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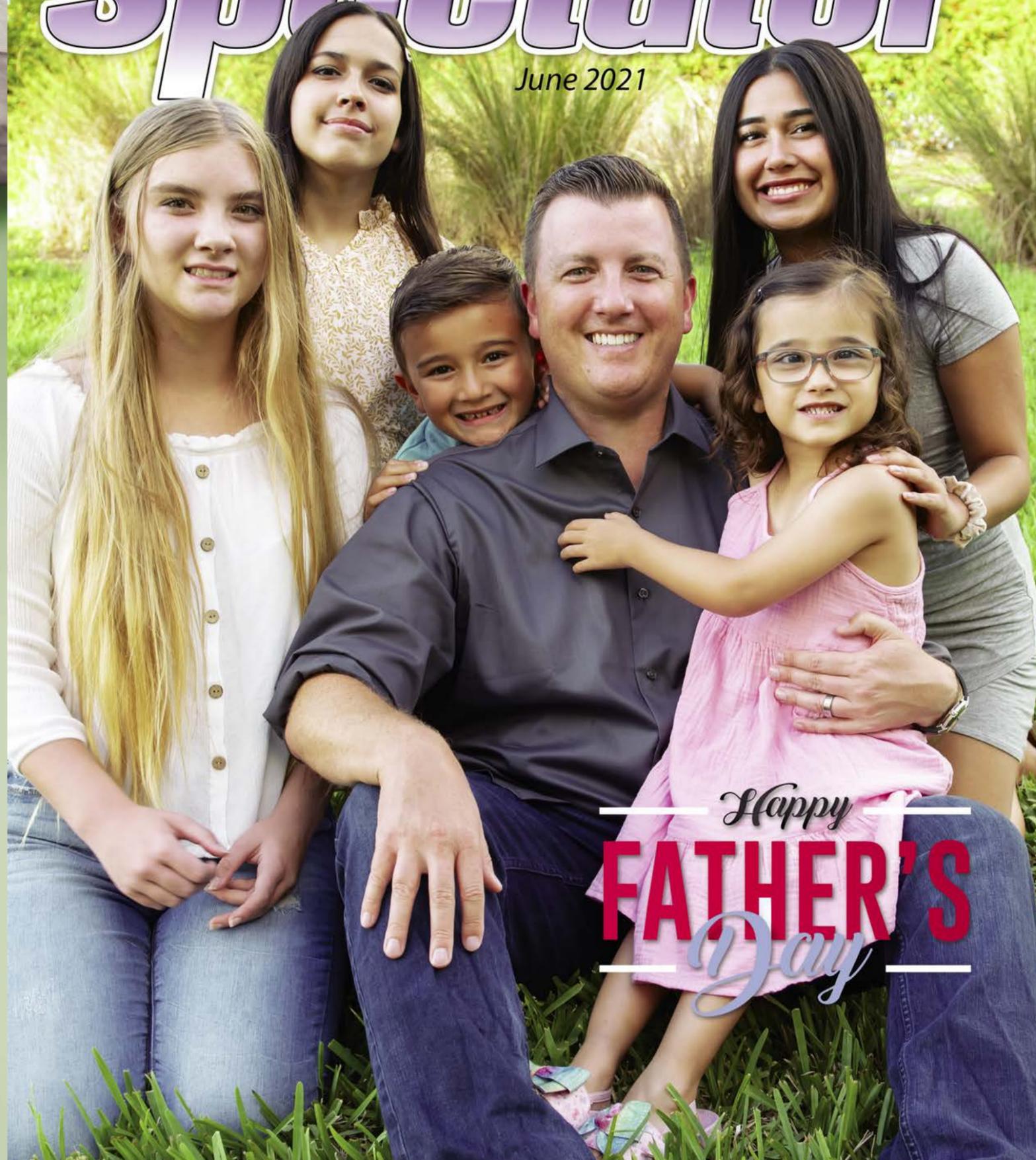
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# It's All About Community!

## Happy Father's Day!

So this is why we all live in South Florida, right? Hot Days, Hot Nights, Hot Dates (for dinner with the family) and Hot Fun (in the pool or at the beach). While our friends up north were jealous during the winter, we might be a tad envious about their cooler evenings and brisk mornings. June and July have me reminiscing about the months when I couldn't bear to put my toe in the pool. Now it's a hot tub of epic proportions! When you prefer standing in front of the open fridge door to a higher setting on the ceiling fan, you know it's a Florida Summer!

What's your favorite thing to do when it's never a "school night?" We'd love to hear from you, and we're always excited to take a look at your photo submissions and ideas for articles. We so appreciate you welcoming us into your home every month. It's an honor to share our community with you...

Celebrate a special dad in your life this Father's Day! Our prayer is for every family touched by the Spectator and every home in between.

