

# 2022 -2023 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
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5830 Coral Ridge Drive, Coral Springs, Florida 33076 | JDCH.com

FEBRUARY				
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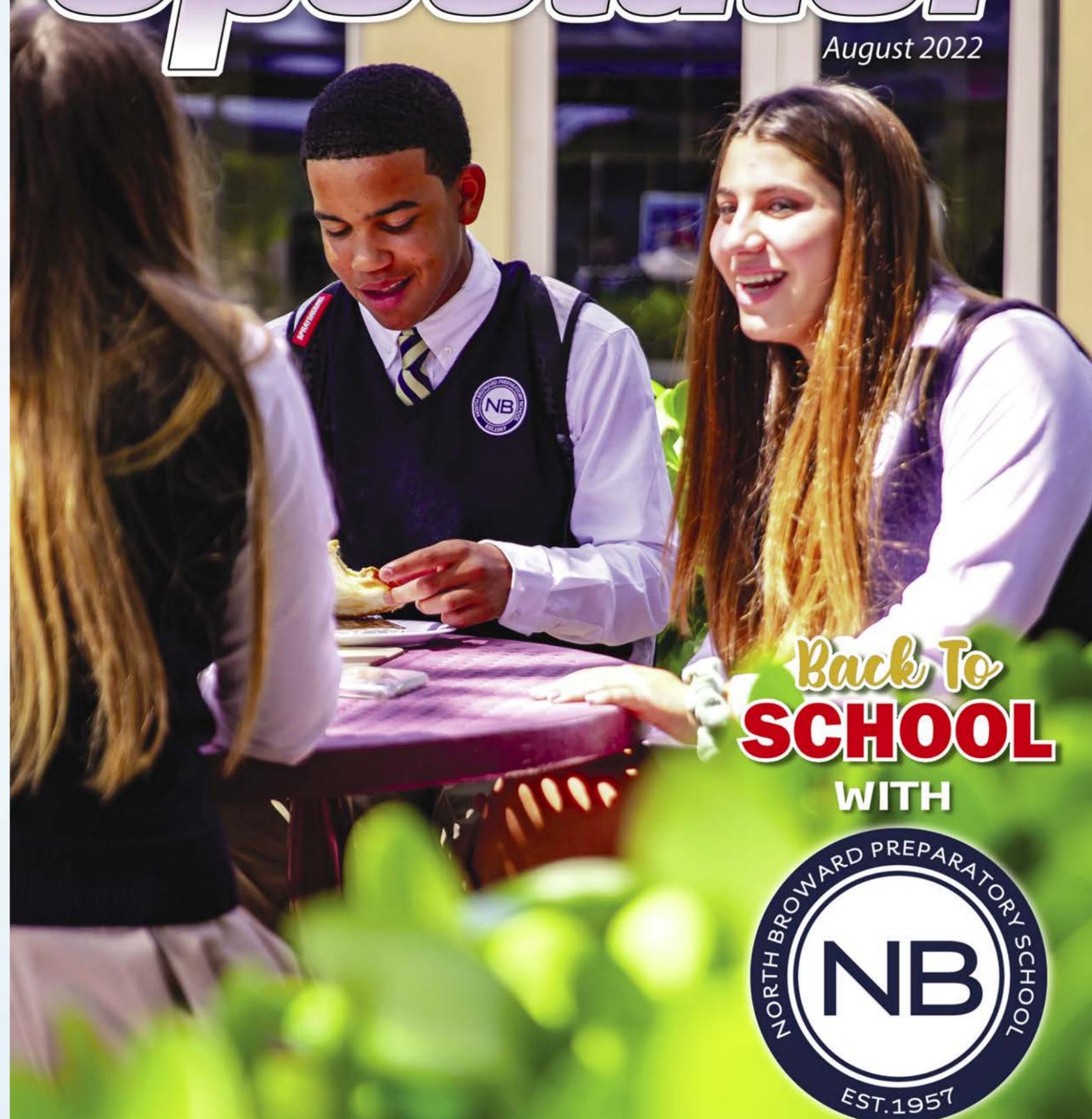
- Employee Planning (no school for students)
- Schools & Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First & Last Day of School

Hurricane Make-Up Days: 10/20/22, 1/12/23, 2/14/23, 3/16/23, 4/20/23, 6/8/23

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# Spectator

August 2022



Back To  
**SCHOOL**  
WITH



See Article on Page 6

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Publishers, Shellie & Scott Farrugia

# It's All About Community!

## Back to School...

Wow! It's time for another back-to-school issue... one like we've never had before. Despite enjoying another steamy summer, schools are preparing for classes to resume and our children will have the opportunity to reconnect with old friends, and make new ones. Dealing with traditional school schedules will have everyone feeling more "back to normal," as we deal with early wake-ups and school-zone traffic.

