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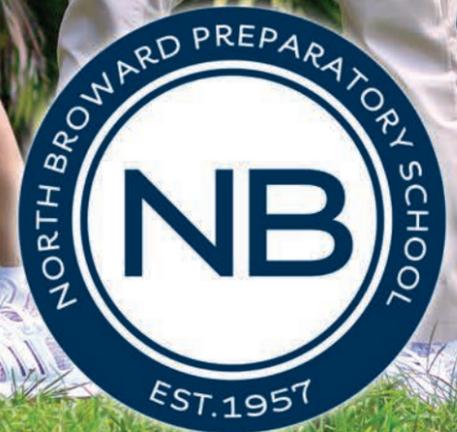
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**Back
to School
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See Article on Page 6

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Back to School...

Wow! It's time for another back-to-school issue... one like we've never had before. Despite our "interesting" circumstances, schools are preparing for classes to resume and our children will have the opportunity to further their academic achievements as we await the complete resolution of our altered lifestyles. Dealing with traditional school schedules will have everyone feeling more "back to normal," as we deal with early wake-ups and school-zone traffic.

This issue has a lot of great features and we are so encouraged that you and your family have received it. Meet a lovely local family, check out a growing church, learn about a tremendous private school, and see some cool soccer happenings.

While you're getting in the Back to School groove, stay cool out there, and remember, our prayer is for every family touched by the Spectator and every home in between.

God bless our troops,

Shellie & Scott

Here We Go Again!!

By Shellie Miller - Farrugia

It's that time of year that many parents dread. Traffic slows to a crawl every weekday morning, backpacks filled with papers, permission slips and sales catalogs clutter the kitchen table, and the day begins with a flurry of prompts ("finish your cereal, remember your lunch"), searches for missing socks, missed buses and a frantic hunt for the car keys. It tires me just to reminisce...and here we go again!

However, my personal belief is that one of the main reasons parents dread the Back to School season is the reminder of milestones that have passed and will never return again. As Junior progresses annually from Kindergarten and now begins high school, our own reflections in the bathroom mirror have progressed, too. His shoes may be a few sizes larger and so, too, are Dad's belts. Janie's plight has changed from cutting her favorite blanky into an acceptable size for her Hello Kitty backpack into self-esteem concerns over an incessant acne problem. Mom's worries are just as real as she frets over Janie's sense of self-worth and wonders over her own value as a mom, provider and wife.

As my older children have grown from the littlest tots to parents themselves, I see their excitement and angst as they prepare for their little one's foray off to preschool. Will she cry all day? How can she possibly make it without Mommy there to dry her tears and make sure she eats her entire sandwich? What if she has an accident? Will they change her right away? They may not know she's prone to rashes!

Now that our kids are grown and adulting, this year is going to be a breeze for our family. When I reflect back on some of the most special times, there was one year that we had one in high school, one in middle school, one in elementary school, and one in preschool. Remembering that hectic time, reinforces to me that parenting includes creative scheduling, time management, and lots of prayer! For the first time in my life as a parent, I realize that there will be no more forgotten lunches or parent-teacher meetings, but I already DO pine for the cacophony of five kids milling about in the morning, rushing each other into and out of the bathroom, and fighting over the last piece of bread for sandwiches ("Why does Evan always make a TRIPLE decker PB&J?"). Life was crazy then...I used to pray for a little more time to get it all done. Now that we're here, I pray that the Moms and Dads who are walking in my worn out shoes will savor every moment, be patient with every meltdown, and love each other so deeply that their children follow their example for another joyful generation of growing, learning and loving life.



Publishers, Shellie & Scott Farrugia

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**Outstanding IB Results at North Broward Preparatory School
Showcase Nord Anglia Difference in Education**

Students, teachers, parents and school community members at North Broward Preparatory School are celebrating today thanks to students achieving exceptional results in the International Baccalaureate Diploma Programme for the 2020/21 academic school year.

North Broward Prep achieved a pass rate of 100 percent this year. The average score was 34 higher than the IB global average of 33, widening the gap between the school and other IB schools around the world. This result also showcases the difference that Nord Anglia Education schools bring to students' academic results.