God bless you and our soldiers,

*Shellie & Scott*

## Paternal Provisions

By Shellie Miller - Farrugia

What is special about fathers? When we think about our own existence, the parent that first comes to mind is usually our mom...I mean she's the one who actually gave birth to us, nurtured us, kissed our boo boos and patted our bottoms each time we stood up and attempted to take another tentative step.

No disrespect to mom, but we need to give dad some serious props for all that he's done for us...and mom. The way he's wired, according to American culture and history scholars, is to be a protector and provider. Where his instincts may be more focused on problem solving than wiping our tears, his strength and resolve to work hard for his family is something to be appreciated and commended by each of us.

My own father was not warm and fuzzy, but very intent on the bottom line. "What's the matter?" "How much is it?" "Where are you going?" and "Drive carefully," were some of his most common statements. It sounds minimal, but what you don't hear is how deeply he cared about our family. He never left the house without kissing my mother and me first. His "I love you" was heartfelt and, since his passing in 1987, my grateful thoughts of Spike always make me smile.

There are the involved dads, who are always the first to take you fishing, throw a baseball with you, kick the ball in the backyard and show you how to pull-start a mower. They coach the team, play a mean game of foosball and have no problem with the dirt you've tracked in on your cleats. Contrarily, there are the dads who spend 80 hours a week at work to ensure the bills are paid, that you've got a beautiful roof over your head and you're getting the best possible education. They love us in a way that is just as deep, but not as apparent. They trade hours for dollars, but many times we don't appreciate it as an investment in us.

And some of the dads are not super dad...they are just plain dad. And that is probably the best kind. He is human. He gets cranky sometimes. He worries to himself without worrying everyone around him. He laughs too loud, he's socially awkward and his friends are weird. He loves antique matchbox cars, collects vinyl albums and shops on eBay when he can't sleep.

Whoever your dad is, appreciate him for who he is this Father's Day. Thanks so much, Daddy, we couldn't have been here without you!



Publishers, Shellie & Scott Farrugia

### Spectator™ Magazine

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

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On the cover: Leo Gordon and kids.  
See article on page 6



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Meet The

# Gordon Family

Leo and Mayda Gordon have been Parkland residents since 2004. All five of their children are active in sports and education in our community. An assortment of pets rounds out the family. Luisana, 23, graduated UCF in December of 2020 with a degree in Political Science and History. Her favorite subject is History. She has since jumped right into working in the family business. Gabby, 14, is graduating from Westglades this year and will be attending Stoneman Douglas in the fall. Her favorite subject is Math. Anneliese, 15, is a sophomore at Stoneman Douglas, and her favorite subject is History. Leo IV, 7, is in the 2nd grade at Mary Help of Christians. His favorite subject is Science. Emma, 5, is in Kindergarten at Eagle Ridge Elementary. Her favorite subject is Reading time. She will be attending Heron Heights in the fall.

The kids are involved in Parkland Little League, Parkland Softball, Challenger Baseball, Martial Arts, Surfing, and a Think and Grow Rich Book Club.

The Gordons own a family business, MVP Environmental Solutions, Inc., providing emergency restoration services for water, mold and fire damage in residential and commercial buildings, and are proudly celebrating their 10-year business anniversary.

Mayda is also a licensed realtor and loves helping people find their dream homes. She also enjoys exercising and volunteering for the children's school events.

Leo III (Dad) is the head coach for little Leo's baseball team. He is also on the Advisory Board for the City of Parkland Parks and Recreation Department, a Board member for the Parkland Chamber of Commerce as well as the chairperson of the Ambassador Committee. "We are very passionate about giving back to the community and plan on staying involved in local business growth and government for many years to come," Leo tells us. "We truly enjoy fundraising events. MVP has partnered with Parkland Buddy Sports, and we enjoy working with and meeting people through our support of many local charities. We love to show our children the impact that local organizations have within the community."

Together, the Gordons enjoy doing new things, especially anything travel related. Mayda says, "We can't forget about the Florida theme parks. We have been to Disney and Universal many times and recently went to Busch Gardens. Florida has so much to offer, and we plan on visiting as many areas in the State as possible!"

Happy to be part of our tightknit community, Leo says, "We enjoy the small town feel and the amazing connections we have made with our neighbors throughout both cities (Coral Springs and Parkland). We also enjoy how convenient everything is and between the two cities we pretty much have everything we need."

When discussing the positive aspects of pandemic life, Mayda shares, "We enjoyed the opportunity to slow down and in doing so realized what is important. We also went outside of our comfort level and spent more time outdoors, including camping and visiting multiple springs throughout Florida."

She continues, "Another positive result was the progress we were able to make with our youngest daughter, Emma. She turned 5 this year and is an amazing little girl. Emma was born at 26 weeks and spent many months in the NICU. Since that time, she has been working tirelessly to develop her motor skills and her speech. She is still developmentally delayed, but being home and learning from her older siblings has really added an extra step to her progress. We are so thankful to have a large family and she is a blessing."

