



Coral Springs & Parkland Celebrating 20 Years As The #1 Family Resource!

Spectator

June 2022



NOW OPEN!

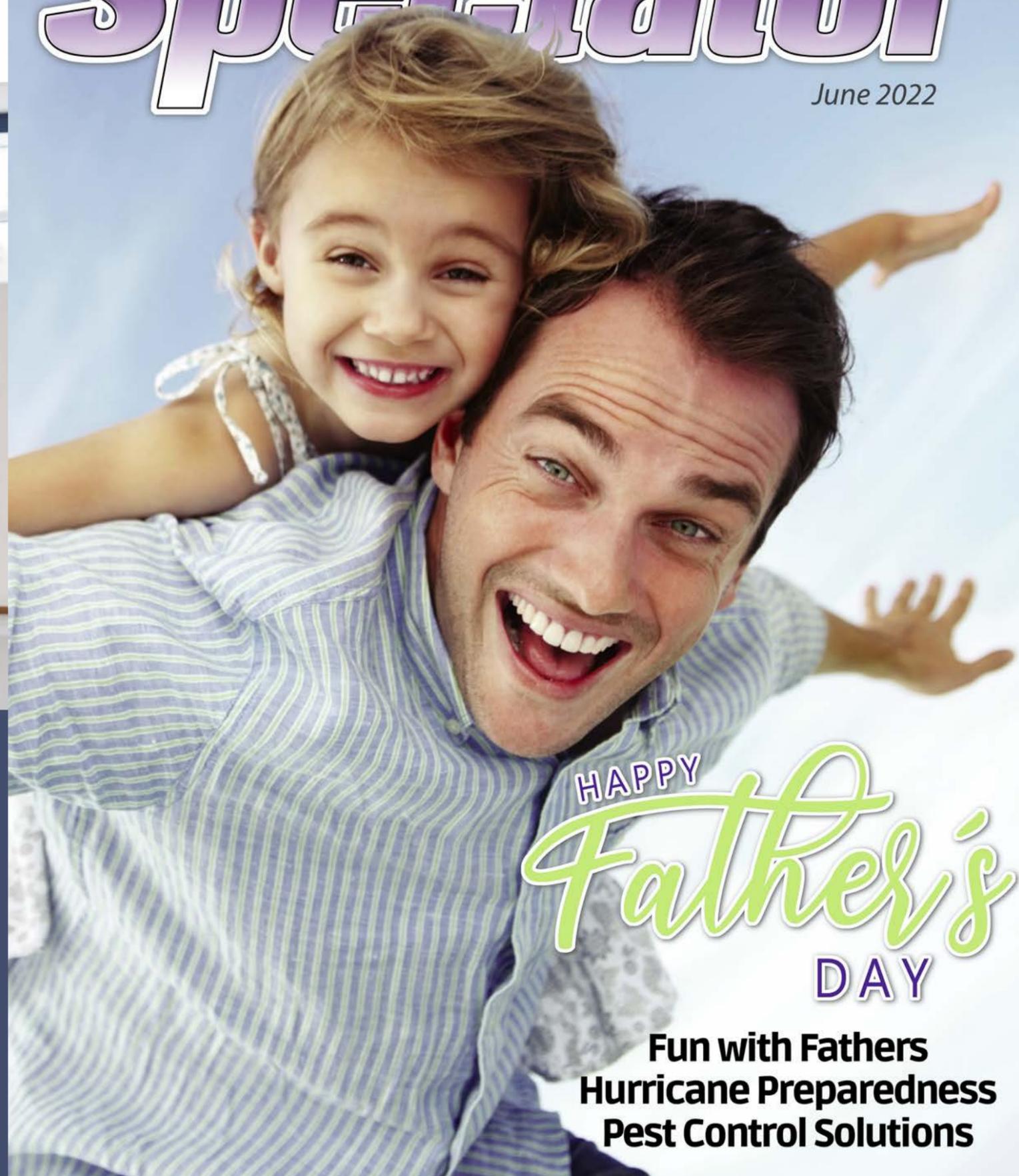
FYZICAL Coral Springs is a medical and scientific-based physical therapy and fitness clinic with a broad range of expertise. Our goal is to help you achieve the pinnacle of healthy living, feel better and revitalize your health.

**Call to schedule an evaluation
in person or telehealth
954-779-4549**

2234 N University Dr Coral Springs, FL 33071

Our expertise:
Orthopedic rehabilitation
Balance therapy
Sport, work & auto injuries
Neurological rehabilitation
Concussion management
Chronic pain
Pediatrics
Health & Fitness plans
Nutrition

For more information
visit our website
fyzical.com/coral-springs-fl
call (954) 779 4549 or email
coralsprings@fyzical.com



HAPPY Father's DAY

**Fun with Fathers
Hurricane Preparedness
Pest Control Solutions**

PINE TREE ESTATES



6 Bedrooms, 5.5 Bathrooms, Guesthouse, Pool, 2019 Roof, Extensive Renovations 2019, Impact Windows/Doors & 1.09 Acre Lot

The perfect pairing of chic contemporary finishes and impeccable natural materials resulted in a stunning home with a "sophisticated relaxed" vibe. The large Kitchen/Family room area will take your breath away and features soaring wood ceilings, sleek high gloss Euro-style cabinetry, quartz counters, top-shelf appliances, to ceiling tile backsplash, and a stack stone fireplace. The Primary suite is sublime and offers a spacious sitting area, serene views & a remodeled spa bath. The guest house is perfect for the in-laws, the artist in the family, or as a private office.



