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# It's All About Community!

## Mom and Pop need YOUR Help!

Now that we have been encouraged to carefully venture out, please patronize your favorite local stores, salons, eateries, and more!! Our neighborhood businesses have had a rough time, and they deserve our support! Those who have made it through these two unpredictable years deserve our empathy, encouragement, and patronage!

Another group of people who deserve a GIANT SHOUT OUT are the GRADUATES OF 2022! We are so proud of you and your achievements! This historical time is one that none of us will ever forget.

This month's issue is dedicated to MOMS! I mean, where would any of us be without her?! Please look through and enjoy the various articles that serve to celebrate her, help her get organized, and honor her contributions to our families.

Finally, we pray for every family touched by the Spectator, and every home in between. Our hearts are with you,

*Shellie & Scott*

## Every mother is a pillar of strength

By Wylie Farrugia

The first stage of motherhood can begin in many different ways. However it happens, whether biological or not, there's no doubt that the maternal instincts that kick in are felt the same way. This feeling can come alive as soon as you see the two little lines on a pink stick or the moment you realize you are eligible to adopt a child. In that moment, you may feel a multitude of things, but I guarantee that every emotion runs deep to your heart and radiates to those around you.

When I saw those two little lines myself for the first time this past January, it came as a big surprise. I was a little scared, a little unsure, but more than anything, I felt an overwhelming sense of peace. The way that I had wanted it to happen all these years was not the way that it did, but in that moment it didn't matter, and every moment after that in this early stage of motherhood.

Motherhood may come when you least expect it, but it doesn't make it any less special than when you plan for it. This was a lesson I learned as I stared down at those two lines. This was a lesson that was reinforced when I saw my baby's heartbeat on the ultrasound. Knowing that as much as I didn't plan for this, I am equipped to be an amazing mother.

It may seem like a whirlwind, calling your family members and telling them; seeing those that you love's reaction to the big news. It's amazing to know that you are carrying a light inside of you that will one day brighten the lives of others and be an illumination in somebody's dark world. It is such a blessing that you are able to carry this light, and nourish it with your body and soul.

When I think of the baby that's growing inside me, I think of the Woman who carried me inside of her, and the woman who carried her inside of her. I think of all the mothers that brought me here to grow this precious life. The sacrifices that those mothers made, the suffering they endured, the love that shaped a long line of my ancestors, and the love that will continue on to my own baby and into future generations. I want more than ever to strengthen my weaknesses so that I can guide my little one in the direction that their heart yearns to go with confidence and compassion.

To all of the mothers out there, I want you to know that you are a pillar of strength to those around you. You are an inspiration to the younger generations that you are raising, and your ancestors would be proud to see how their family line has grown and transformed. It's up to us to break generational patterns of negativity and abuse. It's up to us to heal ourselves so that we may raise compassionate, strong willed individuals. It's more important now than ever to encourage your children's and grandchildren's light to shine bright in this seemingly heartless world. Happy Mother's Day to you and always remember that you have such a unique and wonderful power to shape the world we live in by loving and growing the next generation of children who will one day carry the torch.

**Happy Mother's Day**



Publishers, Shellie & Scott Farrugia

### Spectator™ Magazine

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## Broward Health “Breaks the Bias” Shining a Light on Health Disparities for Black Women

By Shawnette Saddler, M.D., Internal Medicine, Broward Health Physician Group

When I was a medical resident and pregnant with my third child, I nearly suffered a stroke while waiting in the emergency room for treatment of high blood pressure. Fortunately, I knew enough about the urgency of my symptoms to speak up and demand the care I needed, just in time. Sadly, thousands of other women fare much worse.

quality care: access to affordable health care and implicit bias.

Health insurance is expensive, and levels of care vary greatly limiting patients on everything from eligible, in-network providers to screenings and available treatments.

Statistics show that Black women are three-and-a-half times more likely to die from complications during childbirth than white women, and the infant mortality rate in the Black community is significantly higher when compared to non-minorities. To help bridge this gap, I recently participated in a virtual discussion hosted by The Broward County Library titled “Break the Bias: Black Women's Healthcare in Crisis.”