In honor of Father's Day, we asked Leo what he's most looking forward to. He tells us, "I always make a joke with my kids that all I want for the holidays and especially Father's Day is "the biggest hug ever." I am blessed with amazing children to share my heart with, and I look forward to just being with them and sharing lots of laughter. Since the summer is just kicking off around Father's Day, we usually spend a day in the pool and have a nice BBQ with friends and family."

The Gordons attend services at Mary Help of Christians Catholic Church.

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# Excellence Begins With Great Educators At Summit Academy

By Ashley Ferraro



## Since its inception nearly two years ago, Summit Academy Charter School has demonstrated what distinction in education looks like.

The educators at Summit are encouraged to exercise their creativity when it comes to teaching and nurturing their students. While the school follows the highest standard of curriculum, the teachers enjoy flexibility around building their classes.

Third-grade teacher Tiffany Florio claims that this level of openness and versatility is what sets the school apart, "I love the flexibility. That's what's different. The administration is very understanding and always hears you out. That's what's really important as a teacher."

Ms. Florio goes on to add, "Our Principal, Mr. Prats, is always open to hearing new ideas. I feel like I make a bigger impact here because I have more of a voice."

Aside from its stellar curriculum, Summit Academy believes that caring for its teachers is one of the best ways to ensure that students receive such a high level of attentiveness. When we asked kindergarten teacher Dawn Corrie about the leadership structure, she noted that the support she receives from the school allows her to reach her full potential as an educator.

"It's awesome to have great leadership and to feel supported. If we feel supported by administration, then the students feel supported," says Ms. Corrie, who has over 25 years of teaching experience.

Kim Johnson, another instructor at Summit, speaks very highly of how Summit allowed her to develop her fifth-graders despite COVID-19 restrictions.

"The most important thing to me was to make all of my students feel included," she says. She was able to do so by putting together science class take-home activities for parents to pick up and bring home to their children during the height of

the pandemic. Without the support from the school, Ms. Johnson wouldn't have been able to implement these hands-on activities throughout periods of remote learning.

Students, parents, and staff alike can attest to the family-oriented atmosphere that Summit Academy has developed. Kindergarten teacher Crystal Ortega cites a fall storybook parade that the school was able to organize last October despite the obvious challenges at the time. Events like these allow faculty to build stronger relationships with the parents and families of the students.

"Teachers connect to the parents in more than one way—email, messages, and newsletters—so the parents are always in the know of what's going on," Ms. Ortega adds. "You don't get lost in the number of students that walk in the hallway and the number of teachers at the school. It's a very tight-knit school, and it really is like family."

Third-grade math and science teacher Anaily Pedraza also agrees that Summit Academy is like a family, "What really appealed to me the most about this school is that it's like a second home. It's definitely a close-knit community. We're very involved with the families, and the families are also very involved with us."

Every day Summit strives to maintain excellence through safety and security, academics, and providing a family atmosphere.

**To take a tour or learn more, please contact Summit Academy at (954) 603-3303. Or visit [www.SummitAcademy.org](http://www.SummitAcademy.org) See ad on opposite pg.**



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Luciano Assuncao began a career in public claims adjusting just after Hurricane Wilma in 2005. He tells us, "A good friend was helping homeowners and business owners who had suffered damage to their property and were not properly compensated. For my first five years as an adjuster, that's all we focused on. In my mind, we were fighting for the homeowner against the big insurance companies."

He continues, "Most homeowners don't realize that they can hire a professional to represent them when they have a claim. A public adjuster is the ONLY professional licensed to assist a homeowner with their insurance claim. People incorrectly believe that the insurance company's assessment is final, but that's not how it's supposed to work."

"If you brought five contractors to your property to give you a quote for a particular job, each contractor will give you a different price," Luciano outlines. "Different contractors will approach the project from different directions. At the end of the day, we are doing that with the interest of the policyholder, not the insurance company."

It sounds fantastic, but what will it cost me? Surprisingly, very little! Luciano says, "Public adjusters are licensed and heavily regulated by the state of Florida. They set all of the guidelines for us regarding compensation. We are allowed to receive up to 20% of the claim on a contingency basis, and there is NO COST at all if we fail to deliver a settlement." If there is an event that has been declared a state of emergency, the fee is reduced to 10% if claimed within the first year.

If you believe a past claim of yours was settled unfairly, reach out to Five Star, and one of their adjusters will be your main point of contact throughout the entire process. Luciano tells us, "We are there for everything from the scope of work all the way to negotiating a settlement, and bringing it to the homeowner."

Luciano reminds us that if a homeowner doesn't have some-

one representing them, they can be sure that the insurance company has someone looking out for their own company's best interest. "When a homeowner leaves it up to the insurance company, I can definitely say they are at a disadvantage. I've never walked into a home where the homeowner went through the process themselves and, when I reviewed the claim-summary, that I wasn't able to find some thing that they missed or did not properly address.

"One thing we offer is a complementary inspection," Luciano says. "A homeowner might see a spot on the ceiling and think it's not big enough to bother with. We are happy to look at any anomaly and advise the homeowner if what they are seeing is worth filing a claim for."

