

CHRISTMAS EVE

AT PINE TRAILS PARK
WITH COASTAL COMMUNITY CHURCH

DECEMBER 24TH
3:30 PRE-PARTY

- BOUNCE HOUSES
- PHOTO BOOTHS
- LIVE MUSIC
- FAMILY FUN

5:00 CHRISTMAS EVE SERVICE

COASTALCOMMUNITY.TV/CHRISTMAS

PINE TRAILS PARK
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PARKLAND



Spectator

December 2021



happy
Holidays

Coral Springs
Holiday Parade

Dec. 15th

See pages 8-9



EXCLUSIVE • CYPRESS HEAD



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It's All About Community!

Winter Wishes

What a special time of year! With social distancing a part of the past, families are considering their Holiday traditions, and the 2021 Holiday Season is FINALLY HERE! So much has changed in just 20 months...let's look forward to new beginnings!

To repeat our tradition for the seventh year, please consider doing a drive-through Pay it Forward at least once this month. If you're going anyhow, why not take a moment to make someone else's day brighter? The Holidays are the perfect time to truly make a difference for someone who may be stressed over the whole "rush rush" of this time of year. So when you've arrived at the window to pay for your order, tell the cashier you'd like to pay for the car behind you and to please tell them you're wishing them the best for the Holidays! (or insert your favorite comment here...an invite to your church, an invite to 'Pay it Forward' to another unsuspecting person or a wish for them to Have a Great Day). We personally "Triple Dog Dare" you!

And after you've made a difference for a few people you may never meet or get to know, always remember to tell the people you cherish just how important they are to you. You might think it's not necessary, but your kind word can make all of the difference between a bad day and a good one.

Our prayer is for every family touched by the Spectator and every home in between. God bless you and our troops,

Shellie & Scott

Welcome to the Holidays!

By Shellie Miller-Farrugia

Getting through this entire pandemic "lifestyle change" has been quite the challenge! Anticipating the holidays for 2021 has got me a little pensive. When reflecting over the last 20 months and the changes we've all been saddled with, I started the conversation with several different friends to find out what they are doing this year. What seems like a lifetime of change has really only compromised one cycle of the holiday season, though it feels like much more. So here goes... What will December look like for you and your family versus other years?

My friend Sally Dixon lives up in the Nashville area. She says, "We are all gathering at my youngest's for the first time in a long time. I'm so looking forward to seeing my kids and all of my grandkids together!"

Many of us have been craving the company of our friends and relatives that we've been forced to be apart from. There is so much to be said for the physical connection that is vital to the human experience. Research shows us that loneliness is on the rise, and that a lack of human connection can be more harmful to your health than obesity, smoking and high blood pressure.

Let's cross the pond and speak to my friend Joanna, who is from Poland, but lives with her husband and three children in London. She says, "For the first time in the last two years, I'm looking forward to Christmas! We will have a traditional Polish Christmas Eve supper, and then Christmas Day will be all English style."

Personally, our family Holidays have changed a lot since we've become empty-nesters. Those cute little toddlers all grow up and become adults with their own lives and families. Coordinating Mom and Dad and all of the other siblings and grandkids is a fun puzzle to assemble each year. For 2021, our daughter booked a vacation home in the mountains for all of us... getting nine people there coming from all different directions is sure to be a story in itself!

And to remind us all about how families grow and change, let's listen to another friend of mine, Jodie Bland from Louisiana. His perspective is one that many of us look forward to. He tells me, "All of our holiday traditions are the same, and we'll have a new tradition because of our new grandson. I'm looking forward to starting new traditions with him!"

Whatever you've decided to do this Holiday season, please remember that there are family and friends who have been hoping to reconnect with you. Who are they? What can you do today to make a positive difference for both them and yourself?



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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Meet The



Stewart Family

John and Stephanie are busy professionals with two children, Kaylee, 15, and Austin, 11. The family circle is completed by Maverick, their one year old cava-poo.

John works with the City of Coral Springs, and Stephanie is a local realtor. They've lived in Coral Springs since 2006, and are thrilled to raise and grow their family here.

Kaylee has a terrific time playing girls softball with the Coral Springs Pink Panthers team. She is also involved in Girl Scouts, drama, and student council. She is in the seventh grade and her favorite subject is language arts. Kaylee and her team recently received an Excellent rating for their pantomime group performance at the district level with her school's drama troupe.