RE/MAX
DIRECT

City of Parkland Community Page
(954) 655-5097

Please visit BillSohlSellsParkland.com for other featured listings.



JK Closing Attorneys is the Premier Law Firm Focused on **Real Estate Closings in Southern Florida.**



GET A *FREE* CONTRACT REVIEW BY AN ATTORNEY*

*A courtesy provided on behalf of the Bill Sohl team

Please send any offers for review to Contract@JKClosings.com and give us a call to confirm!

954.332.3111

JOIN

TRULLI REWARDING

AND START EARNING

delicious rewards



GET A 25 POINT WELCOME BONUS

AND UNLOCK \$5 OFF FOR 50 POINTS

**must sign up with mobile phone number*

SCAN HERE TO VIEW OUR MENU



ITALIAN
TRULLI
FOOD & DRINK



Publishers, Shellie & Scott Farrugia

It's All About Community!

Welcome to June!

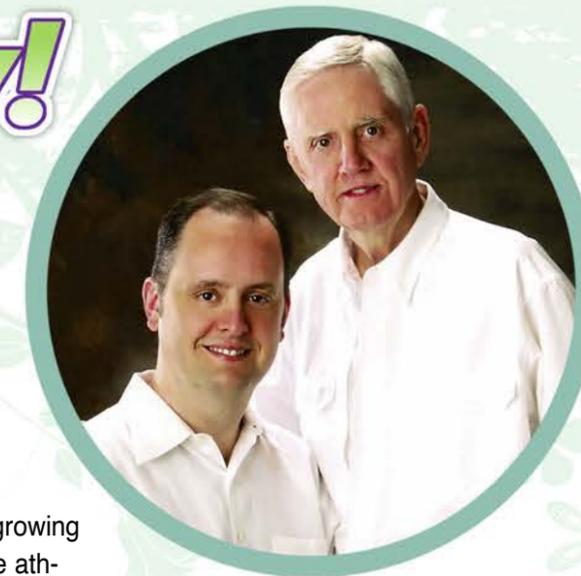
Now that Summer is hot on our heels, many of us get out to explore. Because the Spectator is made possible by local businesses, we ask you to please patronize your favorite local stores, salons, eateries, and more!! Our neighborhood businesses are recovering from a rough time, and they deserve our support!

Another group of people who deserve a GIANT SHOUT OUT are DADS/FATHERS/PADRES/POPS! We're so grateful for his guidance. This issue celebrates that important guy.

You may be tired of hearing it, but PLEASE make sure your household is "Hurricane Prepared." We've got a checklist for necessities on page 10. PLEASE take it seriously!

Finally, we pray for every family touched by the Spectator, and every home in between. God Bless our Soldiers,

Shellie & Scott



Craig Maccubbin with his dad, Donald

My friends would say, "Your Dad is cool," and I knew it to be true.

By Craig Maccubbin

I wanted to be like my dad as a kid - more so than the typical boy growing up in suburbia. My dad was stronger, cooler, smarter, handier, more athletic, and better looking than your dad. This is, of course, not true; but as a young boy growing up, those were my exact thoughts. This admiration was reinforced by so many of the things my father did particularly well. He could throw a football with such smoothness and velocity, that I spent years practicing with him and my brother, with the goal of eventually acquiring the same powerful spiral. He could build model airplanes like a professional, and when he shared his techniques for painting the little pilot, I listened to the instructions as if they were commandments. He could change the oil in every car he ever owned, he was a master photographer, and he could speak at length on pretty much any topic. Heck, he could use a voltmeter to measure electric charges in a way that I still don't quite understand.

My Dad loved to talk...to anyone, about any subject. I would have friends over to our house, and Dad was invariably in the mix of conversation, engaging all of us in whatever was important in our lives that particular week. That was sometimes annoying to a teenager, but far and away it was a cool thing, and my friends thought so too. Plus, my Dad was entertaining and had a terrific track record at making anyone of any age laugh uncontrollably. I always liked that part. My friends would say, "Your Dad is cool," and I knew it to be true.

When I was a teenager, I called him a curse word. A really bad word. To his face. I am not sure if he recognized this as some standard alpha-male rite of passage that all parents of teenage boys must endure, or if he thought me temporarily insane. The whole incident could have escalated into a conflagration of male egos, damaging the both of us and our relationship forever. But to his credit, my dad handled the situation with patience and quiet strength. He didn't lecture me, or resort to the same language. In the process, I learned that forgiveness was always available from my father, even in the heat of disagreement.