The second barrier, implicit bias, is not often discussed and is the biggest contributor to the disparities in health-care for Black women in the U.S. There are preconceived stereotypes and judgements that are made as soon as a patient walks in the door. That may be a judgement of the single mom, who holds three jobs and therefore can't get her children to the doctor, or the assumption that a patient with a history of drug use is there not for a legitimate medical issue but only to get a prescription refilled.

I joined a group of concerned female physicians from Broward Health and other providers to shine a light on common bias. We shared personal experiences and had a frank discussion regarding what Black women encounter while seeking medical care. During the session, my colleagues and I empowered participants by offering strategies they could use and shared a list of recommended questions they should ask their primary care physicians.

We all have unconscious biases. Refraining from jumping to conclusions and taking the time to individualize care is the solution. That's why it's so important for patients to be informed and to ask the right questions. In healthcare, it can literally mean the difference between life and death.

Through my professional and personal experience, there are two main obstacles to achieving access to

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### TIMELY HEART ATTACK AND STROKE CARE MAKES ALL THE DIFFERENCE

When faced with a heart attack or stroke, timing is everything. Broward Health's leading Cardiac and Stroke Centers provide life-saving care close to home.

Recognizing the signs and symptoms and acting quickly could mean the difference between life and death. **Learn the warning signs.**



#### Signs & Symptoms of a Heart Attack:

- Chest Discomfort
- Discomfort in Other Areas of the Upper Body
- Shortness of Breath



#### Act F.A.S.T. During a Stroke:

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to Call 9-1-1

If you experience any of these symptoms **CALL 9-1-1** immediately.



Meet The

# Sugrim Family



**Settled in Parkland for 10 years now**, Rennard and Zenobia are thrilled to be raising their four children in such a beautiful place. "From the Carnival, Food Truck meets, Halloween, Farmer's Market and other activities that are put up by the city; There's always something to look forward to," Zenobia shares. She and Rennard's three sons and one daughter are Tristyn, 11, Dylan, 9, Ayden, 6, and Athena, 4. A toy poodle, Zeus, completes the family.

The Sugrims own and operate Prestige Autowerks in Coral Springs. Rennard is following in his father's footsteps doing diagnostics together with complete auto repair and maintenance. Zenobia was a certified compounding pharmacy technician with a stellar career until the couple decided to start their family. She says, "Currently, I am a full-time mother to 4, with a very busy schedule!"

Athena is in VPK at Seton Ridge Children Learning Center. Ayden is in Kindergarten and Dylan is in 4th grade at Heron Heights. Tristyn is in 6th grade at West Glades Middle School.

Tristyn, Dylan and Ayden all play flag football and basketball on Parkland teams. Dylan, Ayden and Athena play soccer. Ayden plays coach pitch baseball; Dylan plays travel baseball for the Florida Pokers and Tristyn plays travel baseball for the South Florida Anglers. Rennard enjoys volunteering his time being an assistant coach for the boys Rec baseball teams. Zenobia volunteers at Heron Heights for Kindergarten and 4th grade with an art program called Meet the Masters. Rennard says, "We are always supportive of community events." Together, the Sugrims have contributed, participated and volunteered in the Annual Rizzo Family Walk, Gina Montalto Memorial Egg My Lawn, Lift Up For Women, and donate to a non profit organization in Guyana known as SaveAbee, an organization that educates and cares for orphan children and families in need.

Rennard was born in Toronto, Canada and is of Guyanese heritage. Zenobia was born in The Fiji Islands of Polynesian and Egyptian heritage. Both met in Toronto, got married and started their family in Florida 13 years ago. Zenobia, who is very engaging and friendly, tells us, "Our family is a unique and dynamic mix of different cultures that we embrace and enjoy. Rennard and I always wanted a big family and we are blessed to have one."

Looking forward to her special day, Zenobia says, "What I enjoy the most about being a mom is that I am able to be home with my children and be hands on with them in their growth! I love watching them progress and achieve their goals in all that life has to offer them. On Mother's Day I look forward to their school Mother's day crafts and homemade cards."

When time allows, Rennard says, "We enjoy traveling together, site seeing, going on adventures, fishing and snorkeling on our vacations. We love to have family movie nights, attend baseball games, and we love to have hibachi dinners."