At Nord Anglia Education — the world's leading premium international school group — all 73 of its schools support students to achieve more than they may have ever thought possible. Every Nord Anglia school, including North Broward Prep, believes there is no limit to what students can achieve socially, personally and academically.

For the 2020-21 academic school year, North Broward Preparatory School achieved a pass rate of 100 percent this year - higher than the world average of 88.96 percent. The average score was 34 points, slightly higher than the IB global average of 33 points globally. This result also showcases the difference that Nord Anglia Education schools bring to students' academic results.

"We are thrilled with our IB results particularly given the challenges that our students faced this year. These outcomes demonstrate the commitment to high academic excellence of the students and our incredible faculty,"

said Bruce Fawcett, head of school, North Broward Preparatory School.

We are delighted to announce that Kyle Bleish received a seven in Film, Aisha Zhansait received a seven in Visual Arts and Jay Gopal received a seven in Music. In addition, Lili Baker Students achieved a 40 point score. This is the level of attainment required to gain admission to the world's elite universities, such as Cambridge, Oxford, Harvard and Stanford.

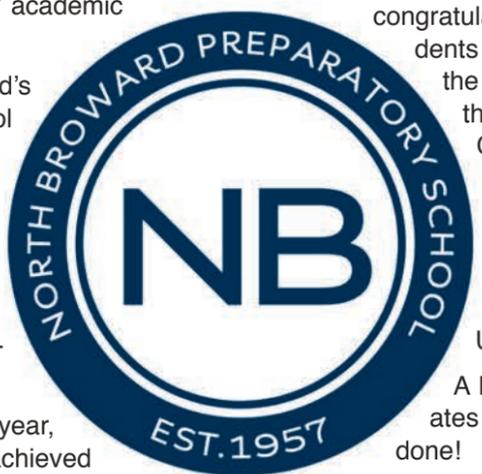
All of us here at North Broward Prep would also like to congratulate our graduating seniors. These students have put in incredible hard work over the years and we can't wait to see what they do in the future. Students from the Class of 2021 from North Broward Preparatory School will be attending top universities including Dartmouth College, Cornell University, Duke University, Stanford University, NYU, Northeastern University and the University of Florida.

A huge congratulations to all our graduates and IBDP achievers for a job well done!

The International Baccalaureate Diploma Programme, commonly referred to as the IBDP, is a two-year education programme for students aged 16-19. The programme is a widely accepted and recognized qualification for entry into higher education and universities worldwide.

To learn more about the International Baccalaureate you can visit their website here www.ibo.org

To schedule a campus visit, call 954-247-0179 or go to www.nbps.org/visit. See ad on opposite page.



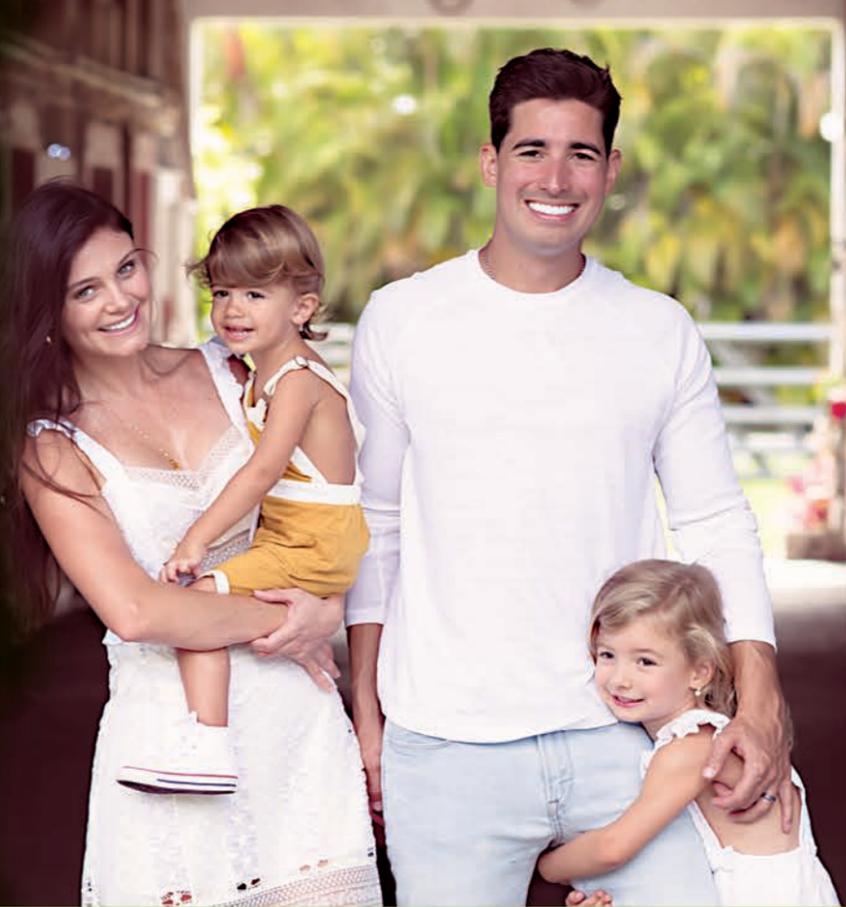
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Meet The
Assuncao Family