Five Star employs more than 100 public adjusters, estimators and assistants solely focused on proper compensation for its clients, yet each client will likely only interact with their personal public adjuster, which makes it hassle free and simple. With offices throughout Florida, Luciano's Main office is in Oakland Park, from where they serve Palm Beach, Broward, and Dade Counties.

There are many inspiring stories of clients who have been made pitiful offers by their insurance companies and then been compensated greatly after engaging Five Star. Luciano shares, "We had a homeowner file a claim himself in Palm Beach. They had water damage to the kitchen, which included wood floors that ran throughout the house. The insurance gave the homeowner a settlement of \$5300. I went to the house a few weeks later to review the policy, the damages, and take over the case. I was able to resolve it for \$95,000 on top of the money they were already offered."

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# Get in on the fun!



**Cub Scouting is a fun, family-oriented program that welcomes boys and girls in Kindergarten to 5th grade.**

Unlike sports, scouting offers year-round activities and events such as camping, hiking, fishing and much more!

Scouts, siblings, and parents will compete in several derbies during the year. Model rockets are assembled and launched in an open field at the Rocket Derby. Blocks of wood are transformed in to model cars and can reach up to 20mph at the Pinewood Derby. That's pretty fast for a car made out of a block of wood! Catamaran model boat kits with creatively designed and decorated sails are raced down a ten-foot-long inflatable track at the Raingutter Regatta. All derby participants receive an award because "Everyone is a Winner in Pack 246!"

Cub Scout Pack 246 has been serving the community for over 20 years, and we always put the Outing in Scouting! Each month the Pack hosts an event for the scouts and their family to participate in, such as Community Service Projects, End of Year Celebrations, and Navy Fleet Weeks. Some of the many opportunities that we offer throughout the year include camping at Kennedy Space Center, Disney, and Zoo Miami, where scouts and their families can create unique and unforgettable memories. Even sporting events are on our schedule, in which we get discounted rates to attend Scout Nights at the Florida Panthers, Marlins, and Miami Dolphins games.

Besides offering numerous fun activities for scouts, Cub Scouting was also designed to develop character, citizenship, leadership, life skills, and fitness in youth. For their leadership development, our program prepares Scouts by teaching them to take responsibility and to lead by example. Through the outdoor adventures offered by our Pack, we also prepare our Scouts by encouraging them to live an active, healthy lifestyle, and to enjoy the great outdoors. Scouts will also learn the importance of citizenship by participating in community service. Whether its collecting food or cleaning a park, each community service project teaches the importance of being a valuable citizen.

Scouting can also help the youth with their personal growth and development. They will commit and practice the 12 points of the Scout Law on a daily basis: A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent. They also learn useful skills that will prepare them for life, such as knot-tying, fire-starting, and the ability to develop long-lasting friendships. Joining Cub Scouts also gives young individuals the opportunity to continue on into Boy Scouts, where they can hopefully earn the elusive rank of Eagle Scout, a highly prestigious and widely esteemed honor that is very beneficial when pursuing a future career. Many former Eagle Scouts describe Scouting as an adventure of a lifetime, so don't miss out on this incredible opportunity!

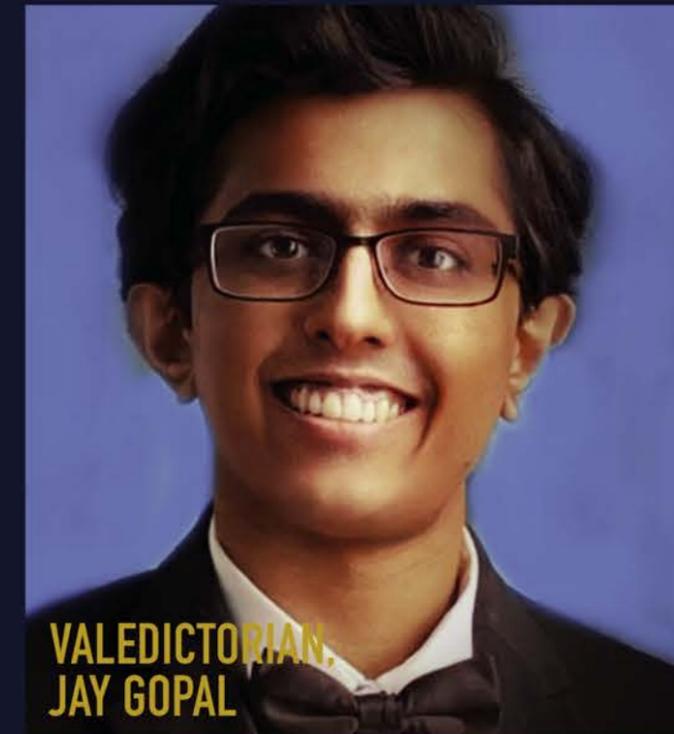
**Registration is open year-round. Pack 246 is based in Coral Springs/Parkland, however there are several Scouting units in the Sawgrass District (Broward/Dade). Please contact us at 954-914-5137 for additional information on Pack 246, or feel free to visit [www.beascout.org](http://www.beascout.org) to find your local Scouting unit.**