The Sugrims attend St Andrew's Catholic Church in Coral Springs



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*Every remarkable experience begins with Passion.*

Coconut Creek boasts a new, uniquely created Italian restaurant at the Promenade that focuses on a thoughtful menu with quality food in a warm and welcoming space. Owner, Doug Zeif, has been part of the restaurant industry for most of his life. Together with his wife, Jennifer, the couple has brought their passion and experience to our corner of Broward county with their newest creation, Truli Italian Food & Drink.

Opened in January of this year, patrons have been impressed with the generous portion sizes, choices for special dietary needs, and the wide variety of wines available. Food and hospitality create a sense of satisfaction for Doug, his wife, Jennifer, and their four sons. "Two of our grown sons currently have careers in the hospitality industry, although I tried to talk them out of it!" Doug tells us proudly and smugly.

His experience began at an early age, and through college, Doug worked in just about every position from running kitchens to bartending to concept creation. He has, indeed, worn all of the hats. An important part in his early career was taking The Cheesecake Factory from one restaurant to more than 33, as he developed a 200 item menu, and helped create the universal appeal of the brand.

The fresh, beautiful atmosphere at Truli is the beginning of another new brand that will surely see its popularity increase as word of mouth spreads the delicious news from one satisfied family to the next.

The menu boasts many of your Italian comfort-food favorites, along with a few unique items that whisper from the

page, "Try me," like roasted Limoncello wings with pepperoni sauce (yes, they did that!) or Snapper Livornese. Pizza crusts are available in the traditional style, gluten-free, and cauliflower,.. Doug and his team take dietary restrictions very seriously.

First and foremost, their target is to have families and diners returning often, as they have focused their menu to be financially comfortable, their portion sizes to be generous, and their servers to be personable and efficient. The Zeif's professional background ensures that diners will be met with quality fare, an enticing atmosphere, and a memorable experience. From antipasti to soup to Create Your Own pasta (from \$9.50!) to traditional Italian sit down meals, explore the menu and get excited! Customize your dish to fit your needs. Make room in the future for the homemade dolce and, of course, generous portions of leftovers you'll be bringing home!



Owners, Doug & Jennifer Zeif

"We are so happy to be in Coconut Creek," Doug tells us. "We love the Promenade! The feedback we are getting has been phenomenal, and we are so happy to be in a community that is supporting us as locals."

Open Tuesday through Sunday for lunch & dinner and Sunday brunch, Happy Hour is daily from 4p-6p and there are nightly "special offers" to help with the current inflation rate! Make sure to get over to Truli right away!

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For Boys & Girls

Birth Year 2015 - 2011  
Time: 9:00 am - 12 Noon  
Starts: June 13  
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## Springs Soccer Club Offers a Unique Holistic Approach to Player Development

By Ashley Ferraro

Born during the pandemic, Springs Soccer Club faced some unusual challenges in getting its program off the ground. Unable to hold tryouts or spend much time on the field, they still managed to pull three competitive teams together. However, with a vision of success and the help of world-class coaches, the club grew from three to thirteen competitive teams in a single year.

Springs Soccer Club is the only recognized travel soccer program in the city of Coral Springs, playing and practicing at Cypress Park. The club offers several admirable programs, including player development, competitive travel soccer, and First Touch.

The SSC In-House player development program is focused on refining skills on the field in a fun, safe, and supportive environment. Players are empowered to explore and develop their knowledge and talents while gaining an appreciation for the game of soccer.

Children also have the opportunity to participate in the competitive travel program, where they form teams and play against neighboring cities. The younger players travel within the tri-country area while teams U13 and up travel around the state of Florida. Tryouts for the competitive program are set to take place the first week of May.

Springs Soccer Club is also very excited about its First Touch program, which will start up again in June, right after school ends. First Touch is open to children in the U6 age groups, implementing creative and fun drills while including a weekly competition. Laurie Thomas, Executive Director of the Springs Soccer Club, notes that this age is one of the most critical times in someone's life to start adopting these skills.

