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See pages 6-7

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By Bill Sohl

What will happen to the housing market in 2022?

The number one question I am asked is "What will happen to the housing market in 2022?". Numerous articles have been written and expert opinions given regarding the 2022 housing market. Although predictions vary, most agree home prices will continue to rise during 2022. Despite the agreement on increases, there are different schools of thought concerning the rate of appreciation. For instance, Realtor.com projects South Florida home prices will increase by 6% during 2022. In contrast, Zillow predicts home prices could rise by 15%. The Florida Realtors Association believes the below factors will have the greatest effect on home value appreciation in South Florida during 2022.

- Increase in Inventory
- Increase in mortgage interest rates
- New developments hitting the market

During normal times an increase in the inventory of homes cools prices. However, our inventory is critically low and it will take time to rebuild an inventory able to slow price increases. At the time of writing this article, there are many communities in Coral Springs and Parkland with zero homes for sale. Although many experts are predicting homeowners will flood the market with houses, as they try to capitalize on this strong seller's market, I do not feel enough of them will this year. There are many reasons why homeowners are not selling. Thus, I believe the lack of inventory will remain one of the biggest issues homebuyers will face this year and it will fuel continued jumps in home values.

Traditionally, rising interest rates negatively affect home prices. An increase in rates reduce the amount buyers can afford thereby causing home prices to decline. The majority of Bill Sohl Luxury Homes Team's transactions in 2021 were cash purchases without financing. The same is true for many real estate transactions in our area. Simply put, our current real estate market is cash-supported and not predominately dependent on borrowed money. Most individuals moving here are coming from states where home prices are

substantially higher allowing them to purchase a home with cash. Since this is a cash-driven market, it is not unreasonable to suggest rising interest rates might not influence our home values in 2022 as much as predicted.

Although there are new construction projects offering single-family homes in other parts of South Florida, Coral Springs does not have any and the projects in Parkland are almost sold out. Most individuals moving here are looking for space, yards for the children to play, private pools, and privacy. Therefore, the new multi-story/multi-family projects are not going to satisfy the demand for single-family homes. Our lack of inventory in Coral Springs/Parkland is not going to be solved by new construction in 2022.

In closing, home prices are going to see strong appreciation for most of the year. For this reason, it really is a great time to sell. As always, please feel free to contact me at any time with your questions and requests for more information.

Bill Sohl & Associates
www.BillSohlSellsParkland.com
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See ad on opposite page





Publishers, Shellie & Scott Farrugia

It's All About Community!

Let's Focus on Love!

February is Heart Health month! Please see the articles on pages 6,7, and 22 for critical insight that may save you and your loved ones from a tragic cardiac event.

This issue is full of inspiration. We are so happy to focus on people who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic.

These last few years have been a time of reflection, rebuilding and reconnecting with the priorities that matter most to families in our community. The tragedy we faced together four years ago has taught us that being there to support and comfort others is vital. Whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. Our children are always watching!

We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy February by offering love and service to friends and neighbors in our community.

Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

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On the cover: Broward Health Coral Springs. Game-Changing Cardiac Care. See pages 6-7.



Love the Experience! Get OFF the phone

By Shellie Miller-Farrugia

Music has always been a Love of mine. A few short years ago was the first time I went to a concert and the primary focus of the audience WAS NOT solely on the performers. While expectations of big venues, interactive crowds and the amazing sight of pyro and technical light shows are some of what encouraged me to attend, what I found was quite different and a bit disarming. As the band took the stage and the crowd cheered, immediately a sea of blue screens came to light as a vast majority of attendants recorded the concert for social media posts and future viewing. The experience of a live concert, to me, is the actual occurrence of everything happening around me. From the people I've never met who share my row, or stand in front of me and block my view, all the way to that couple with up front seats who can't help but get up and dance on their chairs, make out, and crowd surf, in previous years I would leave every venue with a sense of real community and participation. After the last few concerts I've gone to, I feel that the portable convenience of cell phones has made the entire occurrence less memorable, both to myself and the people who are recording the event.

And please don't get me started with texting and driving! So many of us "love" to drive. We love the open road, the sense of adventure, and the freedom of a day out. How many lives do we need to lose because someone wanted to reply to a message or a post on Facebook instead of enjoying the friends who were riding with them, the experience of the world outside, or the anticipation of a destination?