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

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

God bless our troops,

*Shellie & Scott*

## Back to New Beginnings

By Ashley K. McCardia

Believe it or not, it's time to get supply lists out and start shopping. The time has come for fresh kicks and a souped-up wardrobe. Target hauls are inevitable and I am excited!

Even though parents around the world have just pulled the last rotting piece of uneaten, unidentifiable food particles out of their kids' lunch boxes an hour ago, back to school is nipping at our heels. If you've got small kids like me, you are going to be busy buying holographic Unicorn this and Velociraptor that. We will be on a collective Back to School treasure hunt for character folders and gear. Lisa Frank everything was my jam in the '90s.

For those of you with older babies, your mission will probably include a lot of tears over the wrong type of jeans and dress code violating tops. Lockers will need to be properly decorated ahead of time, too! My locker was always stocked with giant packs of gum, extra mascara, eyeliner and snacks. I was a high maintenance high schooler. Thankfully it was a phase, mostly.

This time of year has always had an air about it for me. When I was a kid, it meant possibilities were endless and I still feel that optimism at the start of a new school year for my kids. Of course, there is also the excitement of brand new clothes and fresh supplies. Who doesn't love the latest outfit on an important day? Following closely behind was always a sense of anticipation of getting your schedule and hoping you have classes with people you know.

Despite my adulthood, if something is new or daunting to me today, I tend to liken it to that first-day-of-school feeling where you really aren't sure if your breakfast is going to stay down. Whether it was my first day of elementary school or high school, the nerves always subsided. I would go home and tell my parents every single detail of my day.

When you stop to think about it, this season each year feels like a magical time of new beginnings. I compare it to the feeling that New Years Day brings. Last year is behind us; we can look forward to new successes and adventures. Whether your kids are little like mine or going back to high school for their last year, a brand new world of friends and opportunity awaits them and us. We parents also get the chance to improve and grow during the new school year. I personally look forward to the challenges of a new academic year because watching our children grow and change is such a privilege.

This could be the year where you finally get packed lunches down to a science. It could be the year your child surprises you with their wealth of new knowledge and wisdom. Maybe they get over that hump that has been holding them back from progressing in a particular subject.

The nerves and stress are always going to be a part of any new adventure in life but I like to think it is also a sign that really good things are coming to us. As another school year approaches and the excitement builds, I wish you all a successful and fun Back to School season!



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As a Nord Anglia Education school, combining internationally recognized academic programs with personalized learning ensures that each student has the support they need to maximize individual achievement and discover their own interests. While offering the International Baccalaureate Diploma Programme (IBDP), a pre-collegiate two-year program for students aged 16 to 19, North Broward Prep achieved a pass rate of 100 percent for the second year in a row. Our students achieved an average subject score of 5 - which proves that our students continue to receive exceptional learning experiences to get accepted to the world's best universities.

"I've worked with our IB students for the last two years and could not be happier that 100% of them earned their Diploma!" said Keith Lindsley, IB Core Teacher. "I am most proud of how much they learned and grew on their journey. They took on the challenges of Theory of Knowledge, pushing further their analytical and abstract thinking skills. They thrived and pushed themselves to learn new skills and serve their community. In all these ways and more,

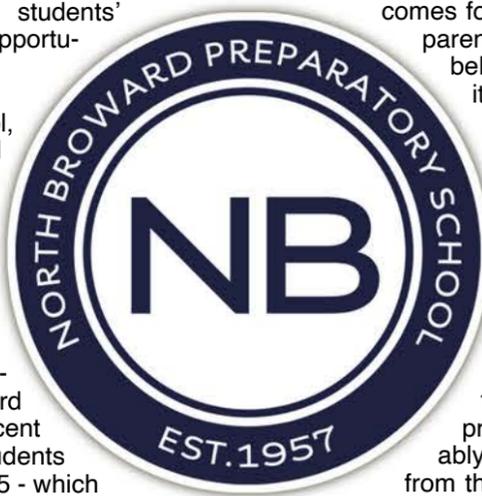
these graduates exemplify everything that is great about the IB program."