Luciano and Veronica settled in Parkland two years ago with their adorable children, Ella, 5, and Lucas, 3. This dynamic couple chose Parkland because, Luciano tells us, "We like the family oriented community and the great events that Parkland puts on." After our long period of lockdown, when we asked about life during quarantine, Veronica shared her family's experience. "It encouraged us to do more outdoor activities together as a family, which we hadn't spent enough time doing before."

Friendly, engaging, and a valuable asset to our community, Luciano and Vanessa are focused on community involvement as well as their professions. As a Public Claims Adjuster & Manager of Five Star Claims Adjusting, Fort Lauderdale, Luciano is a problem solver on behalf of homeowners throughout the Tri-County area. Veronica was a beloved elementary school teacher at Calvary Christian Academy until Ella was born, and has been a dedicated homemaker since.

Outside of work and family commitments, Luciano has a passionate affinity for chess and taught a chess class from April of 2019 until the start of covid. Both Luciano and Veronica are focused on sharing their faith with other friends and family, and have enjoyed serving at Calvary Chapel Fort Lauderdale in various capacities for almost 10 years.

Active siblings, Ella and Lucas both love swimming and Ella started taking tennis lessons this year. Veronica tells us, "We love being able to spend quality time sharing experiences with each other as a family. We like getting to travel, as well as just spending time together at home."

Ella and Lucas will both attend Calvary Christian Academy (CCA) for the new school year in August. Ella will begin first grade, where one of her favorite things to do is being outside and enjoying at wildlife. Lucas will also start pre-school at CCA.

Luciano, a soft-spoken and cerebral man, concludes our interview with an inspiring thought. "In a world that is changing so fast around us, this verse serves as a reminder of the direction that we want to go as a family. "But as for me and my house, we will serve the LORD." Joshua 24:15b.

Luciano, Veronica, and their children all attend services at Calvary Chapel Parkland.



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Coral Springs Youth Soccer Plans Its Biggest Season Yet

By Ashley Ferraro



Coral Springs Youth Soccer has been bringing families together for more than 40 years. Above all, the league is dedicated to developing a fun and rewarding experience for players of all ages and skill levels. Each year, Youth Soccer has anywhere from 2,000 to 3,000 players, and the league's president Steve Cimaglia anticipates a bigger turnout than ever this year.

According to Steve, CSYS will see some fundamental changes, as the league will be providing more resources across all facets this year. The league will start by completely revamping its referee program, in which it will implement more advanced training requirements. At the same time, the coaches will get the full attention of the board members to ensure they're fully prepared and confident to start working with the kids on the field.

The league relies on parents to volunteer as coaches and welcomes even those without sports or coaching backgrounds to participate. This past season, with social distancing guidelines in place, coaches participated mainly in virtual training courses. This coming season, the league plans to be much more proactive with its various training methods, including online and in-person classroom training.