A horse lover and trainer my entire life, I am very experienced with regard to most everything equine. Horses, having minds of their own despite expert training, can still be unpredictable. Riding them is not for the faint of heart, but for people who have a deep love for the great outdoors, a fellow being, and a sense of adventure. Having been a passenger in several ambulances after rides gone awry, I can attest to the fact that a terrific temperament can't predict everything. It's a bit like driving a car; if it was foreseeable, it wouldn't be called an accident.

So many happy memories have come from trail rides, whether I've been alone on my favorite steed, or with a crowd of friends talking about everything under the sun. How appalled was I last week to see three girls riding their trio of horses down my street, each of them focused on their cell phone? They weren't talking to each other, and their animals were in a position to do whatever they chose. I shudder to think about catastrophic outcomes. When did we decide that loving the experience was not as valuable as a text message?

I challenge you to arrange for an annual family photo shoot instead of interrupting precious moments with dozens of daily snaps. I encourage you to take your child to the park and play WITH them. Leave your phone in the car. Look your baby in the face and TELL them they are beautiful, smart and talented instead of putting their picture on Instagram or Facebook and receiving validation from people you might not see except for an occasional party, wedding or funeral. If you want to chat with a friend, make time for them IN PERSON.

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Broward Health's Commitment to Advanced Heart Care

Broward Health is committed to investing in advanced cardiac services upgrades. With its more than 50-year history of providing heart care, Broward Health is considered a leader in cardiovascular treatments.

As one of the nation's top 10 largest public hospital systems, Broward Health's multidisciplinary team of experienced cardiac team provides comprehensive clinical, surgical, and rehabilitative care.

Advanced Care Close to Home

Both Broward Health Coral Springs and Broward Health Imperial Point recently expanded cardiovascular offerings with state-of-the-art cardiac catheterization labs to provide patients with advanced and life-saving cardiac procedures close to home.

"A cardiac cath lab is a special unit in the hospital with advanced imaging capacities, and we use those imaging techniques to diagnose different heart conditions," said Mohamed Osman, M.D., an interventional cardiologist and medical director of cardiovascular services at Broward Health Coral Springs.

At Broward Health Imperial Point, the cath lab and interventional radiology suite is on the ground floor and seamlessly combines interconnected services, providing patients with the highest quality, timely care.

At Broward Health Coral Springs, patients also have access to advanced screenings and diagnoses in the hospital's expansive cardiac cath lab that includes four patient care bays and is equipped with the latest patient monitoring technology.

"The goal of our cardiac cath lab is to help improve the overall health of the community," said Jared Smith, CEO of Broward Health Coral Springs. "Our physicians perform a variety of diagnostic tests associated with cardiac and vascular diseases, so patients are treated closer to home."



A Leader in Cardiac Technology

In bringing the latest in cardiac care to Florida, Broward Health Medical Center recently established a robotic electrophysiology program to treat heart rhythm disorders by partnering with Stereotaxis. It's the only hospital in South Florida offering robotic-assisted procedures to treat patients suffering from arrhythmias and is the first in Florida to adopt the latest Genesis Robotic Magnetic Navigation system.

Broward Health Medical Center was also the first hospital in Broward County to offer patients with non-valvular atrial fibrillation (NVAF), an alternative to long-term blood thinners with the next-generation WATCHMAN FLX Left Atrial Appendage Closure (LAAC) implant. The WATCHMAN FLX also may reduce the risk of stroke in patients with NVAF who need an alternative to oral anticoagulation therapy.

In addition to being the first in bringing this technology, Broward Health is part of a large-scale clinical trial looking to expand the patient population eligible for the Watchman FLX.

A clinical study, partly conducted at Broward Health Medical Center, revealed that the WATCHMAN FLX had a success rate of about 99%, said Ahmed Osman, M.D., medical director of the Cardiac Electrophysiology Lab at Broward Health Medical Center. "We can discontinue blood thinners and have just as much protection from stroke," he said.

The re-imagined cardiac cath labs, clinical trials and the use of first-in-its-kind technology are just a few examples of Broward Health's multilayered approach to advanced cardiac care with a focus on enhancing patients' health and wellness.