Austin is on the 11u Coral Springs Clippers Travel Baseball team - the official Travel Baseball team for the Coral Springs American Little League. He recently achieved second place in his age group for MLB's Pitch Hit Run competition at Marlins Park. He also enjoys being part of his fifth grade student government, and math is his favorite subject.

With both kids being very involved with their respective schools, Stephanie enjoys being an active participant in both PTAs.

The Stewarts enjoy traveling, camping, and watching the kids play sports. Since arriving in Coral Springs 15 years ago, Stephanie says, "We love all the neighbors and friends that we've made! We especially enjoy trying new restaurants and going to the parks."

Some of the Stewart's favorite activities during lockdown were riding bikes, playing more board games, doing puzzles, and camping and exploring Florida. Stephanie adds, "We are a very, very busy family, but John and I make a great team! Between everyone's schedules, it's not easy; but we make the time to attend to and support each other."

The Stewarts attend Coastal Community Church in Parkland.



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CORAL SPRINGS
**HOLIDAY
 PARADE**
 SAMPLE ROAD • 7 P.M.
 WEDNESDAY
 DECEMBER 15



Rain Date: Thursday, December 16

PLEASE NOTE: Sample Rd. west of University Dr. and east of NW 110th Ave., and Coral Springs Dr. north of NW 29th St. and south of NW 37th St., will be closed on the day of the parade from 5 p.m. until approximately 10 p.m.

CORALSPRINGS.ORG/EVENTS • 954-344-1111



Annual Holiday Parade Returns to Coral Springs

Wednesday, December 15 at 7 p.m

The city will host its annual Holiday Parade along Sample Road, starting at Coral Springs Drive and ending at City Hall (9500 W Sample Rd.). With over 60 floats to enjoy, this year's theme is "Lights, Camera, Selfie!" and the city will award the top three float entries of the night.

Regarding the popular holiday favorite resuming, Mayor Scott Brook said, "The holiday season is one of the most special times of the year in Coral Springs. Participating and attending the annual parade is a tradition that I enjoy greatly! Community celebrations like the parade are a reminder to appreciate the simple things in life and cherish time with family, friends and neighbors."

Prior to the Holiday Parade, individuals and families are invited to participate in the Coral Springs Holiday Mile Run along the parade route. The run, which is open to runners of all ages and abilities, starts promptly at 6:15 p.m. For more information and to register, visit: www.itzevents.com.

PARKING: Free parking will be available at the City Hall garage with limited handicap parking, located at 9500

West Sample Road. Handicap parking will also be available across from City Hall, 9551 West Sample Road. Access from Wiles Road by turning south on Coral Hills Drive. A handicap parking decal or placard is required.

SEATING: Families are encouraged to bring lawn chairs and blankets to sit along Sample Road. Handicap seating will be available at the intersection of Sample Road and Coral Hills Drive and at the City Hall viewing area. Local restaurants and shops may also have seating available.

TRAFFIC ALERT: Sample Road just west of University Drive and east of NW 110th Avenue; and Coral Springs Drive, north of Royal Palm Boulevard and south of NW 37th Street, close on parade day starting at 5 p.m. and will remain closed until approximately 10 p.m. Motorists are encouraged to seek alternate routes.

In the event of inclement weather, the parade will be held on Thursday, December 16.