Don't get me wrong, my dad wasn't perfect. No one is. But he was an amazing man. My father has passed away, and I miss him greatly. I still want to be like him. I had a whole lot more to learn from him after all.

Spectator™ Magazine

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

Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia

Web, Social Media & email Marketing

Speedy-Designs
Links Media

Distributed by

US Mail & Baron Express
954-297-0731

Contributing Writers

Scott Brook
Craig Maccubbin
Shellie Miller-Farrugia
Ashley Ferraro
Dr. Howard Gelb

Advertising Sales

Office
(954) 753-4300
Scott Farrugia
(954)684-6590
e-mail:
spectatormagsales@gmail.com

church by the glades.com

SAWGRASS CAMPUS
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
SAT 6:30PM
SUN 10:00 & 11:30AM
1:00PM

LAKE WORTH CAMPUS
127 SOUTH M STREET, LAKE WORTH, FL 33460
SUN 10:00 & 11:30AM

ON TV!
M-W-F 6:30PM
@CBGLADES | @PASTORDHUGHES
954.755.7767

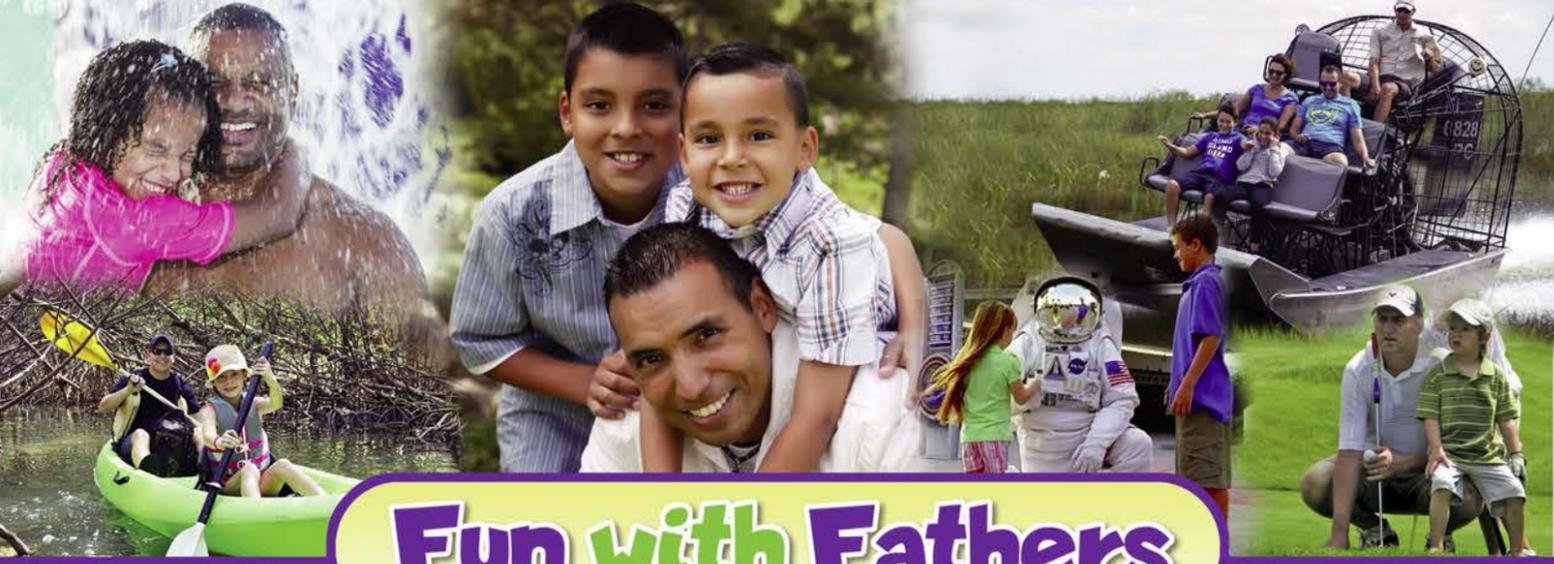
Celebrating 20 Years Expand Your Business Locally!



Reach 20,000 families monthly and promote your local business with the #1 trusted family resource magazine in Parkland & Coral Springs.

Find out how the Spectator Magazine can help you generate more brand awareness and engage more customers locally!

Call Today 954-753-4300



Fun with Fathers

Are you excited to get out and celebrate your dad on Father's Day? If you've run out of ideas, take a look at our suggestions. You just might find a new favorite way to celebrate Dad's annual honoring.

Fore! If golf is something Dad enjoys, you've got lots of choices here! If he's stuck in a rut at the same old club, make plans to take him to Top Golf (fun for the whole family), or call a local course that you know Dad's been wanting to try... You can certainly make a special arrangement for his day.