For more information, please visit www.BrowardHealth.org/Cardiac or call 954-759-7500

6 Deadly Heart Conditions

Knowing the Signs of Heart Disease Can Save Your Life

By Mammen P. Zachariah, M.D.



Heart disease is the leading cause of death in the United States. With the heart, immediate treatment can lessen the damage and having access to a specialized cardiac team is crucial.

See a doctor if you have these symptoms:

- **Feelings of indigestion or heartburn, any discomfort, pressure, aching, burning, or squeezing or chest pain**
- **Shortness of breath**
- **Palpitations – irregular heartbeats or a “flip-flop” feeling in your chest**
- **An elevated heartbeat**
- **Weakness or dizziness, nausea or sweating**
- **Pain in the shoulders, arms, neck, throat, jaw or back**

If any of the above symptoms last five minutes or longer call 911 immediately.

5 Other Heart Conditions to Watch:

Heart Failure: occurs when the heart isn't pumping as strongly as it should. Symptoms include shortness of breath and swelling.

Arrhythmia: occurs when the heart beats out of rhythm. If untreated, arrhythmia can lead to stroke, heart failure or cardiac arrest.

Coronary Artery Disease: occurs when not enough oxygen rich blood is delivered to the heart. Symptoms can vary and many experience no symptoms.

Cardiomyopathy: reduces the heart muscle's ability to pump blood. Symptoms include irregular heartbeat, shortness of breath, exhaustion, ankle and legs swelling or fainting.

Heart Valve Disease: occurs when one or more of the valves doesn't work properly. Symptoms include unusual heartbeat, fatigue, shortness of breath and swelling of the lower extremities.

A multidisciplinary approach in cardiac care is key. For more information, visit BrowardHealth.org/CardiacCare or call 954.759.7500.



Meet The



Photo by Michelle Richard Photography

Snowden Family

Gregg and Lisa relocated to Coral Springs two years ago, and have happily settled their family of two children, Nicholas, 9, and Gianna, 7, and two rescue dogs, Trainer and Ginger. Lisa says, "We really love the family-oriented community that exists in Coral Springs. We especially like our neighborhood and the proximity to the kids' school."

Gregg is a Vice President and Account Director for a large, global ad agency, where he has been for 15 years. Lisa has been working in athletics at Florida Atlantic University for the last 14 years. She is also a certified fitness trainer, and coaches individual and group classes.

Nicholas and Gianna both attend Park Springs Elementary school. Nicholas is in the fourth grade and appreciates math the most. Gianna is in second grade and her favorite subject is reading.

Nicholas is an avid golfer and likes to practice each week. On the weekends, you may find him at a local junior golf tournament or spending time out on the course practicing. Gianna participates in competitive gymnastics and trains with her team 12 hours each week. During season, Gianna can be found competing at meets around the state. Lisa tells us, "When the kids are not playing sports, you can find them in the pool or riding their scooters."

Gregg loves to golf and enjoys spending time coaching Nicholas. Involved in many local events and charities through his work, Gregg's involvement has benefited Autism Speaks, Susan G. Komen, and the American Cancer Society, amongst others. Gregg is also an Executive Board member of the Winterfest Boat Parade.

Lisa tells us that her true passion is fitness. She says, "When I'm not coaching others, I'm working on my own fitness goals each day."

When it's time to hang out with the family, Gregg tells us, "We love a movie night at home, having such busy schedules, we enjoy the down time together as a family. If we can escape for the weekend, our favorite thing to do, is a weekend trip to Naples for a little R&R, and to collect shells on the beach. We also enjoy fishing and finding new miniature golf courses to play." When I ask about the festivities for Valentine's Day, Lisa says, "For the past 12 years we make our own valentine's day cards for each other and now the kids do that, too."

The Snowdens attend services at Saint Elizabeth Ann Seton catholic church.



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Family Dining

Sabrina Cozzolino is one of the many stars of the show at Parkland's popular Deja Blue Mediterranean restaurant. With an incredible interior design that spills onto the spacious deck overlooking a gorgeous lit water feature on a lovely lake, the restaurant has become a staple for people to enjoy the fabulous food and electric atmosphere.

