Springs Soccer Club is all about, they can stop by for a Friday pickup session at Cypress Park, which is free for all children in the community.

To learn more about the program, please visit www.springsoccerclub.com



WELCOME HOME

Solving All Of Your Real Estate Needs

United Realty Group Agents are locally recognized experts that are deeply committed to and involved in their local communities.

Call for Your FREE Home Value Report!



Debbie Schmand
(954) 804-1551



Barbara Crockett
(954) 465-3041



BMW BENSON MUCCI & WEISS P.L.

Attorneys at Law

Outstanding Legal Solutions and Extraordinary Client Service for 20 Years.

- Are you behind in your mortgage payments ?*
 - Have you recently lost your job or suffered a medical setback?*
 - Do you owe more on your home than it is worth ?*
 - Have you recently been served with a foreclosure action?*
- Don't try and tackle these problems alone. The attorneys' of Benson, Mucci & Weiss, P.L., have been protecting clients against foreclosures for over 20 years. We are skilled at working with lenders on short sales and can help you save your home and your credit.*

CALL US TODAY FOR A FREE CONSULTATION

Disclaimer: The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you full written information about our qualifications and experience.

5561 N. University Drive, Suite 102, Coral Springs
(954)323-1023 • www.bmwlawyers.net

Knee Injuries: The ACL

By Dr. Howard Gelb

Anterior cruciate ligament (ACL) injuries are increasingly common in younger athletes, especially in female athletes. The ACL is one of four major ligaments that stabilize the knee. Its main function is to prevent injury to the knee cartilage (meniscus-cushions and articular surface). Without an ACL, the knee becomes unstable with twisting turning sports. Injury to the ACL is usually associated with a non-contact twisting injury. ACL tears are usually diagnosed by a combination of history and physical exam. In a majority of the cases, the patient reports planting the foot while twisting the knee and falling to the ground. Most people recall hearing a pop in the knee at the time of injury. Usually the patient cannot return to the sport the same day as the initial injury and the knee swells within the first 24 hours. The Lachman test is the most important physical exam finding that aids in the diagnosis of a tear. There can be associated injuries to other ligaments as well, such as the MCL. An orthopedic surgeon trained specifically in sports medicine is usually more experienced and accurate in this diagnosis. MRI can be useful to confirm the diagnosis and assess the meniscal cartilage. The meniscus is damaged almost 50% of the time in association with an acute ACL tear. Treatment of an ACL tear is patient specific but includes reconstruction of the injured ligament using one of several arthroscopic surgical techniques. It is essential that the meniscus be repaired if possible in the young athletic patient in order to prevent future damage to the knee. Certified in Sports Medicine, Dr. Gelb specializes in the treatment of ACL injuries in both adult and pediatric patients.



Howard J. Gelb, MD

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

Sports Medicine & Orthopaedic Center

(561) 558-8898
See our ad below

That's Gotta Hurt!

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

Howard J. Gelb, MD, PA

Sports Medicine & Orthopaedic Center

*American Orthopaedic Society for Sports Medicine
Fellow American Academy Orthopaedic Surgeons
Diplomat American Board of Orthopaedic Surgery
Subspecialty Certified in Sports Medicine
Fellowship Subspecialty trained in Sports Medicine & Arthroscopy
Member Arthroscopy Association of North America*