Would he prefer staying close to home? Consider a day at one of our beautiful parks. Packing a picnic of your family's favorites is always a good time! Go water skiing at Quiet Waters Park, Play Disc Golf at Tradewinds Park, or take the whole family to splash at the CB Smith Waterpark in Pembroke Pines. Venture one county away to explore some interesting historical sites down in Miami, like Vizcaya or Coral Castle.

Check out the Everglades! If Dad hasn't been on an airboat yet, it's time to break him in! We are right on the edge of one of the most amazing protected areas in the world! The alligators, water fowl, and all kinds of beautiful wildlife can all be observed and enjoyed on an exciting airboat tour.

Take dad kayaking. Florida has such diverse landscapes, and there are so many different areas to explore on the water. Check out John Pennekamp Park in Key Largo, Rainbow Springs State Park, Weeki Wachee Springs, or take your little boat to the Ocala National Forest. Bioluminescent kayaking happens at night through the Indian River Lagoon. Peak season is June through October, so anytime around Father's Day is a great opportunity to enjoy the "glow!" We encourage you to visit www.bkadventure.com

He may enjoy touring a local distillery! In South Florida, we have many of them, including South Florida Distillers and Tropical Distillers in Fort Lauderdale.

Speaking of SoFlo, how can Dad forget about our strong sports teams?! Is he a DolFan, Heat Guy, Panthers Fan, or more into Marlins' baseball? No matter! Maybe his idea of the perfect gift involves a tailgate party.

If you've got time to make a weekend (or longer) out of it, consider some great ideas that are at least a day trip from home. Visit Lakeland, Florida and watch the wildlife at Safari Wilderness, or have Dad put on cowboy boots and head over to Westgate River Ranch Resort and Rodeo in River Ranch. Is your father a racing fan? How about a tour of the Daytona international Speedway, famous for the Daytona 500. Built in 1959, the course also holds other events, including Motocross racing, triathlons, and more. If your father is a fan of history, the oldest fort in the nation is at Castillo de San Marcos in Saint Augustine. The town also features many ghost tours, as it's rumored to house spooks from hundreds of years ago. Does dad have a passion for flying? See more than 150 restored aircraft at the Naval Aviation Museum in Pensacola.

Did he ever dream of being an astronaut? Why not take him up to Cape Canaveral, where everyone can learn about our space history and visit some amazing artifacts and spacecraft?

Does the family enjoy natural wonders? Consider taking Dad and the crew to visit Three Sisters Springs, where you can see manatees or head over to Ginnie Springs, another beautiful, natural space. Check out the 10,000 year old limestone sinkhole at Devils Millhopper Geological State Park in Gainesville. Another family favorite is a float on the Peace River, where you can find super cool fossils and learn about the Florida ecosystem.

Our family's favorite way to celebrate special occasions ALWAYS includes good food! This Father's Day, we're excited to enjoy a Dad Themed experience at Deja Blue Restaurant for their Grill in the Green Food Festival. See back page for info,

If any of these ideas sound like something Dad would enjoy, start making plans today! He's got a lot of responsibility on his shoulders; let's show our appreciation, and make this Father's Day all about him!

Northwestern Mutual

GET LOST IN THE MOMENT, NOT YOUR FINANCES.

That sunrise on the water. The inaugural meal in your new kitchen. Or that first time—for anything. With a personalized financial plan from Northwestern Mutual, you can focus on the things that matter most—now and years from now. And if your priorities shift, your plan will, too. Because it's tailored to you. So you don't have to worry about the what-ifs and can spend your life living.

LET'S GET STARTED



Kapusta Financial Services
Benjamin Kapusta
954-290-6433
benjamin.kapusta@nm.com

07-1001 © 2022. Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM) (life and disability insurance, annuities, and life insurance with long-term care benefits) and its subsidiaries. Subsidiaries include: Northwestern Mutual Investment Services, LLC (NMIS) (investment brokerage services), a registered investment adviser, broker-dealer, and member of FINRA and SIPC. Northwestern Mutual Wealth Management Company* (NMWMC) (investment advisory and trust services), a federal savings bank. Not all Northwestern Mutual representatives are advisors. Only those representatives with "advisor" in their title or who otherwise disclose their status as an advisor of NMWMC are credentialed as NMWMC representatives to provide investment advisory services. NM and its subsidiaries are in Milwaukee, WI. Benjamin M Kapusta uses Kapusta Financial Services as a marketing name for doing business as a representative of NM. Kapusta Financial Services is not a registered investment adviser, broker-dealer, insurance agency or federal savings bank. To view detailed disclosures regarding individual representatives, view their information at <http://benjaminskapusta.nm.com>.

BMIW BENSON MUCCI & WEISS P.L.
Attorneys at Law

Outstanding Legal Solutions and Extraordinary Client Service for 20 Years.

Are you behind in your mortgage payments ?
Have you recently lost your job or suffered a medical setback?
Do you owe more on your home than it is worth ?
Have you recently been served with a foreclosure action?