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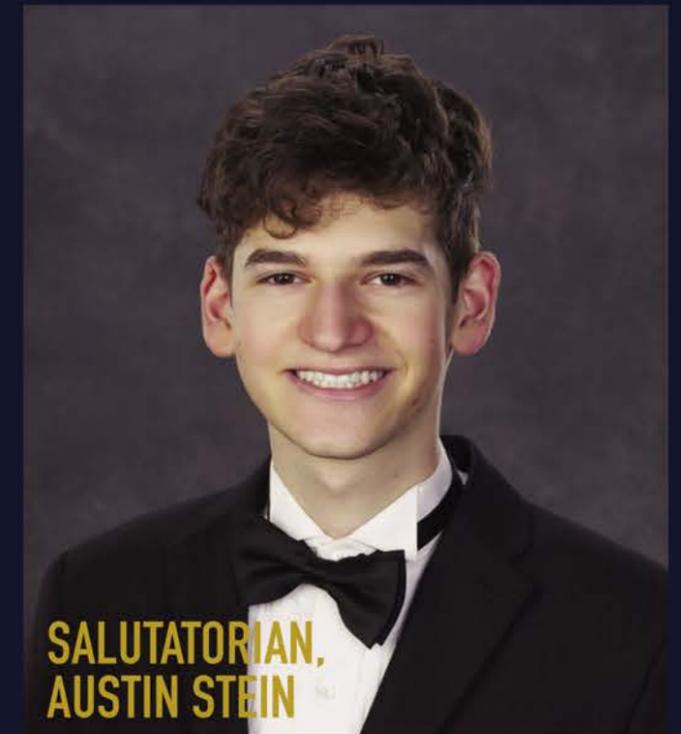
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### PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com)  
[www.parklandrangers.com](http://www.parklandrangers.com)  
See ad page 15.

## Ice Skating & Hockey

### FLORIDA PANTHERS ICE DEN

The triple rink known formerly known as Saveology has programs all year long! [www.PanthersDen.com](http://www.PanthersDen.com) or call (954)341-9956.

## Lacrosse

### PARKLAND REDHAWKS

For more info go to [www.parklandlacrosse.com](http://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](http://www.nwbrrc.com) or email [jaygee725@gmail.com](mailto: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](http://www.csys.org), email: [csysadmin@csys.org](mailto: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. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit [www.springsoccerclub.com](http://www.springsoccerclub.com).

## 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](http://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](http://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](http://www.NBPS.org) See ad on page 13.

### SUMMIT ACADEMY CHARTER SCHOOL

K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org). See ad and article on pages 8-9.

## Special Needs

### PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://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](http://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](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://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](http://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)

## Cub & Boy Scouts

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade

Find a local unit at [www.beascout.org](http://www.beascout.org) See article on page 12.

## 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](http://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

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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](http://www.parklandll.com)

## Basketball

**PARKLAND REC BASKETBALL**  
[www.parklandbasketball.com](http://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](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com). See ad page 15

## Flag Football

**PARKLAND FLAG FOOTBALL**  
For more info, see [www.parklandflag.com](http://www.parklandflag.com) See ad and below.

## Lacrosse

**PARKLAND REDHAWKS**  
For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)

## Soccer

**PARKLAND SOCCER CLUB**  
For more info, call (954)410-5172 or [www.parklandsoccer.net](http://www.parklandsoccer.net)

**PARKLAND TRAVEL SOCCER CLUB**  
For more info, call Roger Thomas 754-368-7138 [www.parklandtravelsoccer.com](http://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](http://www.NBPS.org) See ad on page 13.

**SUMMIT ACADEMY CHARTER SCHOOL**  
K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org). See ad and article on pages 8-9.

## Health & Fitness

### WOWMOMS WORLD CORAL SPRINGS

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.wowmomscoralsprings.com](http://www.wowmomscoralsprings.com)

## Parkland P-Rec

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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.

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Parkland Leagues - Saturday Only  
Soccer - Ages 3 - 12  
Baseball - Ages 3 - 7  
[www.i9sports.com](http://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

## 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.



**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**

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- High School

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- 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](http://www.ParklandFlag.com)

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**CLAIM YOUR HEALTHCARE STIMULUS!**

**Apple Insurance & Florida Blue are proud to announce the new Special Enrollment Period and the American Rescue Plan and what they mean for you!**

The **Special Enrollment Period** is an executive order from President Biden and his Administration, giving consumers an opportunity to enroll in an Affordable Care Act (ACA) plan of their choice beginning February 15th through August 15th. You can find the right ACA plan for you and your families with ways to reduce your premiums and to have coverage in such an uncertain time.