Now that in-person training is an option again, CSYS will return to their practice of organizing classroom training by player age group. "If you're a U12 coach, we're going to give you training on what's expected for that specific age group," says Steve. "There are different rules for different age groups, and we want to make everyone aware

of everything." He notes that they're also hoping to implement various field training exercises to help the coaches be more comfortable with teaching drills.

Widely regarded for its family-oriented practices, CSYS is just as much developed for the parents as it is for the kids. The league makes it very easy and enjoyable for anyone who doesn't yet understand the rules of soccer to get involved. "That's what makes it fun for everyone," Steve adds.

CSYS acts as an excellent supplemental activity for kids to participate in throughout the year. As a Coral Springs resident with three daughters, Steve stresses the league's role in affording kids a new opportunity outside of their ordinary activities. "I have two daughters that cheer for the Chargers. Right when that ends, soccer starts," he adds.

When soccer begins each November, kids are introduced to an entirely new group of teammates in their age group. Teams are built utilizing a rating system and an algorithm to ensure fairness all around. The league follows stringent guidelines to guarantee that all players receive equal playing time, as more than anything, the idea is for the kids to have fun.

Practices and games will be held at Mullins and North Community Park. The season will run through March and will be rounded out by the annual Soccer Bowl Tournament.

To learn more about Coral Springs Youth Soccer, please visit csys.org. See ad on opposite page



2021

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ONLINE REGISTRATION NOW OPEN FOR ALL PLAYERS!

Boys and Girls - Ages U06 to 19U

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 Changing Our World by Reaching Our Communities

By Pastor Steve Daigle

Our world is a busy place and there is always something trying to capture our attention. Many of us desire to make a change in the world, but with so many people and so many problems that seem hard to reach, one may ask the question, how can we change the world? The answer.....one person at a time.

My wife, our four children and I have lived in Parkland for the last nine years. Three years ago there was a great tragedy at Marjory Stoneman Douglas High School. That tragedy really rocked our community and caused many people to feel less secure in their search for hope. That same year, I was planning to start a Bible Study to reach the people of Parkland. I knew that the hope that people needed could only come from Jesus Christ....so how do we bring that hope to our local community? We often say one of our goals is "Reaching our community, changing our world."

As some of our neighbors got together to pray for the families and the community, we eventually started a Bible Study at our clubhouse. The study grew and we eventually moved into a local coffee shop where more and more people wanted to be a part of what God was doing in Parkland. Being a part of Calvary Chapel since 2005, as a part of our church planting vision, our study became a Calvary Chapel regional campus.

We began meeting at Westglades Middle School on April 14, 2019 and have seen God move in so many ways including many people giving their life to Christ, a community of people growing stronger in their faith through community groups, and reaching students through First Priority Christian Clubs in Westglades Middle School and MSD High School. We are also reaching the elderly with a weekly church service at Aston Gardens, an increase in foster care support, and healthy women and men's ministries.

The pandemic started around our 1 year anniversary and schools were not able to allow churches to meet on their properties to keep everyone safe. After a few months in a

virtual environment, God opened up a door for us to meet outdoors for our Summer Nights services and then eventually moved indoors at the Fort Lauderdale Marriott Coral Springs Hotel & Convention Center and then Silverspot Theaters in Coconut Creek.

As we were praying for a more permanent place to call home, a new door opened up in Coconut Creek, right at the intersection of Parkland, Coconut Creek and Coral Springs with a great opportunity to reach even more people and communities with the Gospel of Jesus Christ.

Jason and Smitha Mathew have been very impressed with Calvary Chapel Parkland, and are pleased to share their insights. "As parents of four kids living the busy Parkland life, it was important for us to find a good local church that we could call home. We had heard that Calvary Chapel was planting a church here, and had to give it a try. We met the friendliest, and most caring people we could do life with. Calvary Chapel Parkland has truly been a blessing for our family. It's the people that keep us coming back! We have truly found a community of believers who we can fellowship with each week. Our children love the kid's services and we enjoy being able to grow in the word each week as well. Calvary Chapel Parkland has been an amazing place to connect to God, to others, and to our community. We are blessed to call this our church home!"