Don't try and tackle these problems alone. The attorneys' of Benson, Mucci & Weiss, P.L., have been protecting clients against foreclosures for over 20 years. We are skilled at working with lenders on short sales and can help you save your home and your credit.

CALL US TODAY FOR A FREE CONSULTATION

Disclaimer: The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you full written information about our qualifications and experience.

**5561 N. University Drive, Suite 102, Coral Springs
(954)323-1023 • www.bmwlawyers.net**

Meet The

Rutecki Family



Brian and Rosemarie were thrilled to relocate to the Parkland Ranches two years ago with their children Brianna, 12, and Royce, 10. French bulldogs Nube and Cocoa add their unique personalities to the family as well.

Both doctors with YOUR health in mind, Brian is a chiropractor, investor, entrepreneur and part-owner of Medulla, LLC and a co-founder of Chiro One wellness centers. He and his partners manage 115 (and growing) chiropractic offices all over the states.

Rosemarie is a pharmacist board certified in Functional Medicine. She has been a valued contributor of vital health articles to the Spectator. Her successful telemedicine practice, Functional Pharmacy, LLC, helps people find the root cause of their disease, whether it be gut issues, hormone imbalance, weight gain, auto-immune conditions, excess toxins, and much more. She is both friendly and engaging, with a compassionate heart for helping others.

Brianna plays flag football, Jiu-Jitsu, and softball and looks forward to trying basketball. She enjoys playing the piano and the drums.

Royce plays flag football, Jiu-Jitsu, and baseball and will be trying basketball as well. He plays the drums and guitar. They formed a club with kids from their school, and meet at their home every Saturday evening for stem/robotics.

Both kids attend Emerging Minds Montessori, where Brianna will be going to 7th grade and Royce to 5th grade in the fall. Rosemarie says, "We support the kids' school activities and any other fundraising for the community. We have been involved in supporting Soldier Rush, ihelpmom, and SOS Children's Village. Both k

When they aren't focused on school or work, Brian says, "We love spending time doing adventures and trying new things. We enjoy the outdoors, going to the beach, and all the sports kids can do. We appreciate the nature we are surrounded by and how peaceful the Ranches are."

What excites Brian about being a dad? He says, "I enjoy watching the kids grow up and experience life. Seeing them enjoy the little things brings me joy. I look forward to relaxing and being with the family on Father's Day."

Grateful to be in a beautiful place surrounded by nature, Rosemarie tells us, "We moved to the Ranches to be in contact with nature; we were blessed to find a property with a big yard to plant trees and have animals. Brianna and Royce love how much space they have to run around and be kids. We also focus on health and wellness; teaching our kids to take care of themselves by being kind, to make good food choices, to take care of the earth, and to attend to the mind and the spirit. I read the kids the Bible, and we practice kindness and gratitude every single day."

Dr. Rosemarie Rutecki is a Pharmacist, Board-Certified in Functional Medicine You can contact her at www.functional-pharmacy.com.



got knee pain?

Call Today...!

• Relief without Surgery • No Drugs • No Injections

Dr. Mike Rozenblum
Chiropractor
& Local Resident

100% of patients that we can help and accept for care will notice relief immediately in their first Test Treatment.

Most patients become candidates. We GUARANTEE results in one visit for those who qualify.

We have helped thousands of people who are: bone on bone with arthritis, have previously had torn ligaments and/or cartilage, tendinitis and many who've already had previous surgery and have post-surgical knee pain.

Trial Knee Treatment

Only \$47.00 Reg. Price \$349+

Includes: Consultation, Exam, X-Rays with Free Test Treatment

www.GenesisPhysicalMedicine.com

GENESIS
PHYSICAL MEDICINE &
CHIROPRACTIC

To Schedule Your Knee Evaluation

Call (954) 977-0888



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

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

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

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

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com.
www.parklandrangers.com

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

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 below.

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 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.

Swimming

AQUATIC COMPLEX & FITNESS CENTER

12441 Royal Palm Boulevard • Coral Springs, 33065 • 954-345-2121

MULLINS PARK POOL

10180 Ben Geiger Drive (NW 29 St.) • Coral Springs, 33065 • 954-345-2170

CYPRESS WATER PARK

1300 Coral Springs Drive • Coral Springs, 33071 • 954-345-2109

For more information see AquaticComplex.com

Private Schools & Camps

CORAL SPRINGS CENTER FOR THE ARTS

NEXT STOP BROADWAY SUMMER CAMP
Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime... For more info see www.nextstopbroadwaycs.com.

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 on page 22.

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
Mullins Park Pool	(954)345-2170
Sportsplex Tennis Center	(954)344-1840
Parks and Recreation	(954)345-2200
Parks Field Conditions	(954)344-1187

The Parkland Rangers Tackle Football & Cheerleading Program

EVERY CHILD MAKES THE TEAM!

EVERY CHILD PLAYS IN EVERY GAME!

PARKLAND RANGERS

SOUTH FLORIDA'S PREMIERE TRAVEL FOOTBALL & CHEER PROGRAM

ALL CHILDREN AGES 5 TO 14 WELCOME

Fun for the whole family!