The **American Rescue Plan** gives all Floridians an opportunity to come into the Marketplace and enroll in plans between now and August 15th. It is also a chance for new people to come into the Marketplace. Anyone who is already enrolled in a Marketplace plan will have the opportunity to look and get enhanced Advanced Premium Tax Credit, therefore, offering additional premium relief. Our agents will work with new and existing members by updating their eligibility file to re-calculate their Advanced Premium Tax Credit and apply it either to their existing plan to lower their current premium or to select a new plan. The relief amount, in the form of an additional Advanced Premium Tax Credit, is going to vary by your county, plan, and age of individuals on plan.

**How does this work?** Example - Let's just say a family of four consisting of two 40 year old adults with 2 dependents, living in Broward, making around \$40,000, could qualify for a \$0 monthly premium plan. This same family could take a very small per-

centage of that savings and add dental for their entire family, an accident plan for their kids, hospital indemnity products as well as critical illness policy that provides further protection without spending additional dollars out of their pocket.

**How do I get extra money?** We love when our members ask this question! On top of these American Rescue Plan savings you might be eligible for now, there is also our Rewards Program, by which you can earn up to \$500 in rewards for every member on your plan, over the age of 18. If your premiums are less than \$500 or already paid up for the year, that money is converted into gift cards that can be used for other medical expenses.



**Rick Jultak • Founder**

Apple Insurance, a leading Florida Blue agency, strives to protect you medically and financially in all aspects of your life. Our goal is to guide you through your different insurance options while helping you navigate life's constant changes. We are a full-service insurance agency, offering an array of coverage: Health Insurance, Additional Policies, Medicare, Group Insurance, Retirement, renters, homeowners, automobile, watercraft, and even pet insurance.

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## Why Hire a Business Coach?

By Michael Dill, Business Coach



Warren Buffett is considered one of the greatest investors of all time and is ranked among the wealthiest people in the world with a net worth north of One Hundred Billion Dollars. When he makes recommendations, people listen.

Someone once asked him what is his greatest investment of all time? His answer was, "It's you. Invest as much as you can in yourself, you are your own biggest asset by far." You simply will never get a better return than when you invest in yourself.

### What's the best way of investing in yourself? Simple, get a Coach.

Many athletes, professionals, CEO's, executives, and business owners strive to be their best. They want to make the commitment to do the necessary work to become their best. They only accomplish this by investing in themselves. They spend time and money on learning, as well as personal and professional improvement. They understand to stay competitive; they must consistently grow, adapt, and stretch beyond their comfort zone.

Investing in a Coach is the best way to make this commitment in yourself. Understanding that the effort and accountability will pay off in being the best possible version of yourself.

A Coach will provide the authenticity and accountability to be there for you no matter what. To say, what needs to be said to get you where you need to be. With a coach, you'll always have the opportunity to vent with someone you can trust and confide in. It's with your coach where you'll get all your stuff out, get clear, and get back on your A game. A coach will be there to lift you up when needed to provide the confidence in yourself when maybe you don't have it.

A Coach is a person that will challenge you to look in the mirror, to recognize and address your blind spots to see how you can make yourself better. As you become open to getting clearer, learning, adapting, and making the shifts to address these blind spots – you will simply grow, move forward, and achieve better results. You'll also acquire a newfound confidence of accomplishing more than you would have done on your own.

Having a coach will get you extremely intentional on where to

invest your time, energy, and money! A coach will stretch and challenge you to break-through your indecisiveness, overcaution, or procrastination, that may be robbing you of the ability to take action. A Coach will get you very clear of your vital functions, the one or two things that truly move you toward your ultimate goal. You will find that laser-focused on what's most important and make it easy to say no to everything else. This newfound intentionalism will deliver the greatest return of investment of your time, energy and money.

Having a Coach will give you the ability to be more calm, clear, firm, and consistent in your interactions. You will learn to bring more of the right energy and presence in your conversations to create win/win outcomes.

A Coach will become your ultimate mastermind, as it's the best example of two individuals driving you towards the identical outcome of excellence and self-improvement. A Coach will challenge you to take 100% ownership and accountability in everything you do and receive both good and bad. It's this type of accountability that truly ignites our true growth.

To achieve true success, understand that none of us can do it alone. Knowing there's somebody in your corner that has your back, provides you a feeling of support and confidence. You'll receive the systems, strategies, structure, and solutions to create an organization that works for you. Your Coach will guide you on the clarity of your Vision, Mission, and Culture to align your team and customers with your company. Your Coach will keep you level and on your A game to keep you striving forward to be your best.

With the right Coach, you will learn to take complete control of your destiny. You will own it and create a future based on your plan opposed to what's going on outside the four walls of your business. Most importantly, you'll own a new sense of freedom, confidence, gratitude, and abundance that will impact you and everyone else around you, day in and day out.