For more information, visit www.coral Springs.org/holidayparade

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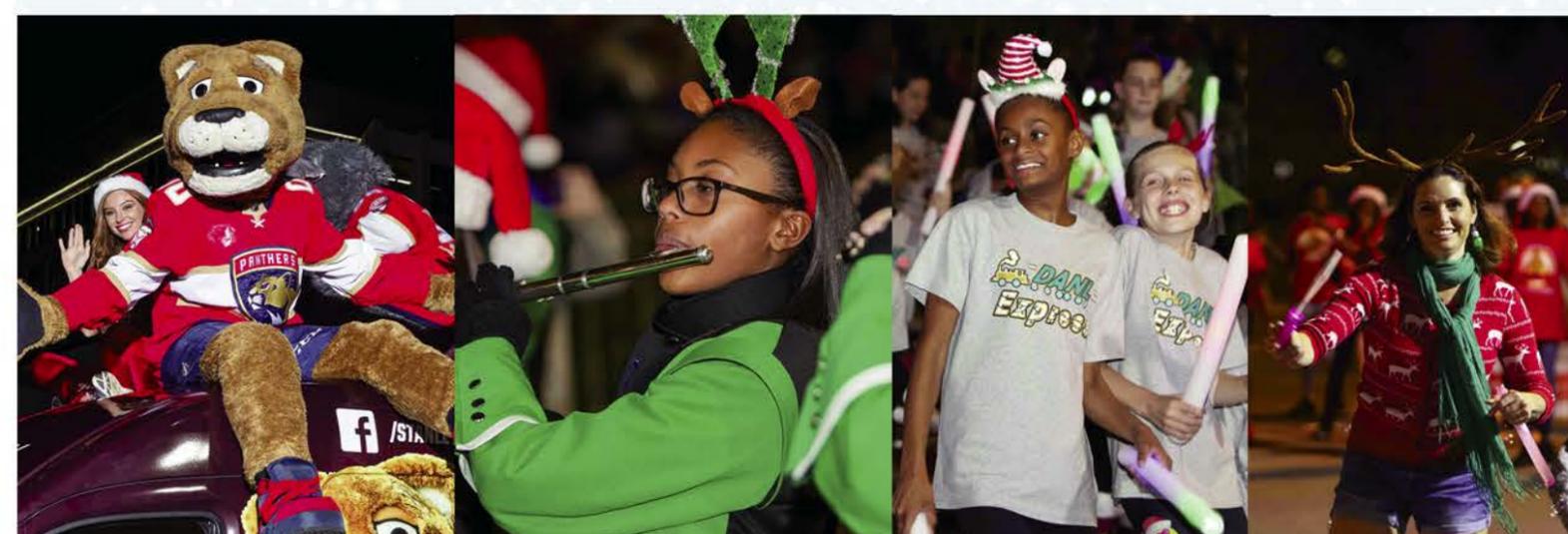
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PREPARATORY SCHOOL**
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Students at North Broward Prep Excel Thanks to International Baccalaureate Program

North Broward Preparatory School offers the International Baccalaureate Program. But what is IB?

North Broward Preparatory School is one of only a few schools in South Florida that offers the International Baccalaureate program, which is often referred to as the gold standard of learning. While most parents are familiar with Advanced Placement courses, the International Baccalaureate program is not as widely known. The International Baccalaureate program, known as IB, is another accelerated program that is viewed favorably by college admissions officers.

The International Baccalaureate Diploma Program is a balanced program of education that prepares students for success at the university level and life beyond. It is designed to address the intellectual, social, emotional and physical well-being of students. At the heart of the IB program is a focus on developing students who are inquirers, thinkers and knowledgeable communicators and risk-takers, but who are also principled, open-minded, caring, balanced and reflective. The program encourages both personal and academic achievement, challenging students to excel in their studies and in their development.

Shayna Singer, a recent North Broward Prep graduate and IB student will study music at Florida State University in the fall. She enjoyed her experience with the IB program and is glad she decided to try the program on the recommendation of friends and her teachers at NBP.

"IB really prepares students in many different ways and definitely prepares you for college more than other high school courses," said Singer.

The IB program is a full academic program. Students eventually test in six subject areas to earn the prestigious IB diploma. The curriculum focuses on developing independently of government and national systems, incorporating quality practice from research and our global community of schools, encouraging students of all ages to consider both local and global contexts and developing multilingual students.

To earn the IB diploma, students not only need to score well on subject area tests, but are also required to research and write a 4,000-word essay and do 150 hours of community service work, in addition to other requirements.

"In terms of your assessments and projects, there is a lot of leniency in regards to what topics you get to choose, which allows you to learn a bit more about what you're interested in and use your own creativity to develop your portfolio," says Singer. "For example, I loved my IB English class because we had the opportunities to do presentations, creative writing, research essays and a huge range of literature."