Registration starts online beginning March 26th and will continue until the beginning of the season, August 1st.

PHONE: (786) 236-0948 | WWW.PARKLANDRANGERS.COM

Hurting mentally, emotionally or spiritually?
Our services pave the way for long lasting healing.

- Healthcare Services
- Care Management
- Behavioral Analysis
- Psychotherapy
- Comprehensive Behavioral Assessments
- Targeted Case Management
- Mental Health Services
- Home Health Referral Services
- Disability and Employment Services
- Staff Training/ Development Services

INDIHEARTANDMIND, INC.
RESTORING ... WITH A HELPING HAND.

Call today for a free consultation.
1-888-487-3480
IndiHeartAndMind.com

Parkland Connections

Parkland Little League

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

Basketball

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

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.
See ad on page 12.

Flag Football

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

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
For more info, call Roger Thomas 754-368-7138
www.parklandtravelsoccer.com

Private Schools & Camps

CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP
Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime...
For more info see www.nextstopbroadwaycs.com.

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 on page 22.

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) For more info please call 954-757-4105.

Special Needs

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

CHALLENGER BASEBALL LEAGUE
Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

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

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

Adult Softball

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

i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only
Soccer - Ages 3 - 12
Baseball - Ages 3 - 7
www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105

The Athlete's Elbow Part 2

By Dr. Howard Gelb

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



Howard J. Gelb, MD

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

Sports Medicine & Orthopaedic Center
(561) 558-8898
See our ad below



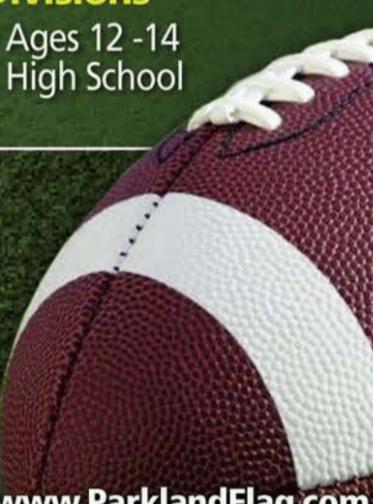
Families, Friends & Flag Football. This is Parkland!

REGISTRATION NOW OPEN!
for the fall season beginning in August

Find us on Facebook

<p>Co-ed NEW Divisions</p> <ul style="list-style-type: none"> • Kindergarten • Ages 6 & 7 • Ages 8 & 9 • Ages 10 & 11 • Ages 12 & 13 • High School 	<p>All Girls Divisions</p> <ul style="list-style-type: none"> • Ages 7 - 9 • Ages 10 & 11 • Ages 12 - 14 • High School
---	---

All Parkland & Coral Springs Residents Welcome
Hosted by the Board and Athletic Performance Training (APT). For more Info. see our website www.ParklandFlag.com

That's Gotta Hurt!

- Specializing in Adult and Pediatric Orthopaedic Sports Medicine, Arthroscopic Surgery of the knee, shoulder, hip, elbow, wrist and ankle
 - Fracture care and joint replacement
 - ACL reconstruction, meniscus repair and arthroscopic shoulder reconstruction
- Licensed physical therapist on staff

Howard J. Gelb, MD, PA
Sports Medicine & Orthopaedic Center

American Orthopaedic Society for Sports Medicine
Fellow American Academy Orthopaedic Surgeons
Diplomat American Board of Orthopaedic Surgery
Subspecialty Certified in Sports Medicine
Fellowship Subspecialty trained in Sports Medicine & Arthroscopy
Member Arthroscopy Association of North America

www.GelbMd.com

561-558-8898

9980 Central Park Blvd. N., Suite 222, Boca Raton,
Between Palmetto Park & Glades Rd. on 441/State Rd. 7





Don't Let Water Damage Get the Best of Your Home This Rainy Season

By Ashley Ferraro

With hurricane season already underway, homeowners have a lot to think about in the coming months. Preparing for the stormy season looks like more than just having your pantry stocked and your shutters ready. Parkland resident and Owner/Founder of MVP Environmental Solutions, Inc., Leo Gordon, reminds us that the best time to have your hurricane remediation and restoration plan in place is not when a storm hits or even gets named. The best time to prepare is now, before all the buzz.

Leo and his team at MVP note that, first and foremost, you should stay up to date on the storm's progress and severity as hurricane paths change rapidly. Stock up on enough food and water for your family for three days, and always keep a first aid kit handy.

Gathering and securing important documents, especially your homeowner's insurance information, should be at the top of your list. You should also notate important phone numbers, such as the county emergency management office, evacuation sites, doctors, and a trusted water damage mitigation company.

Lucky for South Florida homeowners, Leo and his team are highly experienced with water damage restoration in the wake of storms. MVP was involved in disaster response and restoration projects as far back as Hurricane Katrina, Hurricanes Jeanne and Frances, as well as Hurricane Rita. As well as more recent storms such as Hurricane Irma and Michael. Decades of experience combined with groundbreaking technology make MVP the "Most Valuable Professionals" in the water damage restoration industry.