Contact Coach Michael at 954-675-9536,  
email.MichaelDill@ActionCoach.com or visit  
www.BusinessCoachMichaelDill.com

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# Eagles' Haven

...rediscovering wellness, restoring hope

[ Open 7 Days A Week • Free of charge • Walk-ins Welcome ]

By Coral Springs Community Representatives: Shauna Smith & Laila Subeih

**Eagle's Haven is a center dedicated to community wellness** created on March 26, 2019, following the tragedy at Marjory Stoneman Douglas and the unforgettable losses of the students following the grief from the event. The goal of Eagles Haven is to rediscover wellness and restore hope for all those affected by that day and those affected by trauma as a whole. Their mission each and every day since opening is to do everything in their power to be a presence in the community so no one will feel alone. This center is lovingly powered by JAFCO who created, opened, and operates the center as well as the Children's Services Council of Broward County who is the major funder. The center also receives additional support from Parkland Cares, Baptist Health, and March For Our Lives. The doors to Eagles Haven are open all week with services free of charge and classes can be scheduled using the mobile app, Eagles Haven. Starting on May 1st, the center will begin hosting in-person events for the first time since Covid-19 and all are welcome to come. After visiting the center personally, the warmth of the staff and the calming aroma of the center itself stood out greatly. Each employee has so much enthusiasm and passion in their mission, giving a sense of unity in achieving the goal of wellness.



Laila Subeih

At Eagles' Haven there are a plethora of Wellness programs to choose from ranging from pet therapy and yoga to music therapy and tai chi.

The goal is to make community members feel like they have a safe place to go. Somewhere they can destress and have some peace of mind aside from the ailments of everyday life. At Eagles' Haven the professionals that assist there have studied the neuroscience of trauma in order to better understand the grief and aftermath of the victims they aid. As of May 1st, the wellness programs will be fully back in person and will be available for all ages. These events will include, floral arrangements, kickboxing, support groups, yoga & pilates, therapy dog Thursdays and much more. To be in attendance for these events, you can download the Eagle's Haven app on the apple store or on google play, go to eagle-shaven.org, or call 954-618-0350. The guidelines of the CDC will be adhered to so please bring your masks and prepare for a truly healing experience.

With summer approaching, children will now be able to experience these events in the Eagle's Haven summer camp that will take place June 21st till August. This camp will be partnering with MSD Shine and will include art and music therapy which has been proven to promote healing, and enhance the quality of life. The goal is to alleviate pain, aid in stress management, and give people a way to express their feelings. For more information, please contact Eagle's Haven or check out their website. As a community, it is imperative that we stand together through trauma and trying times and thanks to Eagle's Haven, we are able to do that and so much more.



Shauna Smith



## Broward Health Coral Springs Putting Children First



*"My son suffers from asthma, but we were relieved to be at a children's hospital with a team of specialists who knew how to treat my son and get him back to health." - Nzigia (Ozem's mother)*

As the only **Children's Hospital ER** in west Broward, we offer:

- 24-hour dedicated pediatric emergency care
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- Child Life program to provide emotional support

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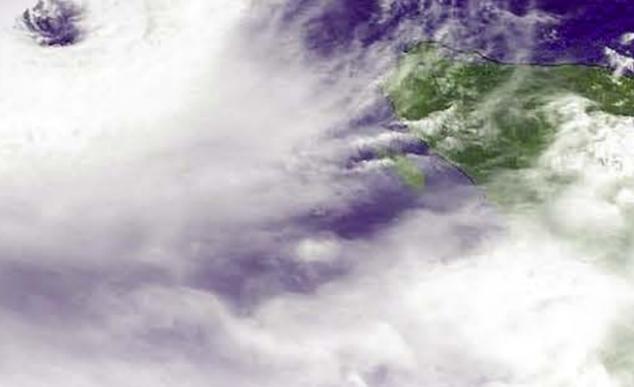


3000 Coral Hills Drive, Coral Springs

[BrowardHealth.org/BHCS](http://BrowardHealth.org/BHCS) • Follow us:

# HURRICANE SEASON IS HERE

*Are you prepared?*



There is no doubt, sometime in the future, South Florida will be visited by another hurricane. Count on it. As Hurricane Season began on June 1 and ends November 30, now is the time to get ready. Before you panic at impending event, make plans now, and start procuring supplies. Thankfully, TP is back in stock! Nothing eases stress during an emergency like having many of the details and decisions resolved in advance. Here are some tips for getting prepared from the Florida Department of Health:

**Make an emergency plan:** It should include, a) All members of your household, b) Special medical conditions, c) When and to where you would evacuate, d) Special transportation needs, e) Emergency meeting place, f) An out-of-town contact who everyone can call to stay in touch, and g) Pet plan.

**Gather emergency supplies:** a) A gallon of water per person for 7 days, b) Non-perishable foods such as canned meat, fish, veggies, fruits and nuts, c) Can opener, disposable plates and utensils, and d) Matches and cooking gel.