The program is an excellent option for students who are interested in taking control of their own learning and educational process. As part of Nord Anglia Education, the world's leading educational organization, North Broward Preparatory School provides students with learning experiences that are enhanced through collaborations with Juilliard, MIT and UNICEF – giving students the opportunity to experience a multidisciplinary approach to STEAM and performing arts curriculum. Through Nord Anglia's UNICEF partnership and Global Campus, students connect with 50,000 peers around the world and learn how they can be world changers.

And the results speak for themselves. For the 2020-2021 academic year, Nord Anglia Education schools achieved a diploma pass rate of 98%, well above the global average of 88.96% last year. Also a total of 14 Nord Anglia schools had a perfect 100% pass rate.

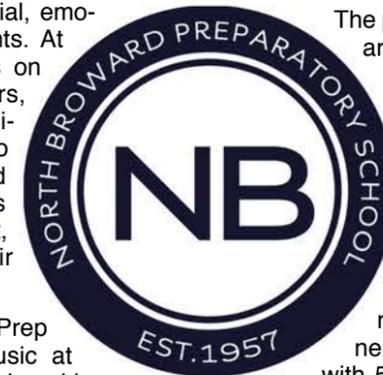
"Having the IB diploma candidate on a college application is very impressive and is one of the first things that college recruiters look for because of the academic rigor of the program," said Tamara Wolpowitz, IB coordinator.

To learn more about the International Baccalaureate Program, take a North Broward Prep guided tour and speak with faculty members. Call 954-247-0179 or go to www.nbps.org/visit.

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- Medication Assisted Treatment (Addiction)
- Solution Focused Therapy

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- Addiction



Crystal Adkins, MSN, APRN, ANP-C, PMHNP-BC

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(786) 453-7956

www.BrighterLifePsychiatry.com

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
See ad & article pages 20-21.

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

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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

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www.parklandrangers.com

Ice Skating & Hockey

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

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com
See ad and article pages 16-17.

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.nwbrcc.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. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit www.springssoccerclub.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 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.

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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 & article pgs 10-11.

SUMMIT ACADEMY CHARTER SCHOOL

K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, www.summitacademy.org.

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)

Scouting

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

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
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Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com See ad & article pgs 16-17.

Basketball

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

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.

Flag Football

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

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com. See ad and article.

Soccer

PARKLAND REC SOCCER
For more info, visit www.parklandsoccer.net.

PARKLAND TRAVEL SOCCER CLUB
For more info, call Roger Thomas 754-368-7138 www.parklandtravelsoccer.com

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Parkland Leagues - Saturday Only
Soccer - Ages 3 - 12
Baseball - Ages 3 - 7
www.i9sports.com
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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
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Parkland Little League Baseball Prepares for Biggest Spring Season Yet

By Ashley Ferraro

Parkland Little League is thrilled to celebrate more than 30 years of baseball and has no plans to slow down anytime soon. The league strives to shape youth into becoming experts on the game of baseball and instill important values like leadership, teamwork, and sportsmanship in each of its players.

"Our mission statement really isn't about winning," says Cara De Meo, who recently took the position as Parkland Little League's president. She emphasizes the focus on shaping social skills that players will take with them off the field and use for the rest of their lives.

Although Parkland Little League plays year-round and has just closed out a Fall Ball season with record numbers, they have even bigger plans for the 2022 Spring season. Cara estimates they'll have the biggest turnout ever come February, as many new families have moved to Parkland. Previous years have seen upwards of 400 players register for Spring, and that number is expected to grow this year.

"We're looking forward to getting back to hosting our big opening day celebration," she adds. Parkland Little League has had to forgo the long-established tradition due to Covid, but everyone hopes that 2022 will allow changes for the best.

Cara was also eager to share that Parkland Little League is taking a brand new approach to uniforms this year. The league will be

using a different manufacturer that gives families the option to order team paraphernalia like hats and t-shirts. This way, they can proudly rep their kids' teams at games and at home.

Little League is the world's largest organized youth sports program. And as much as Little League is about the children, it's also a great way to get families integrated into the community. Parkland Little League is a volunteer-run organization, so parents are always encouraged to get involved as volunteers.

In addition to its Spring and Fall Ball seasons, Parkland Little League affords unique opportunities to local youth throughout the year. This past July, the league hosted a free Major League Baseball Pitch Hit & Run Competition, formulated to recognize individual excellence amongst boys and girls in core baseball and softball skills.