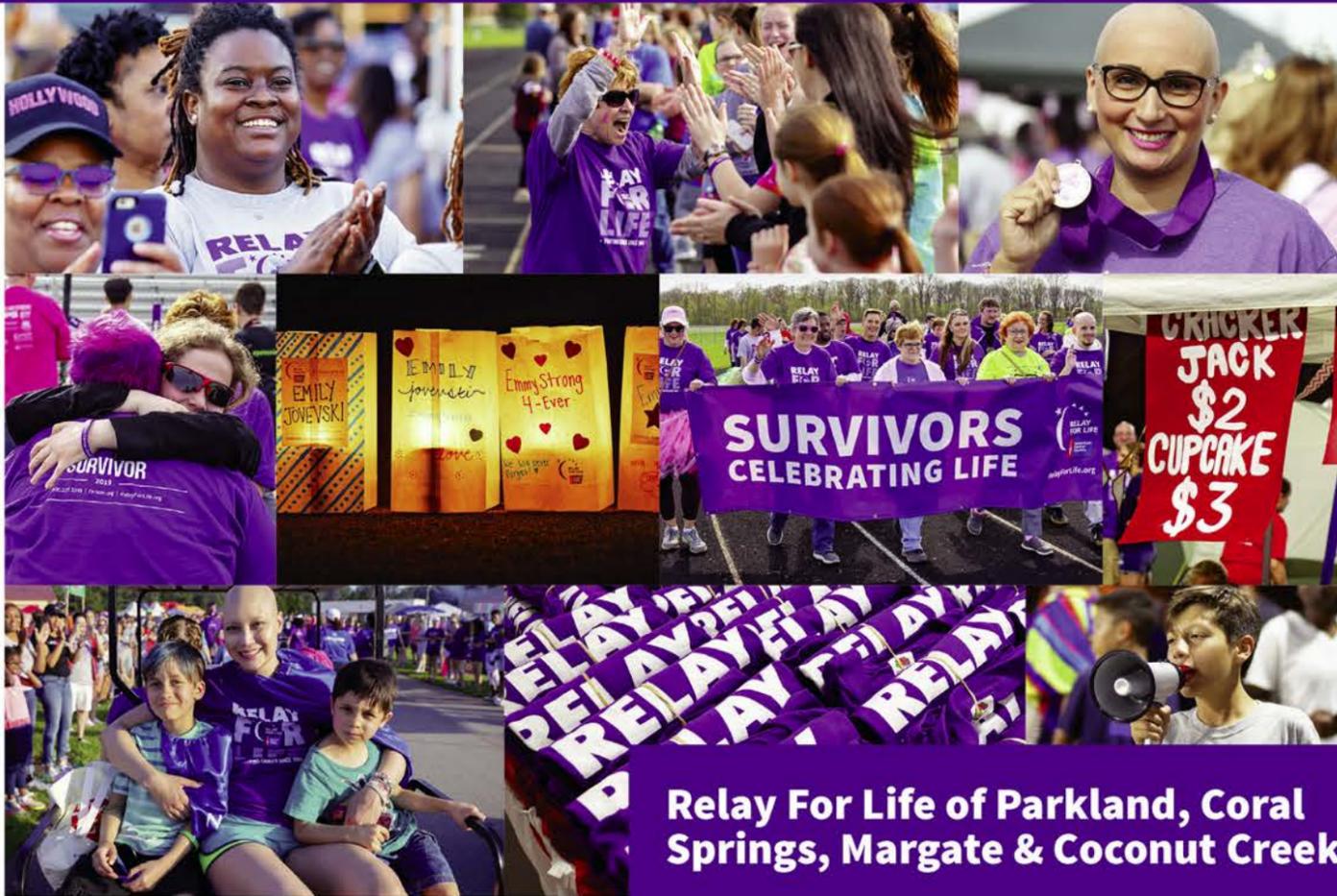
www.GelbMd.com

561-558-8898

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



Cancer won't win.



Relay For Life of Parkland, Coral Springs, Margate & Coconut Creek

April 24, 2021

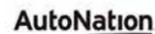
6:00 p.m.- 8:00 p.m.
Doors Open at 5:00 p.m.
Parkland Equestrian Center

Fighting cancer takes many things like research, free rides to chemo and lodging near hospitals, and our 24/7 helpline. But we can't do any of that without you. Join Relay For Life, the largest, most inspiring, and supportive cancer fundraising event on the planet.

Help attack cancer in our community.

1.800.227.2345
RelayForLife.org/parklandfl

Thank You To Our Sponsors



Spring, The Season of New Beginnings

By Andrea Goff



Spring, a time of new life and fresh beginnings, is an opportunity for us to look at our lifestyles and assess areas that need change. Interestingly, in some cultures, when a person becomes sick, they have to apologize to their community for not having taken adequate care of themselves. Exercise, diet and detox are huge factors in disease prevention. It is estimated that the human body is now exposed to over 80,000 different toxins, including the latest biosolids - sewage turned into nutrient rich organic bi-products containing 600,000 toxic substances. Our bodies are designed with built in detoxification systems but superior health can be achieved through fasting, or by targeting major organs such as the liver or kidneys. Stellar research has now brought many MDs onboard with excellent available research and information online.

As well as regular detox, research has shown that a daily 20 minute walk, even broken into two 10 minute walks, will lower blood pressure, relieve depression and burn calories, helping to control weight gain. Walking by the ocean and deep breathing the salt air gives the lungs a good cleanse. Muscles are toned, bones strengthened, balance and coordination improved. Walking also prevents and manages diseases such as heart disease, high blood pressure, and type 2 diabetes. Finding a friend to walk, laugh and chat with also increases mental health benefits.

Weight gain is an issue for many Americans. Commonly, despite apparently normal bloodwork, the thyroid may not be working optimally. The thyroid is a very important gland that controls how your brain, heart, muscles, liver and other parts of your body function. Most people over 50 would benefit from supplementing with iodine and whole thyroid extract, or simply adding foods rich in iodine to their diets. These foods include sea vegetables, organic potatoes, cranberries, organic yoghurt, navy beans, organic strawberries and raw organic cheese. Metabolism slows by up to 40% when the thyroid is low. As thyroid function improves, symptoms such as weight gain, hair loss, dry skin, brittle nails and stiff achy joints will improve.

Cruciferous vegetables should be increased in our diets. Large quantities are only contraindicated for those with iodine deficiency, who should consume no more than 1-2 servings daily. These nutrient dense vegetable super foods include arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, mustard greens, radish, turnip and watercress. Rich in sulfur, these vegetables pack a powerful punch in the prevention of many cancers, while also detoxing the body. If you still need convincing, research shows that cruciferous vegetables also stimulate the immune system, reduce inflammation, shrink tumors, protect the brain, and balance both blood sugar and estrogen. Glucosinolates in these vegetables act as a natural pesticide in plant cells and are used to repair DNA in humans. God in His wisdom also designed all vegetables to contain antibacterial and antiviral properties. For some children and picky adult eaters with veggie phobia, it is easy to hide cruciferous vegetables in soups, curries, stews and sauces by processing them in a blender and adding small quantities when nobody is watching!

Live nutrient rich superfoods, such as spirulina, whole grains and fresh vegetables such as yams, sweet potatoes and squash may help to curb a sweet tooth. Taking half a teaspoon of L-glutamine powder before meals will inhibit cravings. Fruit juices can be as detrimental as soda since they are high in fructose but without the fiber and antioxidants found in fruit. The goal should be to keep sugar intake under 25g a day. A can of baked beans may contain 12g of sugar so this can quickly add up. Just giving the body a break from sugar for two weeks can help the body be less reactive to it.

Spring, the season of new beginnings can inspire us to make much needed changes and embrace life to it's fullest.