"We want to introduce soccer in a way that opens up doors of possibility for all young kids both on the field and off," says Laurie Thomas. "The goal is for kids to not only learn the wonderful game of soccer, but to have fun, build social skills, improve self-confidence and instill a brave, creative

go for it mentality that can help provide the right foundation for the rest of their lives!"

Like the development and competitive programs, First Touch is led by professionals who train with an age-appropriate curriculum and demonstrate a growth mindset.

"We hire coaches who are ambitious and want to continue their own development so that we can bring that to our players," says Laurie.

By hiring coaches with values, integrity, a competitive edge, and yet, still humble, Springs Soccer Club can shape players individually. The goal is to use a holistic approach to develop youth in their personal growth both on and off the field.

"We're developing kids and using soccer as the tool," adds Laurie.

Spring Soccer Club's Director of Methodology, Roger Thomas, implements a periodization plan to ensure the club adheres to specific benchmarks based on age group throughout the year.

With such a comprehensive approach to player character development, it's just as crucial for the parents to play their role in the process. Spring Soccer Club engages parents through parent education meetings, which maximize the opportunity for parents to support their children.

The club is eager to welcome both beginner and competitive players, with various programs to suit unique player needs.

Spring Soccer Club also welcomes local businesses as sponsors. The long-term goal is to be a more comprehensive soccer club with the support of the city and the families that live here.

For more info. and to register your child, visit [www.springsoccerclub.com](http://www.springsoccerclub.com). See ad on opposite page.



# Coral Springs Connections

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## Running

### NORTHWEST BROWARD ROAD RUNNERS

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

## Soccer

### CORAL SPRINGS RECREATIONAL

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

### NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit [www.springsoccerclub.com](http://www.springsoccerclub.com). See ad and article on pages 12-13.

## Softball

### YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and September-November. See the website at [www.coralspringssoftball.com](http://www.coralspringssoftball.com) or call (954)344-0171. See ad below

### CORAL SPRINGS WOMEN'S SOFTBALL

Players 18 & older can join the slow-pitch teams that play on Sundays and Monday evenings at Forest Hills Park. Call Barb Pantazis (954) 344-4449.

## Swimming

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For more information see [AquaticComplex.com](http://AquaticComplex.com)

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### NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See ad on page 25.

## Special Needs

### PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

### CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329 or [www.challengerbaseballofbroward.com](http://www.challengerbaseballofbroward.com)

### THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## Volleyball

### SAND TURTLES VOLLEYBALL CLUB

Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. [www.sandturtlesvolleyball.com](http://www.sandturtlesvolleyball.com)

## Parkland P-Rec

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park)

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade Find a local unit at [www.beascout.org](http://www.beascout.org)

## 19 Sports - Youth Sports Leagues

### Coral Springs Leagues - Saturday & Sunday Options

Soccer - Ages 3 - 12  
Flag Football - Ages 4 - 13  
Baseball - Ages 3 - 7  
Indoor Basketball - Ages 5 - 12

[www.i9sports.com](http://www.i9sports.com)  
954-227-9955 (M-F, 9am-8pm)

## Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall .....	(954)344-1828
Coral Springs Gymnasium .....	(954)345-2107
Cypress Park Pool .....	(954)345-2109
Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
Sportsplex Tennis Center .....	(954)344-1840
Parks and Recreation .....	(954)345-2200
Parks Field Conditions .....	(954)344-1187

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[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

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Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).  
See ad on page 14.

## Flag Football

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

## Lacrosse

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

## Soccer

**PARKLAND REC SOCCER**  
For more info, visit [www.parklandsoccer.net](http://www.parklandsoccer.net).

**PARKLAND TRAVEL SOCCER CLUB**  
For more info, call Roger Thomas 754-368-7138  
[www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com)

## Private Schools & Camps

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## Special Needs

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## Scouting

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Find a local unit at [www.beascout.org](http://www.beascout.org)

## Adult Softball

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

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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 Board is preparing for flag football

By Stacy Case

Although Spring has sprung, that does not mean that Fall sports are not in the forefront of locals' minds. In fact, the 15 board members of the Parkland Flag Football League prepare year round, and are in the midst of their pre season plans for their upcoming season. From designing uniforms and aligning divisions accordingly, to game scheduling and putting the finishing touches on the new turf fields (going to be three this year), the league volunteers do not take an off-season.