Now more than ever, people need hope and we truly believe that what was intended for evil through what happened at MSD High School and even what is happening with the coronavirus, God is going to use for good for the saving of many lives. Genesis 50:20 - You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

We would love to have you join us for one of our Sundays at 9:15am, 11:15am at our new location at 4690 N. State Road 7 Coconut Creek, FL 33073 or visit us online at calvaryftl.org/parkland. See on opposite page.



Join us at our new location!

**Sundays
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CalvaryFTL.org/Parkland



Coral Springs Connections

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WINTER BASEBALL & T-BALL

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NORTH SPRINGS LITTLE LEAGUE

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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

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Volleyball

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Parkland P-Rec

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Cub & Boy Scouts

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For more info, see www.parklandflag.com
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Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com. See ad page 15.

Soccer

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PARKLAND TRAVEL SOCCER CLUB
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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.

Special Needs

PARKLAND BUDDY SPORTS
Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE
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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

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

Parkland Soccer Expects Massive Turnout For 2021 Season

By Ashley Ferraro

Parkland Soccer is back in full swing, with registration now open to youth of all age groups up to 18 years old. For more than three decades, the league has acted as a beacon for the community as it creates a unique bonding experience for children and their families. Parkland residents and non-residents are invited to join the fun and what's lined up to be the most exciting season yet.

"We just hope that things are back to a comfortable and safe normal," says Parkland Soccer President Doug Cole, as the league saw a notable dip in participation last year. "We're hopeful we'll get back to 1400 players and have full rosters."

With COVID-19 regulations and safety protocol in place, Parkland Soccer was, fortunately, able to move forward with its 2020 season. However, the conditions made it impossible for the league to host its famous annual picnic. Throughout the years, the picnic has become a staple event for Parkland families. Although all COVID protocols as dictated by the CDC and local government will still be followed, Parkland Soccer is gearing up to make a full return and hoping to bring the picnic back this season.

Scheduled to take place in late February at Pine Trails Park, the event will feature live music, a video wall, rides, and many more fun activities to keep the whole family entertained. In line with tradition, trophies and individual/team photos will also be distributed to players at the picnic.

Parkland Soccer is always open to partnering with local sponsors. Sponsors will be welcome to set up booths at the picnic and reap other worthwhile benefits, such as having their logo printed on team jerseys.

The league also welcomes parents and community members who are interested in volunteering as coaches. Since Parkland Soccer was started by the late Pete and Linda Gado over 30 years ago, it has always been about the community.

"Pete used to cut the grass and line the fields himself before games. For night games, the parents would light up the headlights on their cars so the kids could play," adds Doug. "The league and the city have come a long way since then, and Pete was really instrumental in everything up until he passed away."

Parkland plans to honor Pete Gado and his incredible legacy as the founder of Parkland Soccer with a special memorial at Pine Trails Park. Field 2 will be renamed after him, and a bench, a tree, and a plaque will reside at the park where the kids currently play in his memory.

Registration is open now through August 31st. Preseason practice will begin on October 24th. Evaluations will be held for most age groups to ensure teams are divided evenly, promoting a fair and fun environment.

For more information on Parkland Soccer or to register as a player, sponsor, coach, or referee, please visit www.parklandsoccer.net. See ad on opposite page.





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2021 - 2022 RECREATIONAL PROGRAM

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ALL PLAYERS MUST HAVE:

- 2 Proofs of Residency Required
- Birth Certificate or Passport (New Registrants Only)
- \$145.00 (Residents) \$270.00 (Non-Residents)

FOR MORE INFORMATION
Please Visit: www.ParklandSoccer.net

COACHES & TEAM SPONSORS ALWAYS WELCOMED





Healthy Lunches For Optimal Learning

By Dr. Rosemarie Rutecki, PharmD, IFMCP



Today we are going to be talking about how to pack healthy school lunches. I know firsthand how dreadful it can be to start packing healthy food in the morning, getting kids ready, feeding them a healthy breakfast, and getting them to school on time. I get it; mornings are crazy! I'm here to give you some ideas to make your morning run smoothly.