Creating an engaging learning environment is necessary for students to achieve in and out of the classroom and teachers like Mr. Lindsley are the reason students are successful. We carefully deliver a high-quality, transformative education to ensure excellent academic outcomes for all of our students. According to our parent survey, on average, 92% of parents believe their child is taught by high-quality teachers at North Broward Prep. Our best teachers come from all around the world to bring a global outlook to education and, as a result, this accelerates the learning curve in comparison to public institutions.

Our students benefit from teachers who thoroughly understand the teaching approach of social-emotional learning, leadership, and critical problem-solving skills that will undeniably prepare them for the future. Students from the Class of 2022 have been accepted to over 380 universities in 8 countries and 41 states, which include top universities such as Cornell University, Duke University, University of Michigan, and New York University (NYU), and earned over \$25 million in scholarships.

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Meet The

# Thomas Family

Photo Credits, Marisa Yibirin



Laurie and Roger are thrilled to be part of our Coral Springs community for 22 years, where they have raised two sons, Kai, 19, and Kobi, 16. Passionate about soccer... Every member of the family is involved in a very big way!

Soccer Company business owners, RLC (soccer club management company) manages all operations of the Parkland Soccer Club (travel) located in the City of Parkland and the Springs Soccer Club. Their Soccer Academy and Training (SAT), is a supplemental soccer training and futsal company; they also do Summer Camps at the City of Parkland.

Both Laurie and Roger hold their United States Soccer Federation (USSF) 'A' coaching license and Roger recently completed his United States Soccer Federation (USSF) Academy Directors License. Laurie was recently the assistant coach with the Jamaican Women's National Soccer Team (Reggae Girlz) First Team. The Reggae Girlz qualified for the FIFA Women's World Cup which will take place in Australia and New Zealand next year. Laurie says, "Both of us are coaches and Club Directors for 22 years. We are both really passionate about using the demands and stress of our sport to elevate and creating opportunities for young people to reach their potential both on and off the field." It should be noted that more than twenty players who grew up playing with Coach Roger in this community have gone on to play professional soccer, they are current players in the MLS and abroad, and many have also been selected for their National Teams.

Both brothers are professional soccer players. Kai plays for FC Cincinnati Major League Soccer. He is a Center Back and is on good track to be one of their next home grown signings. Kobi plays for the MLS club InterMiami. He's a creative mid-field player and has excellent technical skill. Kobi recently made the Jamaica U20 National Team (Reggae Boys); where he competed in the CONCACAF U20 Championship which was held in Honduras in June and July. Kobi was recently selected for the Major League Soccer (MLS) All Star Team; he was 1 of only 44 players throughout the country to be chosen. He will begin the MLS All-Star competition in early August.

Both Kai and Kobi have grown up at the soccer fields in Parkland and Coral Springs. They both volunteer their time and give back to the community soccer players. They both love to work with players and teach them skills, share their experiences, and inspire our younger generations. You will find the younger club players attending the InterMiami CF games supporting Kobi at his games with cheering and signs. It makes a great community connection as both boys grew up being coached by Roger at the fundamental stages of their career; in Parkland; which set an incredible foundation.

When they were coming up, both brothers attended Park Trails Elementary School and West Glades Middle School; both transferred to on-line Florida Virtual High School; Kobi is going into his Junior year; his favorite subject is English. Kai goes to Broward College online and his favorite subject is Public Speaking. Both Kai and Kobi love to go Bass Fishing, a hobby that they learned very young from their Papa!

When it comes to family time, the Thomases are ready to travel! Roger says, "We enjoy Family vacations to Jamaica every summer! Jamaica vacations are the best.....beautiful, mountains, beaches, rivers, good food, meeting up with family dinners and family board games. We love spending quality family time sharing stories at Thanksgiving and Christmas time."

Despite their passion for Jamaica, Laurie makes sure to let us know how much they enjoy Coral Springs and Parkland. "There is a lot to enjoy about our cities. Great place to raise a family, great schools, amazing parks. Our cities are diverse and inclusive. We live in a community of excellence, for sure."

The Thomas family enjoys attending services at Church by the Glades.