With more than 1,000 area youths having taken to the league's home field of Pine Trails Park last Fall, Matt Kaufman is optimistic that his program's 2022 season will recruit even more players.

He credits that to several different reasons and compliments his program's qualities. "We have a true communal, family environment, and everyone creates memories each time they're at the field," says Matt, who is in his third year as the Parkland Flag Football League president.

Aside from the feel-good atmosphere that Matt's program yields, he also breaks down some of the more specific take-aways from the game as a whole.

"Youth sports in general, can teach life lessons; they learn teamwork, how to take direction, deal with disappointment, handle success, develop confidence and learn how to compete," Matt adds, about the league in which his own son participates. "Building social skills and learning how to speak up changes the way they interact with others off the field. Makes them more comfortable in their own skin."

And perhaps such the environment in which Matt and

Company continue to provide since the league's inception a couple of decades ago is reason enough as to why the Parkland Flag Football player retention is so high.

"We would love to retain 100 percent of the families and only lose the players who age out of the program," Matt adds. "We continue to grow as more and more people keep moving to the area, and these kids truly have a great time with their friends."

All of the aforementioned 'life' skills are consistently offered by Parkland Flag for both boys and girls from as young as kindergarten all the way through high school years.

This past season, and according to Matt, the 2022 season will once again offer the following age divisions: girls (K, age 7-9, age 10 and 11, age 12-14, and high school); boys (K, age 6 and 7, age 8 and 9, age 10 and 11, age 12 and 13, high school). They always need coaches. This is a chance for parents to get involved with the kids.

Each age division has its own player evaluation, draft and Super Bowl. Additionally, each team meets up two to three times each week for a combination of games and practices. Evaluations will be the week of August 15th. Practice begins the week of August 22nd. The regular season starts after Labor Day and ends the first week of November.

Registration for the 2022 season is currently open and is scheduled to close the first week of August. Sign up early. Do not wait until August. If the demand is what Matt expects, they may have to cap the number of players.

For more info, please visit [Parklandflag.com](http://Parklandflag.com). See ad on opposite page.



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

REGISTRATION OPENS APRIL 25!  
for the fall season beginning in August

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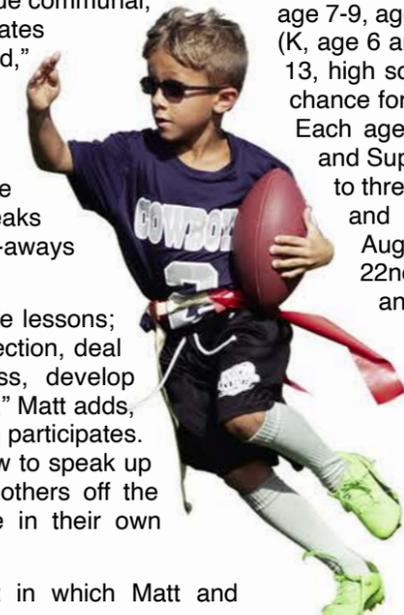
<h3>Co-ed NEW Divisions</h3> <ul style="list-style-type: none"> <li>• Kindergarten</li> <li>• Ages 6 &amp; 7</li> <li>• Ages 8 &amp; 9</li> </ul>	<h3>All Girls Divisions</h3> <ul style="list-style-type: none"> <li>• Ages 10 &amp; 11</li> <li>• Ages 12 &amp; 13</li> <li>• High School</li> </ul>
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*Divine Trust*  
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Many in our community had the pleasure of getting to know Dr. Nancy Wiley through her orthodontics practice in the Coral Springs/Parkland area. Since retiring from her practice last year, she has gone on to author a book on spiritual practices called Divine Trust: A Practical Guide to End Your Suffering and Find Your Way Home. Dr. Nancy has long been a spiritual seeker and scholar as well as being highly educated in the medical sciences. In this book, and in her new practice as a spiritual coach and speaker, she turns her attention to healing spiritual wounds rather than physical ones.