Registration for the 2022 Spring season is now open for Parkland residents ages 4 through 16, and will remain open through December 31st. Children ages 6 or younger will be enrolled in the Tee Ball program. The registration fee for all ages is \$190 and can be paid through Parkland Little League's website.

Parkland Little League practices and plays at both Terramar Park and Pine Trails Park. Most divisions play amongst each other, but the older players are given opportunities to play against neighboring cities. Practices will begin on February 14th, and the season will run through May 31st.

For more information on Parkland Little League, to register your children, or for details on volunteering, please visit www.parklandlittleleague.com.





2022 Spring Baseball

(There will be a \$50 late fee for any registrations after 12/31, and placement is not guaranteed if registered after this date)

Now registering for our Spring Season. (February - May).

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REGISTER ONLINE AT www.parklandlittleleague.com

TO BE ELIGIBLE FOR PARKLAND LITTLE LEAGUE:
All players must provide proof of age (birth certificate) and 3 proofs of residency prior to being assigned to a team. Paperwork requirements will be communicated via email after successful registration of your player. All players must participate in an evaluation for their age division, except Rookie. There are no evaluations in Rookie Division (T-Ball).

Evaluations are held in mid-January and the dates and locations for your player will be sent to you after registration.



Parkland Rangers Finishing Strong!

By Stacy Case

After a year or so of the world undergoing mass uncertainty, disappointing sports cancellations and worldwide influx, the Parkland Rangers Tackle Football Club was not only able to run its 2021 season business as usual, but its four teams each earned a playoff berth in their respective age divisions. One of the teams, in fact, represented the program at the semi-final playoff tier. The program, needless to say, was able to get back to basics and then some.

“Our goal at the beginning of the season was to be able to give back some sense of normalcy to this community,” said Will Billings, who completed his fifth year as the Parkland Rangers President. “Our league wanted to do everything possible in order to (once again) allow our kids to grow and develop from the beginning of the season to the end,” Will said.

Mission accomplished by Will and his half-a-dozen Board Members and approximately 30 other volunteers, who include coaching staff, team parents sideline personnel and plenty of others.

“Everyone was just so engaged and committed to everything this season; to have (Rangers) football in our lives again and to accomplish that without any disruptions was excellent,” Will adds.

This season, the Rangers’ divisions were comprised of players ages 8U, 10U, 12U and 14U, whereas the 12Us fell short when they met up with the Fort Lauderdale Falcons in a late October match-up.

And since about early August when the teams began practicing at their home field of Pine Trails Park, Will said it was then when he felt his group was getting back to its routine.

Additionally, the Rangers had a parents-only pre-season dinner event to kickoff the season and with the newly-sodded fields, Will and company were even happier to host their Pop Warner opponents from Boca Raton, Weston, Fort Lauderdale, Miami and South Bay.

“It was nice to have all of the spectators on our sidelines once again,” said Will, as he was proud to show off his venue’s newly manicured field.

Moreover, the program went back to its tradition of pre-game team dinners with the families, rooted on its cheerleaders at a pre-season competition showcase at home and completed the rest of the season without a hitch.

The Parkland Rangers played (pretty much) as a second home to approximately 100 players and with this season’s success, Will hopes to surpass that amount for the 2022 games when registration opens up sometime in the Spring. Will’s optimism may be based on the Parkland Rangers’ 98 percent return rate from one season to the next.

“It was just great to get back out there; for everyone,” Will adds.

www.MySpectatorOnline.com

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JP Taravella High
Coral Springs High
Coral Glades High

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Coral Springs American Little League Season Celebrates 50 Years While Preparing for The Upcoming Spring Season

By Ashley Ferraro. Photos courtesy of Michelle Richard Photography

Coral Springs American Little League Baseball is gearing up for its 2022 season, hoping to make it the best year yet. The league has been an integral part of the community for the past 50 years and remains the longest-running baseball program in Coral Springs.

Tony Juliano has been volunteering with CSA Little League for over a decade and currently serves as the league's president. "CSA feels like a big family, and we like that type of atmosphere," he says. "Most of the kids stay involved from five through sixteen years old, and it's fun to see how everybody comes back each year."

Thanks to solid leadership, a love for the game of baseball, and the volunteers who make it all possible, Coral Springs American Little League lives through its core values, "Leadership, Character, Courage, and Loyalty, and Teamwork."