Hi there! My name is Dr. Rosemarie Rutecki; I'm a Functional Medicine Pharmacist and a Mother of two awesome kids.

The first thing when we start doing something new is to fine-tune our mindset. Instead of thinking about how much work it is, change your mindset into how healthy my kids will be and how the healthy food I'm preparing will nourish their brains to help them do better at school.



Involve your kids, depending on their ages; they can cut fruit and veggies the night before. Take out the snacks. We love doing seaweed, mandarins, apple sauce, pre-pack raisins, etc.; they can grab them and put them in their lunch bags. These small actions help tremendously in the morning. Also, you can do this the night before. When choosing pre-pack snacks, look for the amount of sugar added, vegetable oils, artificial flavor/colorants/sugars, as those are not ideal choices. The fewer ingredients a pre-pack food has, the better; take out process foods as much as possible, preferably none.

My trick to fast lunches is to cook in bulk; It is good to give kids a mix of protein, healthy carbohydrates, and healthy fats to help them keep their mental focus and nourish their bodies. I like doing protein beef/poultry stews with tons of veggies (carrots, cilantro, onions, celery, garlic, cauliflower, pepper, etc.).

For vegetarians, eggs, edamame, tofu is excellent choices of protein. I also like doing bulk beans like chickpea, lentils, black beans and mix with brown rice, quinoa.

Beans are a great source of protein, healthy carbohydrates, and fiber.

I have all these food choices pre-made. I warm the food in the morning while preparing breakfast, and I put it in a Thermos to keep the food warm for lunchtime.

Examples of vegetables that stay well in the lunch bag are carrots, celery, cucumbers, peppers, edamame, peas, raw broccoli/cauliflower, etc. Fruits like strawberries, blueberries are great for brain health.

Nuts and seeds are a fantastic source of fat; due to food allergies, most schools do not allow nuts. Seeds like sunflower and pumpkin are good sources of fiber and healthy fat and might be allowed.

I use a non-toxic stainless steel lunch box to put the fruit and veggies. They are more expensive, and they last a long time. I have been using them for the past four years, and they are in great shape. Avoid plastic as they contain a toxic chemical called BPA, which is well known to disrupt hormones.

I hope these ideas help you out with school lunches, and remember the effort will pay off on the health of our children.

Rosemarie Rutecki is a Pharmacist, Board Certified in Functional Medicine by the Institute of Functional Medicine.

You can reach Dr. Rosemarie Rutecki, PharmD, IFMCP, at www.functional-pharmacy.com to learn more about Functional Medicine.



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**Water,
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Parkland residents Leo Gordon, III and his blended family (5 kids) have been celebrating the 10 year anniversary of their Company MVP Environmental Solutions since last January. A full service water, mold, and fire cleanup and restoration company, clients can call Leo for the company's emergency service 24 hours a day, seven days a week.

Very friendly and connected closely to the community, Leo tells us, "We are a local, family run business, and our vision is to be the most influential and honest restoration Company in this industry. We really rooted ourselves in the community, got involved with a lot of charitable organizations, and stretch ourselves beyond the "one and done" attitudes of others. Our vision statement is to be the most valuable professionals and the most influential company in the water, mold & fire restoration industry."



Having worked with many government officials, Leo says, "From the leaders in our community to our neighbors, it's been very positive for our business!" Leo says that this particular industry has been fraught with troubles for some time. "The insurance industry itself has really put a black eye on restoration contractors. Since beginning our business, my goal has always been to be transparent and honest. Anyone can say they are honest, but our years of proving it has really set us apart."