Her new book is informed as much by her own life experiences as the mother of a daughter with special needs as it is by her education, which has included one-on-one studies with spiritual leaders who guided her in advanced meditation techniques. She explored various paths to enlightenment through meditations on love, gratitude, forgiveness, and divine presence. She spent time learning different types of breathwork and mantras. In her book, she explains that the most healing practice she learned was entering a state of Divine Trust. She describes it as profound shift in her soul, which she longed to share with others.

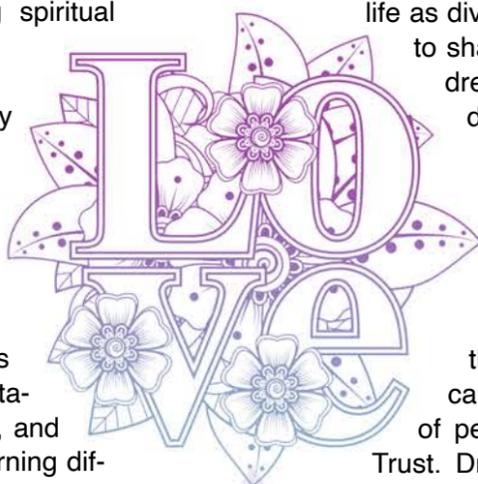
Four years ago, when our community endured the tragic shootings at Marjory Stoneman Douglas Highschool, Dr. Nancy discovered that by entering a state of Divine Trust, even in situations where she experienced a depth of empathy and suffering, she was able to attain a deep sense of peace, like com-

ing home. This state completely melted away any and all suffering. In her book she writes about the experience as a radical realignment of her whole Being.

Dr. Nancy has been practicing Divine Trust for many years, and she believes that humanity is now on the brink of a massive shift. We are breaking out of familiar mindsets and learning to navigate from a more holistic consciousness, taking a quantum leap into life as divine beings. She longed for a way to share this understanding, but never dreamed that she would write it all down in a book until, one day she sat down and that was exactly what she did. Words that she hadn't been able to articulate before flowed without effort.

In her book, Dr. Nancy explains the simple techniques that anyone can learn in order to achieve a state of peace and healing through Divine Trust. Dr. Nancy's healing book couldn't have come at a better time, as there is so much suffering in our community and in the world due to violence and war. An easy read at 86 pages, Divine Trust: A Practical Guide to End Your Suffering and Find Your Way Home is available in Kindle and paperback formats at Amazon. The Audible edition will be available after May 1st.

**To learn more and to sign up for classes at Parkland Recreation and Enrichment Center please visit [TrustTheDivine.com](http://TrustTheDivine.com) or email [drnancy@trustthedivine.com](mailto:drnancy@trustthedivine.com).**



## 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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## The Rainbow Diet & How it can Improve your Family's Health

By Dr. Rosemarie Rutecki

When someone asks a mother what gift she would like, a thought that comes to her mind is to have a healthy family.

There's no more extraordinary gift than having health. Health starts in the kitchen, and food is your medicine.

The Rainbow diet is high in phytonutrients or phytochemicals, and they are components of plants that are powerful defenders of health. Studies show that people who eat more plant foods have a reduced risk of chronic diseases such as diabetes, heart disease, and cancer.

Phytonutrients stimulate enzymes that help the body get rid of toxins, boost the immune system, improve cardiovascular health, promote healthy estrogen metabolism, and encourage the death of cancer cells.

Fruits and vegetables are rich sources of phytonutrients, for example, whole grains, legumes, herbs, spices, nuts, seeds, and teas. Phytonutrients in food come in all different colors—green, yellow-orange, red, blue-purple, and white.

Aiming to eat two of each color per day is a healthy goal! While darker-colored plants are generally higher in phytonutrients, fruits and veggies from the white family have potent contributions.

Take a look at what you are eating and write down the color. If you notice you are not eating many colors, try incorporating new foods, as each food will give a different code of information to your cells.

Combining good sources of protein with fruits and vegetables, the color of the Rainbow will significantly improve your health.