"So much happens around the table and in the kitchen basically around food" Sabrina says, "but it's all about the moment, the atmosphere and the People you share a meal with. We hear a lot that stepping at Déjà Blue feels like stepping in a home and for many we literally are in their backyard!" Everything she says is spot on! When entering the restaurant, you are immersed into the world of the Mediterranean culture and invited to become part of the family.



Deja Blue has always been involved in charitable giving. Co-owner Sabrina tells us, "We are proud to serve our community and would go above and beyond to help the less fortunate "Yes, we give back, but we also receive a lot! From encouraging and supporting residents of SOS children's Village, to local families in need, feeding the homeless, and giving back in all kinds of other areas that benefit our community as a whole."

Sabrina sees the community as much more than just Parkland. She says, "Parkland is a hidden gem and, although Deja Blue started as its best kept secret, we are now excited to serve guest from Palm beach to Coral Gables"

Open in 2016, Deja Blue was created by Marco Cozzolino & Ignazio Pediconi, a childhood friend. Marco and Sabrina settled in Parkland in 2008 with their three children. She emphasizes her point, "Not only do we work here, but we live in this community, and appreciate all that it brings." Ignazio, thanks to his very I-tech expertise and to the time difference, is the perfect partner to help manage this successful business from the comfort of his home in Italy.

Focused on special events throughout the year, Sabrina tells me, "This is where memories are made, and our attention to detail is very evident whether it's a 100th birthday celebration, a Bat Mitzvah, a 250 guest wedding or a celebration of life; we make sure that each event is spectacular."

One of the main things at Déjà Blue is a true sense of family. Every person working there is part of a unique bond. Sabrina loves every member of their team and tells us, "Whenever I am interviewing someone for a job here, I ask them if they are ready to joined a new family. We have such a strong team," she continues. "Each of them has contributed to the success of Deja Blue and we have the utmost respect and love for them."

For more information please see www.dejabluerestaurants.com or call and make your reservation at (954) 345-0128



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Emotional Intelligence at Valentine's

By Lisa May

We all know that IQ measures intelligence, but are you aware of EQ? EQ is our emotional intelligence. In the best-selling book, Emotional Intelligence, Daniel Goleman documented the research indicating that IQ intelligence only accounts for about 20 percent of a person's success in life. So what accounts for the other 80%? Researchers believe a big piece of the puzzle is Emotional Intelligence – the capacity to ACQUIRE and APPLY emotional information.

People with strong emotional intelligence are more effective and successful in their career, make healthier choices, have more influence, make better decisions, make better grades, and they have better professional and personal relationships.

Research shows that once we become adults, there's little we can do to increase our IQ. The good news is you can grow your EQ regardless of your age. Although we have no control over our chronological age, we do have control over our emotional age. Emotionally we can be stuck at any age. We can be adults with very high IQ, but on the inside, we might have a very low EQ.

Sustaining a loving relationship depends on both partners achieving a level of emotional maturity where you are capable of mutual concern.

Emotional Intelligence is categorized by four stages of development.

1) Emotional Infants: *"I want it when I want it."*

- You have what I need.
- I will force you to give it to me.
- You owe it to me.
- It's all or nothing.

2) Emotional Children: *Doesn't say what's wrong...acts out in behavior and keeps you guessing.*

- You have something that I want, and I will find a way to get it from you.
- I will lie, trick, manipulate and whine to get what I want.
- I will see revenge if you do not give me enough.
- I will get even with you for the pain you cause me by not doing what I want

3) Emotional Adolescents: *"Don't tell me what to do!"*

- "Don't tell me what to do."
- My autonomy is threatened by needing and taking too much from a relationship.
- I misunderstand your requests as attempts to control me.
- I am rebellious when criticized, corrected or directed.

4) Emotional Adults: *Capacity for mutual concern: able to listen with empathy: confides needs in a caring, positive manner. Desire for relationship to win.*

- I can listen with empathy without demanding, manipulating, or rebelling regarding others' reality.
- I am self-aware and can receive criticism without becoming defensive.
- I am able to give and take pleasure without fear of painful loss, lack of control or loss of autonomy.
- I can speak congruently in my own behalf or in behalf of the relationship, even at the risk of displeasing you.