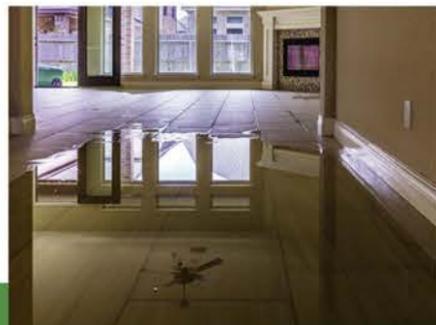
However, Leo and his team encourage people to stay

vigilant as water damage doesn't have to be due to something as extreme as a natural disaster. Pipes burst and homes flood for all sorts of reasons, but in any case, it's of the utmost urgency to call an expert like Leo upon the first indication of a leak. In just 24 hours following the onset of damage due to water, mold can begin to grow, inviting a world of unprecedented dangers into your home.

As a family-owned and operated company, MVP always puts the health and safety of its clients before anything. Upon arrival, the experts at MVP will first and foremost determine whether the water is safe for the building's occupants. They will then take calculated steps to prevent further damage, which includes specialized equipment to eliminate the possibility of any secondary damage, such as rot or mold. Following the initial emergency response, the team will continue to monitor the situation so that you can get back to your routine as quickly and safely as possible.

MVP Environmental Solutions has a robust presence in the Parkland and Coral Springs communities. Leo proudly serves as the Vice President of the Parkland Chamber of Commerce as well as a board member for the Parkland Parks and Rec Advisory Board. His company is an active participant in local charities, including Parkland Buddy Sports and Run 4 Biegel. Fundraising events are one way Leo has been able to involve even his youngest children in the family business.

From the Treasure Coast to Miami Beach, MVP Environmental Solutions is available 24/7 for your emergency services needs. Get in touch today at info@mvp mold.com or (954) 247-9444. See ad on opposite page.



****REFER A FRIEND OR FAMILY WITH WATER DAMAGE OR MOLD AND RECIEVE A \$200 GIFT CARD****



24 HOUR WATER DAMAGE SERVICE

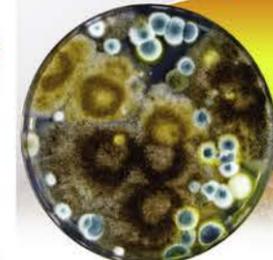
www.mvpmold.com

954-247-9444

MRSA1198 IICRC226428 MRSR1872

- EMERGENCY WATER DAMAGE
- MOLD INSPECTION & REMOVAL
- FIRE & SMOKE DAMAGE
- DIRECT INSURANCE BILLING

GOT MOLD? CALL US



24 HOUR
WATER DAMAGE SERVICE
WHEN ITS WET CALL US **DON'T LET YOUR FAMILY GET SICK**
GET A COMPLIMENTARY WATER DAMAGE & MOLD INSPECTION

Tired of working **IN** your business Time to work **ON** your business

Specializes in:
Leadership, Teams,
Culture, & Systems

Results Guaranteed

www.BusinessCoachMichaelDill.com
MichaelDill@ActionCoach.com
954-675-9536

ActionCOACH®

business coaching



MICHAEL DILL
Certified Award-Winning
Business Coach



Together we can break the silence and save lives

By Scott Brook

The Mental Wellness Networking Alliance was born out of two tragedies. The first occurred the day after my daughter Tina was born when I was 23 years old. I lost my dear loving Mom to suicide. My sisters, Dad and I were shocked and numb. She seemed a little down but we had no idea she was severely depressed let alone suicidal.

The second tragedy occurred on March 23, 2019 in our community. We lost a beautiful young man, Calvin Decir, to suicide. He was the second teenager in a week to lose his life to suicide as a result of what they experienced during the tragedy at Stoneman Douglas on February 14, 2018.

While I had just become Mayor again four days before and did not know Calvin I knew I had to do something different to save lives and eliminate the stigma of mental illness. With the help of various community leaders and my dear friend Kimberly Coutinho, we formed MWNA in April of 2019.



We are now a 501 c3 and Calvin's father, Brenton Wright, is our Vice President. I am the President

and we have a loving Board. Our Vision is that we live in a world where Mental Wellness is equally as vital as Physical Wellness. Our three primary focus areas are treatment, education and advocacy.

We meet the first Tuesday of every month at 6 pm at

Keller Williams in Coral Springs thanks to Scott Bagoon for open dialogue to break the stigma and share resources. It's not uncommon to have four or more mental health professionals join us.

In May we held a fundraiser to support Eagles Haven at the Center for the Arts at an Art event called



Voices of Angels. The idea was the brainchild of Anastasia Pitanova to shine the light on artists whose mental health struggles were at least in part resolved through their art. It was a beautiful event and the best part of it was having over 200 people feel safe to talk about and listen to numerous mental health journeys.