**Dr. Rosemarie Rutecki is a Pharmacist, Board-Certified in Functional Medicine You can contact her at [www.functional-pharmacy.com](http://www.functional-pharmacy.com).**

### Six Steps to Getting More Phytonutrients

**1. Aim for Nine Servings of Plant Foods every day.** A typical serving is half a cup of cooked vegetables, one cup of raw leafy vegetables, or a medium-sized piece of fruit.

**2. Know Your Phytonutrient Sources.** The options for phytonutrient-rich meals are limitless. Here are some sources of phytonutrients to get you started: any plant foods, including fruits, vegetables, whole grains, legumes, nuts, seeds, and even herbs and spices.



**3. Eat the Rainbow of Colors.** Make it your goal to get the entire seven colors every day with various foods.

**4. Vary Your Choices.** One helpful hint is to try a new food every week to ensure that you are getting a wider variety of foods.

**5. Maximize Combinations—**experiment with combining plant foods and observe how you feel. For example, putting turmeric, black pepper, and olive oil together in a meal may enhance your health's phytonutrient

effects of all three foods. Adding lemon juice to spinach helps iron become more absorbed by your body.

**6. Be Creative with Substitutions.** Some foods give us more phytonutrients than others! For example, you could substitute mashed potatoes with mashed purple potatoes or sweet potatoes.

To help you increase color in your diet, go to [www.functional-pharmacy.com](http://www.functional-pharmacy.com), and sign up to download the Phytonutrient Spectrum Food Checklist. It's a great guide that my kids love to account for how many colors they have eaten in the day.

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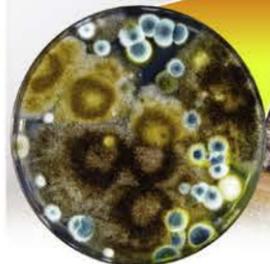
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Organizing Your Home is a Journey, Not a Destination



By Carmen Johnson, owner of Simply Organized

To the mom who feels even a little bit overwhelmed at the thought of organizing your home, you should immediately breathe a sigh of relief. Because truthfully, even the best home organizers are barely capable of completing the simplest tasks – like ironing and making one minute oatmeal. But what home organizers are good at is walking into a room, seeing past the mess and coming up with a strategic plan of attack. So, if we can somehow create sense out of chaos, I bet you can, too!

Organizing can be hard – it requires work, time, and thoughtfulness, and it can be more emotional than people expect. But if you have a system in place and rules to follow – and you don't bite off more than you can chew – you can get there. All you need is a basic understanding of the process, a healthy dose of inner honesty, and a host of strategies, tools, tips, and tricks to help you figure out how to best organize your space.



You may be wondering, where do you even begin? One thing I share with my clients is to always start the organizing process by paring down your items to the ones that are most used, most loved, and most important. It does not matter if you are organizing your closet, or your junk drawer – categorizing each item to decide what to keep, what to trash and what to donate will always bring you success. By going through this process, you'll make room for the things you use and love and get rid of things that have been holding you back from a perfectly organized home. The key to this strategy is all about setting the bar just low enough that you can accomplish all kinds of bite-sized victories!

A challenge I see often when helping my clients is getting rid of stuff. If you find yourself in the same position,

ask yourself the following 5 questions to help you pare down the items that really do not have a home in your home: Do I need it? Do I ever use it? Do I ever WANT to use it? Do I like it? Is it sentimental? 9 times out of 10, you will find you can easily answer any one of these and make a quick decision on an item to keep before you begin the organization process.

I am not going to lie to you: Keeping your newly organized space looking beautiful will take effort. It won't be difficult, and it won't be painful, but it will require a commitment to the order you just created. The good news is that by going through the purging and organizing steps, you've innately created a system that essentially is plug and play. If you've done it right, you should have a system that works not only for the size of your space and amount of your things, but also the function of that space. And involve your children in the process! I find kids love being a part of the process of organizing – it also gives them a sense of calm. Our kids are all trained in school to have routines and systems – take advantage of that and have the same expectations at home. You would be surprised how much they involve themselves in maintaining when they are part of the process.