If we're honest with ourselves we will acknowledge that we exhibit some of the characteristics from time to time in all levels, especially when we're angry. You become an emotional adult whenever your desire to PROTECT is GREATER than your desire to BE PROTECTED, AND your desire to LOVE is greater than your desire to BE LOVED.

Lisa May is Executive Director of Live the Life South Florida and is dedicated to strengthening marriages and families through healthy relationship education beginning in middle school through senior adults.

She can be reached at LisaMay@livethelife.org or by mail at 5110 N. Federal Hwy. Suite 102, Fort Lauderdale, FL 33308



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| Coral Springs Gymnasium | (954)345-2107 |
| Cypress Park Pool | (954)345-2109 |
| Cypress Park Tennis | (954)345-2100 |
| Mullins Park Pool | (954)345-2170 |
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Parkland Connections

Parkland Little League

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

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

Cheerleading

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

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Football Contact: 786-236-0948 or info@parklandrangers.com

Cheer contact: 786-236-0948 or cheer@parklandrangers.com.

Flag Football

PARKLAND FLAG FOOTBALL
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Lacrosse

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

Soccer

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

PARKLAND TRAVEL SOCCER CLUB
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www.parklandtravelsoccer.com

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Special Needs

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

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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

Scouting

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Find a local unit at www.beascout.org

Adult Softball

For more info. contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

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| | |
|--------------------------------|---------------|
| 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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| P-REC | (954)757-4105 |



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Rec Soccer Takes to Local Fields

By Stacy Case

Recreational soccer in this community has stayed true to form for several decades. It still proves to be a staple in youth sports that consistently attracts a few thousand area youngsters every year from late Fall into the early part of the Spring.



And city programs from both Parkland and Coral Springs have done their due diligence in offering perfectly manicured fields (Pine Trails along with Mullins and North Community Park, respectively) for all of these years, commingled with countless Board Members, volunteer coaches and team parents.

Both of these well-oiled machines host those as young as Under 5 up to Under 18, both gender specific as well as co-ed divisions, despite what their soccer resumes may include.

"Everyone gets placed on a team and gets to play, regardless of experience and/or skill set," says Doug Cole, who has been the president for Parkland Soccer for more than a decade, and is accompanied by about two dozen other Board Members. Doug continues..."The mission of Parkland Soccer is to foster the self-esteem, physical fitness, respect and achievement, provide inclusive involvement of members by demonstrating a caring organization-one that is modeled around sportsmanship, fair play, and participant safety and positive enthusiasm."

Across the city limits in Coral Springs, Steve Cimaglia's recreational program seems to mirror the similar concepts as those set forth by the Parkland program.

As Coral Springs Youth Soccer (CSYS) is governed by about 30 volunteer Board Members, Steve credits his league's offerings as "providing a fun and safe environment for the development of youth soccer players in our community."

And, while Steve is in the tail end of his second year as CSYS's president, his approximately 2,000 players are able to take to the fields due to the efforts of such dedicated volunteers and a well-run city program.

In fact, due to the less-lengthy-than-other sports programs, Steve compliments the CSYS league for continuing to give area youths the chance to participate in one of the oldest sports organizations in the city.

"It's a short, fun-filled season, and gives kids and families the opportunity to get involved in other activities for the remainder of the year," adds Steve.

He concludes... "learning the game of soccer, making new friends and having fun is what we're all about."

And to cement Doug's positive outlook on the mainstay creed of his Parkland program, he says he has "a great, all-volunteer staff that continues to do an outstanding job for the greater good of all the participants; a shout out as well to all the coaches who commit and volunteer their time to promote sportsmanship and teach the game." Doug also attributes the league's longevity to the successful foundation that was built by Pete and Linda Gado, who have both since passed away, and their early dedication to Parkland Soccer.

For more info, visit parklandsoccer.net or CSYS.org.





Listening, loving, and caring for those who struggle

By Shellie Miller-Farrugia

With a passion for others, and an understanding for people who struggle within themselves, Heather Palacios has an encouraging message and a mission. The self-described “pastor’s wife and cheerleader,” has been struggling with thoughts of suicide since she was eight years old. Her mission to listen to and empower others to change their minds about their self-destructive actions and thoughts is an encouragement to people everywhere!