Let's face it. We all seek mental wellness. We MUST be able to openly discuss mental illness to get the resources we all need and that ARE available. MWNA is committed to help connect the dots, share resources and hope and provide a safe space to share kindness and non-judgment. If you'd like to be a part of our movement, text me at 954-494-9872. Type in MWNA. You can also email me at Scott@mentalwellness.org or visit www.mentalwellnessnetwork.org

If you are struggling with mental health, we encourage you to connect with a list of online resources at www.mentalwellnessnetwork.org



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.





Protect Your Home and Family From Mosquitos and Termites This Summer

By Ashley Ferraro

It's termite season in South Florida, and with temperatures and humidity levels rising, mosquito season is also quickly underway. Our friends at JP Miller & Sons Services have nearly five decades of pest control experience, reminding us that prevention is the best way to avoid the headache and health risk of termites and mosquitos this summer.

A leader in the industry, JP Miller & Sons has tapped into the latest backed-by-science technology for controlling these troublesome insects. Jimmy Miller is the son of the company's Founder, Joseph Miller. He notes that one of the biggest departures from what people have come to understand about traditional mosquito control is that it can now be done preventatively. Not to mention, these newer treatments are more environmentally sustainable and much more cost-effective to maintain.

The In2Care Mosquito Trap is a professional-use-only product that Jimmy believes is a game-changer for the industry. The trap works by attracting the female and providing a place to lay her eggs, effectively killing both the mother and the developing larvae. Traditional treatments tend to wait until mosquitoes have hatched eliminating them. The preventative remedy offered by JP Miller & Sons tackles the root of the problem, affording lasting results.

JP Miller & Sons also offers a self-service mosquito prevention product that can be shipped anywhere and easily installed by the homeowner. It utilizes red and black pigmentation to attract the insects and, similar to the In2Care Mosquito Trap, uses moisture to create a model breeding ground for the female.

Both products are what the Miller family believes is revolutionizing the pest control industry. Jimmy reiterates the old cliché, "An ounce of prevention is worth a pound of cure."

Prevention is just as critical for termite control, as an infestation isn't always easy to identify off the bat. Homeowners are at risk of both drywood termites and subterranean termites, the latter being most troublesome. Subterranean termites move through the soil and into the home, typically showing signs of damage once it's already too late. Drywood termites tend to attack the exterior of the home first, making them a bit easier to identify.

To combat those elusive pests, JP Miller & Sons implements soil treatments and state-of-the-art bait stations. Jimmy explains that the Sentricon station is an active monitoring system equipped to wipe out entire termite colonies.

Regardless if someone has had bouts with drywood termites or not, Jimmy recommends that every home have a subterranean termite prevention plan, as the damage caused by these insects can be detrimental. "We've had houses where ceilings had to be opened up, as the trusses are falling apart."

JP Miller & Sons also offers an attic treatment recommended for anyone who has recently fumigated their home. Since new termites have been known to arrive as soon as the next day, this treatment is designed to function as both a preventative and curative for attic trusses.

The threat of mosquitoes and termites can be unnerving, but a few simple preventative measures will help you protect your families and your homes this summer.

For more information on the various pest control services offered by JP Miller & Sons or to get in touch, please visit www.millerpestcontrol.com or call 954-421-6187. See ad on opposite page.



Termite Control



Mosquito Control



Lawn & Landscape



Total Pest Solutions

"I've used JP Miller for 8 years for pest control and lawn treatment. They are great! John is great! He is top notch and always answers the phone and comes as soon as he can!! Highly recommend!!"

Bryce S. (google review)



Total Pest Solutions



954-421-6187
www.MillerPestControl.com





**NORTH BROWARD
PREPARATORY SCHOOL**
A NORD ANGLIA EDUCATION SCHOOL

CONGRATULATIONS TO THE NBP CLASS OF 2022!

We are so proud of you and all of your accomplishments.



218 ACCEPTANCES
to Top 50 USNews Schools



**252 GRADUATING
SENIORS**

1,167 at **386 Universities**
Total College Acceptances in 8 countries, 41 states and DC

More than
60,000 hours of collective service

New record of
Over \$24 Million
earned in scholarships



Visit www.npbs.org/visit or call 954.247.0179



CAFÉ ♦ RESTAURANT ♦ BAR LOUNGE

DÉJÀ BLUE

A MEDITERRANEAN CULINARY JOURNEY



BOOK NOW YOUR UNLIMITED
GRILL IN THE GREEN

ALL DAY OPEN-AIR BRUNCH-DINNER FOOD FESTIVAL



JOIN US FOR A DAY OF GRILLING, EATING, DRINKING
FATHER'S DAY - JUNE 19th 2022

IN PARKLAND

ON THIS DAY WE WILL HAVE A SPECIAL MENU - FOR MORE INFORMATION VISIT OUR WEBSITE
WWW.DEJABLUERESTAURANTS.COM OR CALL (954) 345-0128