Parkland Mayor Rich Walker has used MVP's services twice. He says, "We have had the pleasure of utilizing MVP Environmental for a few unfortunate situations. We experienced a water leak, and MVP was quick to address and correct the issue, with the added comfort of ensuring that our home was free of any mold. We were able to quickly restore our home back to its original condition. We had a small fire in our kitchen a couple of years ago and, once again, MVP Environmental came to the rescue by cleaning our home and belongings. In both

instances, MVP handled the clean-up and repairs quickly, efficiently and, most importantly, professionally. MVP Environmental is the type business that you encounter during unplanned emergencies and disasters within your home. It is with utmost confidence that I can state that MVP will address your family's needs with a pristine industry standard, coupled with a neighborly touch."

Not a franchise, Leo reiterates that MVP is a family business that he started in January, 2011. He tells us, "The ideal client is anyone working or living in a building that is commercial or residential, and understands the importance of contacting a company to take care of any problems brought on by water, mold, or fire damage." He tells us that people who are attentive and want to protect their home or business get in touch right away because they understand that things can always get worse and want to take care of issues as quickly as possible.

MVP works hand in hand with public adjusters, attorneys, and/or the insurance company, if the client prefers to. Leo says, "We photograph and document everything, and we utilize an industry accepted software that the insurance companies also work with. Once we are

on site, we put everything into our system and it can be sent straight to the insurance company."

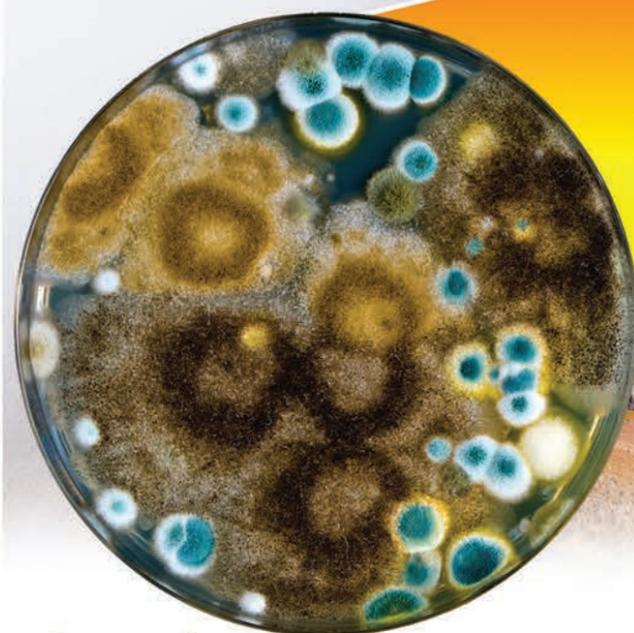
If you have an incident in your home or business requiring help from a professional, make sure to call MVP so that you know all of your best options. Leo tells us, "One of the most important things to my family and myself is that we connect with the people we are helping, and always do it with integrity."

Don't waste a moment! Make sure to contact Leo at MVP the minute you see anything amiss in your home. For more info visit www.mvpmold.com or call 954-247-9444. See ad on opposite page



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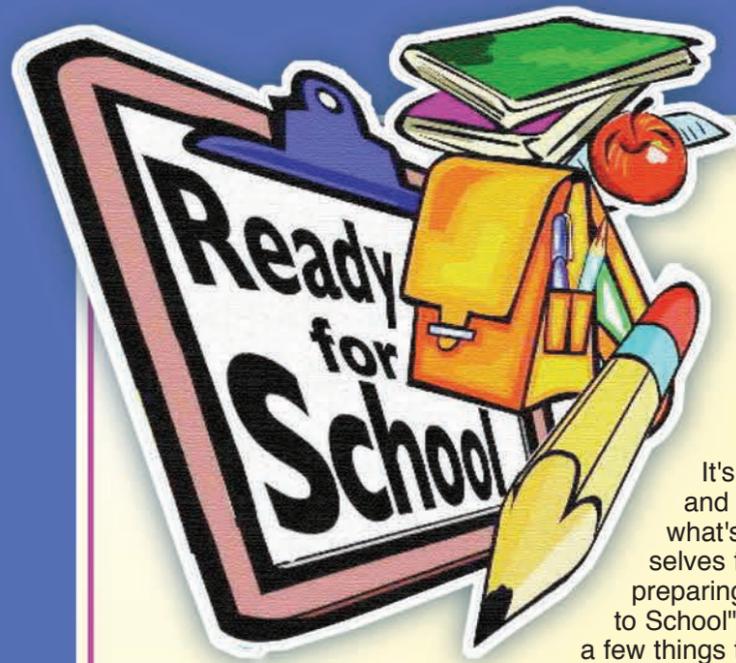
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Class of 2021-22