Whenever Heather does visitations, whether to a home, medical or psychiatric hospital, rehab or detox, she always brings a Life Box. She says, “The life box contains three essentials I’ve needed since age 8 to help me be beat the temptation of suicide: a Bible, a journal, and a pen. Those are the non-negotiables, but in addition to that, I don’t want people to feel that it’s a religious bait and switch, so I include items that are age/gender fitting that encourage them and help get their mind off their mind.” In addition to the three essentials, Heather includes things like Chapstick, bookmarks, candy, playing cards, puzzles, mini zen gardens and coloring books.

Focused on this life-saving mission, Heather still struggles with thoughts of suicide but feels strongly that, “I can battle this temptation and still help people.”

Heather gives us insight about how everything came together. “During the Covid shut down, I was prohibited from pastoral visitations and it was breaking my heart because they were reaching out and I couldn’t get to them. From 2020, I know more people that died from suicide, and overdose than from COVID itself. In 13 months, Heather and her team have shipped out 2,300 life boxes to 45 states and five countries!

A day after our interview, a priority mail Life Box showed up on my doorstep. When I opened it, it was such a breath of fresh air! It had a beautiful card inside with a long, hand written note, some encouraging “words for women,” a bracelet, and a variety of little items that everyone appreciates, as well as a lovely journal and pen. Even though I am just a reporter, it still made me feel loved, special, and appreciated!

Word of Heather’s Life Boxes has gotten out, and people all over the world are being encouraged and connected. She tells me that even organizations are reaching out for help including military bases, schools, rehab centers, and ordinary people like you and I. Do you know someone who is struggling? To encourage and connect someone you care about to this amazing vision, go to www.wonderful.com and click on “life boxes.”



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**It's Your HEART
It's Your CHOICE**

By Craig Hostig, M.D., FACC -The Heart Group of South Florida

There have been incredible technological advancements in cardiology over the past 2-3 decades. Cardiologists have had to spend additional time training in various subspecialties to keep up with the growth of new procedures and devices. Advanced cardiac imaging (coronary CT Angiography & Cardiac MRI) is having a significant impact on how we diagnose various structural cardiac abnormalities. Biotechnological advances are being used to develop a new generation of drugs. There is work being done in the field of genetics which may result in our ability one day to grow a new heart from your own DNA. But for now, genetic testing can be helpful in screening and diagnosing common cardiac conditions. It can also provide information which can help tailor medical therapy for the individual patient. This information can be obtained with a simple swab of the cheek in the office.

Coronary CTA and Cardiac MRI through sophisticated software can create extremely detailed images of the heart and its arteries. Coronary CTA is used to image a beating heart to look for blockages in arteries that measure only a few millimeters in diameter. If you do have cholesterol plaque in your arteries, you may need one of the new monoclonal anti-body drugs in addition to traditional statin therapy to slow the progression of the disease. If symptoms are so severe or if you are having a heart attack you may require a coronary stent. The technology has advanced rapidly from nearly obsolete balloon angioplasty to drug coated stents.

Some people have disorders of the cardiac electrical system requiring the placement of pacemakers and/or defibrillators. Some of the new generation pacemakers are leadless, while defibrillators can be implanted under your skin without wires entering the heart. Arrhythmias can be cured with advanced ablation therapy. Atrial fibrillation is a type of arrhythmia which is associated with a high stroke risk. These types of strokes can be prevented by implanting a device in the heart. Patients with congestive heart failure can be treated with specialized implantable pacemakers and defibrillators which can actually improve the strength of



the heart. Other more complex devices are now commonly used for patients awaiting heart transplants.

How fortunate we are to have all this technology at our disposal! Wouldn't you be more fortunate not to ever need it? I truly believe much of heart disease can be prevented. Although at this time, there is not much we can do to change our genetic makeup, there are many opportunities to alter your own personal risk factors. Obesity, an epidemic in this country, has been implicated to cause direct cardiac damage. Obesity can lead to other serious risk factors including diabetes, hypertension and sleep apnea. As you can see, the list of diseases associated with obesity grows exponentially.

So, maybe it's time to take a low-tech approach to heart disease. Diet, exercise, weight management, adequate sleep, stress reduction, and avoidance of toxic substances like tobacco do not require advanced technology. This low tech approach should apply to your entire family including your children. If all they know is a healthy lifestyle the better off they will be. Physical activity and stress reduction can absolutely help prevent and manage heart disease. Exercise can include brisk walking, dancing, gardening and even household chores. Recommendations for stress reduction can include breathing exercises, meditation, soothing music and yoga.