**Stock up on medical needs:** a) 30 day supply of prescription medications from your doctor, b) Over the counter pain reliever, antacids, anti-diarrheal medicine and children's medicine, c) List of all medications and essential medical devices, e) Physician contact number, and f) Blood type and allergies for all household members.

**Assemble a first-aid kit** with sterile bandages, cleansing agent, safety pins, gauze pads, scissors, sewing needle, moist towelettes and tape.

**Collect essential data** in a waterproof container. A) Contact information for property insurer, official emergency agencies, family and friends, b) Credit card and bank information, c) Portable computer storage device with electronic copies of mortgage, home deed, car title, etc. c) Instructions for shutting off utilities, and d) Pet health records.

**List your major home belongings** and back it up with photos.

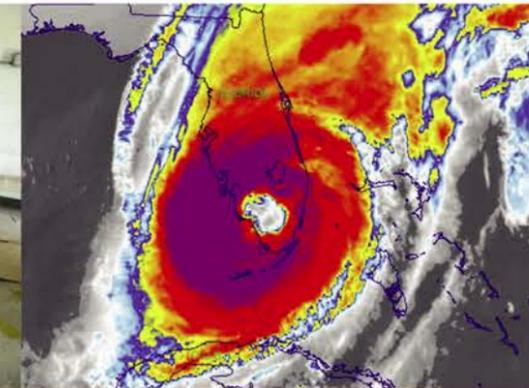
**More emergency information:** Florida Emergency Preparedness Guide in English, Spanish, Creole and large print. Go to [www.floridahealth.gov](http://www.floridahealth.gov) and search key word "Hurricane" for a list of related articles.

**More mosquito protection information:** [www.floridahealth.gov](http://www.floridahealth.gov) and [www.youtube.com/user/fldoh/videos](http://www.youtube.com/user/fldoh/videos)

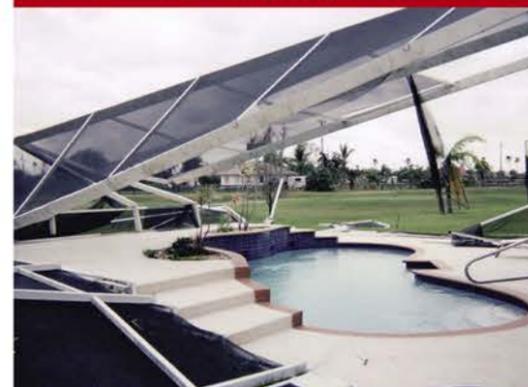


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## Broward County is the Place to Be!

By Broward County Vice-Mayor Michael Udine

Broward County is on the move. Investing in the future, creating sustain-

able job growth, and working with leading stakeholders to create a strong economy that will provide opportunity for all. In the past two months, several new companies have announced they will be moving their headquarters here to Broward County. I am excited to work in partnership with the Greater Fort Lauderdale Alliance to attract even more this year and will work tirelessly through all platforms to make sure everyone knows that Broward County is the place to be!

As Vice-Mayor of Broward County, one of my top priorities is to encourage investment in the South Florida region by attracting top level tech and financial companies to call our community home. In collaboration with the Mayors of the City of Miami and Fort Lauderdale, I have been meeting with local officials to see how we can work together to bring investment, and good quality jobs to our community. Creating a tech corridor with a solid foundation, led by our hometown universities like FAU and NSU, will create strong job growth for years to come.

In January I made a site visit to Port Everglades to see firsthand the dock expansion, and the brand-new gantry cranes that will service the supersized Panamax cargo vessels once the projects are complete. These new cranes, which I saw up close and in person (not for those afraid of heights), will increase our port's economic potential. In addition, the port is working with the Florida Department of Environmental Protection to protect and expand the mangrove habitats on site. This will help keep our water and wildlife healthy for future generations. I was honored to meet several District 3 residents

who operate these cranes on a daily basis and learn everything that goes into doing their job for Broward County.

Over the past two months, the brand-new Motorola public safety radio system has come online in Broward County. This replacement was necessary to protect Broward County residents in the event of an emergency. From new towers, to new radios, and interoperability with neighboring counties like Palm Beach, we are focused on providing the fastest service when every second counts. I would like to thank the whole team of Broward County Emergency Management, and all stakeholders for their steadfast support in getting this done.

It is difficult to find the words when I reflect on the three years that have gone by since the tragedy at MSD on February 14th. Our community has been forever changed by that fateful day. We miss those we have lost, continue to heal with those who are hurting, and fight for changes that will make schools safer and prioritize mental health. To all members of our community: the anniversary of this day will never get easier, but we will get through it together.

My staff and I have made staying connected with the residents of District 3 a top priority. We have been available by phone, answering questions by email, and also getting out the most up to date and accurate information available.

I can be reached as always at [MUdine@Broward.org](mailto:MUdine@Broward.org) or at my office at (954) 357-7003. Follow me on social media @CommissionerMichaelUdine on Facebook and @MichaelUdine on Twitter or Instagram to receive important updates and see what is happening in our community. I look forward to connecting with you.



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