*Carmen, has worked as a home organizer in Coral Springs since 2020. Organization is her love language and she enjoys creating systems for moms who need to control the clutter and chaos in their home. Please follow Carmen on Instagram @simplyorganizedcarmen*



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Visit [www.nbps.org](http://www.nbps.org) or call 954-247-0179



# Up & Coming

**Coral Springs/Parkland National Day of Prayer - Thursday, May 05** The Clergy Coalition of Coral Springs and Parkland will honor and celebrate Annual National Day of Prayer. A designated youth representative from each congregation will deliver a brief prayer on behalf of their religious community focused on our leaders, nation and world peace. Event will be held at 7:00 PM at the Coral Springs Center for the arts, 2855 Coral Springs Drive. For more info, e-mail [Lcutz@coralsprings.org](mailto:Lcutz@coralsprings.org).

**Bites-N-Sips - Friday, May 06** From 5:30pm to 09:30pm Residents can travel to a galaxy far, far away (without leaving Coral Springs) at this special, themed Bites-N-Sips. The event will feature an array of food trucks, cocktail stations, vendors, kid-friendly activities, and music. Kids can also create an "out-of-this-world" Mother's Day card for the special women in their life. Parking is free at the City Hall garage. For more info. Please email [events@coralsprings.org](mailto:events@coralsprings.org)

**Mayor's Chess Challenge - Saturday, May 07** From 9am - 12pm. Families and students of all ages are invited to join Mayor Scott Brook along with elected officials and community leaders, for a game of chess. This is a free, open play event, so registration is not necessary. For more info please call 954-345-2200

**Parkland Eats 'n' Beats - Saturday, May 7** Bring the entire family for a blast from 7 to 9 PM at the Pine trails Park amphitheater, 10561 Trails End, Parkland. There will be plenty of food trucks while everyone enjoys a free concert by Private Stock. For more info, call 954-757-4107.

**MOTHER'S DAY, Sunday, May 8** Whether she appreciates your funny side, seriousness, loving antics, or dedication, today is her special day, so how do you plan to honor her? Brunch, flowers, her favorite candy, or a lot of really big hugs... or if she's gone, sharing stories of happy memories. Make this Mother's Day one to remember!

**Stop the Bleed Day, Thursday, May 19** The Stop the Bleed program is a nationwide initiative with the goal to train every American in Basic Bleeding Control Techniques. During the FREE course, you'll be taught how to: Recognize Life-Threatening Bleeding, Apply Effective Pressure, Use a Tourniquet, Pack a Wound. You will receive a certificate of completion for the Stop the Bleed program and the knowledge and confidence to help yourself or others in need when a bleeding emergency happens. For more info call 954-344-5934 or email [CSFD@coralsprings.org](mailto:CSFD@coralsprings.org)

**Drowning Prevention Event, Sunday, May 22** From 10:00 am to 1:00 pm. Join us for an entertaining and educational experience for families of all ages! Participate in water safety activities and wear your swimsuits. Learn about resources to help make your home water-safe. CPR Practice, Music, Prizes, Waterpark & Pool Fun. Sign up for vouchers for future Swim Lessons. Cypress Pool, 1300 Coral Springs Drive, Coral Springs 33071. For more info; 954-344-5934 or email [CSFD@coralsprings.org](mailto:CSFD@coralsprings.org)

**Parkland Memorial Day Celebration, Sunday, May 29** Come to the Pine Trails Amphitheater, 10561 Trails End, for a celebration of our fallen heroes. Enjoy patriotic performances from the 13th Army band, meet friends and neighbors, and purchase delicious treats from a variety of food trucks. For further info, call 954-757-4107

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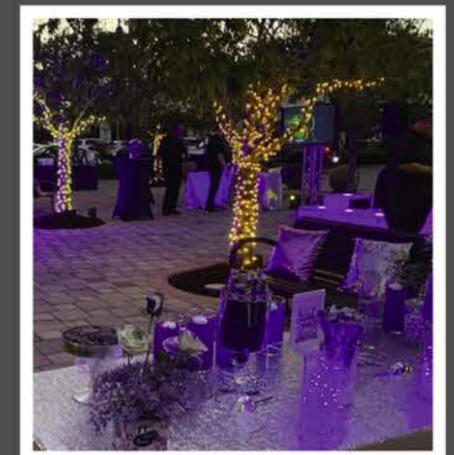
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