So, get up, go for a walk, and think about what I've written and how important protecting your heart is to you and your family. Be accountable for your own health and maybe even more important, the health of your children. Make a commitment to yourself and your family starting today. It may sound simple, but making the right choices can lead to a longer, happier and healthier life.

Happy to announce my new affiliation with Broward Health Coral Springs starting July 2022!

**The Heart Group of South Florida
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For an appointment please call 954-884-0111
See ad on page 5.**

Knee Injuries: The ACL

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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Broward County is the Place to Be!

By Mayor of Broward County, Michael Udine

Ready to focus on your health and wellness?

The Parks Foundation of Broward County and will be hosting three new yoga and meditation classes at Long Key Natural Area, Quiet Waters Park, and T.Y. (Topeekeegee Yugnee) Park. The best part? The classes are FREE to Broward residents. If you would like more information on the schedule and how to join and find your moment of Zen, please visit broward.org/Parks!

In January, I attended Broward County Cultural Division's event Ignite Broward. This event is in its 2nd year and features interactive video and light displays by artists throughout our community. Events like this showcase to the public the world-class talent and creativity found throughout our community. Broward County is committed to public art displays and investing in artists. For more information and opportunities to participate in events please visit broward.org/Arts.

Broward's Powerhouse Port is on a roll! Port Everglades continues to set new records for cargo offloads and is expanding its offerings for cruises. The increase in cargo is due to the new Super Post-Panamax gantry cranes, and upcoming dredging that will further increase capacity by allowing larger vessels to call on our port. Cruises are also on the upswing even with the current environment. With offerings from all the major cruise lines, and the addition of Disney Cruise Lines, Port Everglades is ready to sail into this year and make its mark.

Broward County is working towards making sure every resident that needs a COVID-19 test can get one. In partnership with the State of Florida, and Florida Department of Health, Broward County stands ready to increase capacity as needed. Broward has the sites ready to increase capacity as resources are provided. I look forward to working with municipalities throughout the county to provide these vital resources to protect public health. Please remember to only get a test when one is needed, and that the best way to protect yourself is to vaccinate today.

February 14th marks the 4th anniversary when our community experienced the horrific tragedy of the shooting at MSD. We continue and will always be available to support those affected. It is difficult to put into words the feelings I have from that day and the collective pain our community has endured. I will do everything in my power to support better mental health services, and the best resources that can be provided.

The top priority in my office is that we stay connected with the residents of District 3 and Broward County. We are available by phone, email, and social media. Reach me at MUdine@Broward.org or at my office at (954) 357-7003. Follow on social media @CommissionerMichaelUdine on Facebook and @MichaelUdine on Twitter or Instagram to receive important updates and see what is happening in our community. Let's connect!



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Up & Coming

Florida Renaissance Festival 30th Anniversary Celebration - weekends only; Feb 5 – March 20

All Lords and Ladies are cordially invited to step back in time during seven weekends of adventure at the annual Florida Renaissance Festival. New themed weekends, new entertainment acts and more await those who look fondly upon years (ahem, centuries) past. All are invited to the grandiose events taking place at Deerfield Beach's Quiet Waters Park. Special theme weekends encourage patrons to be their favorite knight, wizard, viking and more! Please see the ad & article on pages 27 and back cover. For more info, call 954-776-1642 or see www.Ren-Fest.com

Parkland Farmers' Market - Sun, Feb 6 & 10

Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

"Celebrate Your Love" Couple's Valentine's Dinner & Dance brought to you by Calvary Chapel Parkland - Saturday, February 12

Fellowship, dine, and dance with your loved one at this special Valentine's Saturday, February 12 at, 6-10pm | \$41/Person Couples, celebrate your love for one another as you enjoy a romantic evening of dinner and dancing at the beautiful Marriott

hotel 11775 Heron Bay Blvd, Coral Springs, FL 33076. The menu includes a delicious Caesar salad with rolls, savory roasted chicken, and will be followed by coffee and tea and a delectable red velvet cake. For more information, e-mail Shelly at ShellSingh1ss@gmail.com