Every year, the league draws in hundreds of kids to participate in comprehensive skills training clinics to improve their performance on the field. There's also an emphasis on quality sportsmanship, as children are taught what it means to be a team player and behave diplomatically with their teammates and rival players.

Although CSALL was luckily able to continue playing baseball through the pandemic, the league inevitably faced challenges. After the 50th year anniversary celebration was tabled due to Covid-19 and social distancing measures, Tony plans to host a big get-together to honor American Little League's history in

Coral Springs on opening night of the 2022 season.

"We're just hoping to have a successful year after the last year and a half with Covid and the mandates that came along with it," he adds.

As online registration has already opened, Coral Springs residents ages 4-16 who live south of Wiles Road are encouraged to register for Spring baseball. One in-person registration will be held on January 8th from 10 AM to 1 PM at the Mullins Park clubhouse. Kids in neighboring communities are welcome to register, but anyone living beyond the city's borders will be required to obtain a City of Coral Springs Sports Card.

The season will officially begin with practices in February at Mullins Park and opening night in early March. Games will run through June, followed by the Playoffs and All-Star tournaments, which serve as long-standing traditions of Little League.

CSA Little League has an excellent Tee Ball program for players in the 4-6 age bracket. Tee Ball is a great way to introduce kids to a sport they will learn to love, provide them with an opportunity to foster lifelong friendships, and teach them invaluable social skills. The Tee Ball division alone welcomed 100 players last year, and Tony is confident this year will see an even greater turnout.

For more information on Coral Springs American Little League Baseball or to register for the upcoming Spring season, please visit www.csall.com. See ad on opposite page.

WHEN

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For more information and on line registration please visit WWW.CSALL.COM
You can also email the league at CORALSPRINGSAMERICAN@GMAIL.COM



Maintain, Don't Gain! Holiday Challenge



By Florida Department of Health in Broward County

How's this for a holiday gift: Enjoy good times, good parties and all your favorite food and drinks – without packing on extra pounds.

The key is no secret. Use moderation at all those dinners, family gatherings, faith-based events and other festivities.

“With some planning, smarts and a bit of self-control, you can have a fantastic time without overindulging,” says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County.

Need a little help? Join the Department's “Maintain, Don't Gain! Holiday Challenge,” a seven-week program from Nov. 14 through Dec. 31 offering ways to avoid weight gain. You can join any time. Last year, 1,600 Floridians took advantage.

You get: 1. Seven weekly email newsletters. 2. Tips to host healthier dinners, manage holiday stress and survive a holiday party. 3. Weekly challenges with prizes. 4. Support through social media. 5. Healthy holiday recipes. 6. Motivation and support from other participants.

For information and to register, go to www.healthiestweightflorida.com/activities/holiday.html.

In the meantime, here are 10 tips for healthy holiday eating from the Centers for Disease Control and Prevention (CDC) and other experts:

1. Don't deny yourself. It's OK to indulge a bit. Skipping all the fun increases your desire to binge.
2. Don't go to a dinner party on an empty stomach. Eat a healthy breakfast or lunch with fruits and vegetables, plus protein such as tuna salad, nuts, eggs, yogurt or cheese.
3. View holiday events as less about food and more about spending time with family and friends.
4. If it won't insult the hosts, bring a healthy dish to share. That gives you a treat if the other food is waist-busting. Try baking with whole grains and applesauce in place of white flour and oil.
5. At the buffet, sample your favorites and skip the rest. Let others be first in line. Eating last may help you cut down on seconds.
6. If you're not hungry but tempted by sight and smell, nibble on small portions of favorites.
7. Set a mental goal of filling half your plate with fruits and veggies, one-quarter with protein and one-quarter with whole grains.
8. Walk away from the buffet table to mingle while you eat. Eat slowly and savor every bite. Hang out with talkers, not eaters.
9. Hold off on getting seconds. Our bodies may take 20 minutes after eating to feel full.
10. Drinking water with food helps you feel fuller, quicker. Also, limit alcohol, which has calories and can lower your willpower.

If you overdo it, a nice walk helps you feel better. The next day, resume healthy meals.



The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.



Howard J. Gelb, MD

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