It's that time again! Between sales, supplies and a rush for the newest and coolest of what's "in" for students, many families find themselves focusing the majority of their energy on preparing for the new school year. For some, "Back to School" is cool for about 10 minutes, but there are a few things that parents and kids can do to make the transition from summer to school less stressful.

Check with your pediatrician and ascertain that your child is up to date on their immunizations. For children entering day care, Kindergarten or their first year in a Florida school, form DH680 is required for enrollment. The same form, updated, is required for children starting 7th grade. Families wishing to opt out of the requirements must use form DH1478. Find a checklist of all requirements and PDFs of these forms at www.BrowardSchools.com.

Need supplies? Before you run off to the store, check social media sites and search the internet for special deals and coupons on back to school stuff. Once you have your list of necessities (usually given on the first day of school), check around your home or home office. Once your child has completed a few grades, chances are good that there is a ruler, glue stick, extra pocket folders, and enough pencils and pens hiding around the house to get them off to the right start. Check through the "junk" drawer and avoid wasting unused resources. And while you're thinking green, reuse last year's backpack and lunch box for the sake of the environment.

Find out where your child's bus stop will be, note pick up and drop off times, and make any arrangements for carpooling with friends/neighbors before the first day of school. Know when your child's school is holding Open House, and be sure to attend it. You'll have the opportunity to meet their new teacher and familiarize kids with their new classroom/school. Know the dress code requirements and, if you're shopping for new clothes, keep them in mind. Put clothes out the night before to ease the morning rush.

Begin earlier bed times a few days before school starts in order to prepare your kids for earlier wake times and a more efficient schedule. Sleep and breakfast are two big necessities for optimum learning! Make sure that your children get plenty of both before they go back to the classroom. Broward County public school classes begin August 18th, so mind the school zones, and plan your morning and afternoon drives so that you're not feeling rushed through the safety slow down.



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*Award received by Our City Magazine, 2020, 2021



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Ms. Manville

Ms. Misiewicz Seltzer

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Mr. Bianchi

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Heron Heights

Park Trails

Riverglades

Somerset Parkland Academy*

Stoneman Douglas

Westglades Middle

BCPS Board Member, District 4

*Unable to attend in person, questions can be submitted in advance

Monday, August 9th 10:00 am
Stoneman Douglas Auditorium

Please email questions for panelists by August 1st to:
cindy@parklandchamber.org

We will attempt to answer all questions, but may be limited due to time allowed.

There is no fee to attend, however advanced registration is required.

Register at parklandchamber.org

<https://bit.ly/362YNjM>

The Athlete's Elbow Part 2

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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

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SUITE 140	<ul style="list-style-type: none"> • Otoralyngology (ENT) • Pulmonology • General Surgery • Physical Medicine and Rehabilitation 	954-265-1616 954-265-6333 954-265-0072 954-276-1600
SUITE 207	<ul style="list-style-type: none"> • 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



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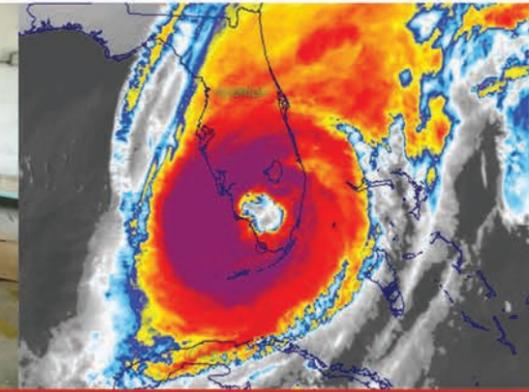
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