From Trash to Treasure - Community -wide yard sale Sunday, March 13

From 9am to 1pm. Do you have unwanted treasures in your home? Turn them into cash! "One person's trash is another's treasure!" Join the fun at the Parkland Library Community Garage Sale. Those wishing to sell please drop off applications at the library along with \$35 and reserve a space! Any unsold goods can be left and will be donated to charity. To register and pay online see www.parklandfriends.org

Coral Springs Community Celebration- Saturday, February 19

From 5:30 to 9:30 PM, The City of Coral Springs is excited to invite residents and business owners to a State of the City Celebration and Concert. This fun family-friendly event will feature food vendors, a live outdoor concert and update on the city's successes and future projects. The entertainment feature will be Attica, a South Florida Classic Rock band, and a huge variety of food trucks will be on hand to purchase eats while beer and wine will also be available for purchase. Limited seating is available, but blankets and chairs are encouraged. Please refrain from bringing any outside food and alcohol to the event. Free parking is available at the City Hall parking garage.



George Quiroga Photography

The Florida Renaissance Festival 30th Anniversary Celebration

For three decades, patrons of the Florida Renaissance Festival have traveled back in time to become the Villains, Vikings, Pirates, and Heroes of age-old legends. As the family-friendly festival prepares to open in 2022, it brings a magical allure for one and all. Fantastic weekends scheduled from February 5th through March 20th will be nothing short of spectacular!

The Kingdom will be graced by returning favorite acts alongside completely new performances to entertain and delight patrons. The extensive village is an experience in time travel, greeting fans with jousting knights, harmonious melodies, wicked wenches, magicians, and more. A feast made for a King or Queen of favorite food and drink await hungry travelers dressed for celebration, as do the numerous paths leading to artisan craft shops, live music, jesters and much more.

"For 30 years we've provided South Floridians with a Renaissance experience unlike any other, where fans can commemorate their favorite time periods and myths of cultures," says Bobby Rodriguez, founder, and producer of the Florida Renaissance Festival.

Florida Renaissance Themed Weekends

Music, comedy, jousting, magic and much more promises that every moment at the festival is a feast for the senses! Witness a heart-pounding medieval live-action stunt show that combines trick riding, vaulting, chariot racing, death-defying stunts, full contact jousting and a gladiator style spectacle. Experience a spectacle where the winner takes all, princess, kingdom, and treasure, but at what price?

The seven themed weekends feature unique opportunities for fun and expression!

1) Pirate Invasion, February 5th and 6th - A Swashbuckling Adventure! - Calling all Pirates, Buccaneers and Scallywags!

2) Viking's, February 12th and 13th - A Warrior's Weekend - The Vikings are loyal friends yet fearsome

foes, and they are here in our village this weekend to dominate the day!

3) Steampunk Time Travelers', February 19th and 20th - A Revolution of Invention - The unexpected is never a surprise on Steampunk Weekend!

4) Wonderful World of Wenchies, February 26th and 27th - For Wenchies Weekend we honor and celebrate all the glorious goddesses in our lives.

5) Heroes and Villains, March 5th and 6th - A Cosplay Carnival! -The warriors of light and the armies of darkness wander the village this weekend. Are you a hero or a villain?

6) Highland Fling, March 12th and 13th - A Celtic Celebration! - Eat, drink and be merry as we revel in the mysteries and magnificence of the Celtic nations. On Saint Patty's Day, everyone is Irish, so wear something green and grab a pint!

7) Potter's Magical Finale! March 19th and 20th - A Frolic of Faeries! - Harry Potter and friends, and the entire staff of Hogwarts, and all magical academies of higher learning cast a benevolent spell to call forth a magical finale to our festival.

Prices range from \$32 for adults and \$14 for children ages 6 to 11 years of age. Children 5 and younger are free. Special seasonal passes are available for \$150 (adults), \$89 (children) and group ticket rates are also offered.

While costumes are not necessary for admittance, thousands of people enhance their experience by donning garb from the Renaissance era or participating in one of the festival's special themed weekends.

For tickets and more information visit: www.ren-fest.com; Find us on Facebook or follow @FlaRenFest on Twitter and Instagram. If you prefer the ancient method, call 954-776-1642. See ad on back cover.



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