# HERE'S WHAT'S HAPPENING

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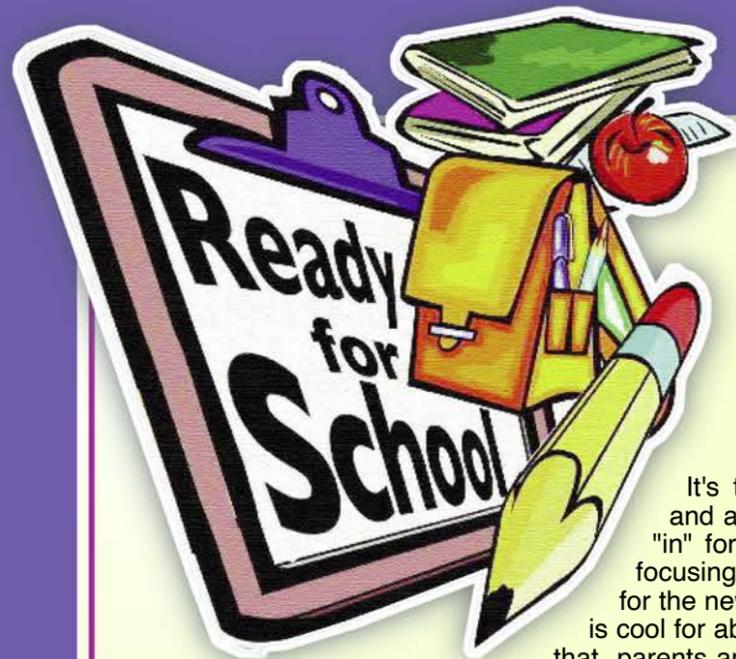
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# Class of 2022-23

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

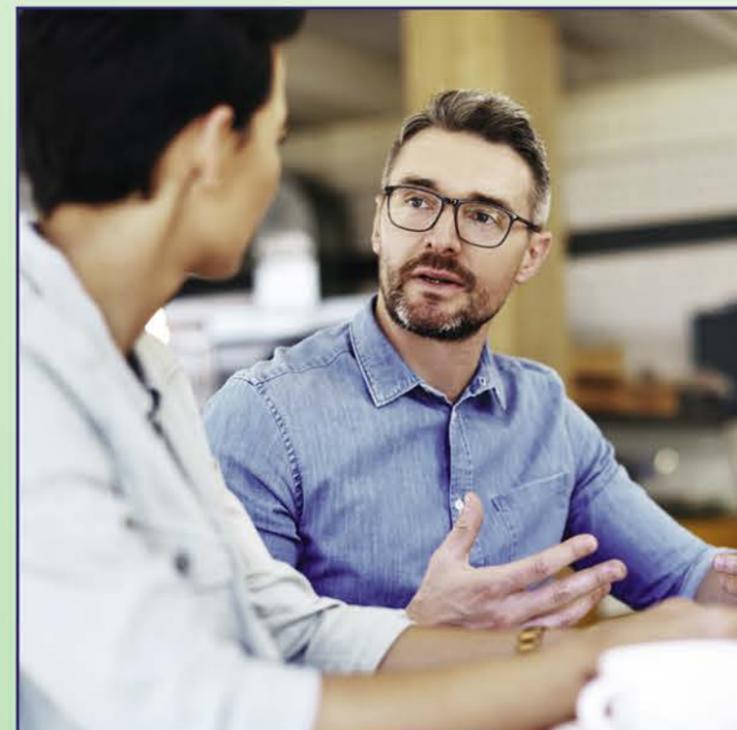
Check with your pediatrician and ascertain that your child is up to date on their immunizations. For children entering day care, Kindergarten, or their first year in a Florida school, proof of immunization is required for enrollment. Families wishing to opt out of the requirements must follow necessary guidelines. Find a checklist of all requirements and PDFs of these forms at [www.BrowardSchools.com](http://www.BrowardSchools.com).

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

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

Begin earlier bed times a few days before school starts in order to prepare your kids for earlier wake times and a more efficient schedule. Sleep and breakfast are two big necessities for optimum learning! Make sure that your children get plenty of both before they go back to the classroom. Broward County public school classes begin Wednesday, August 14th, so mind the school zones, and plan your morning and afternoon drives so that you're not feeling rushed through the safety slow down.

**Be prepared for every important date...cut out and save the Broward County Public School Calendar on our back cover.**



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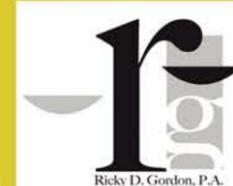
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L-R, Liliana Molineros, Physical Therapy Assistant, Jameika Jing, Office Manager, Dr. Oron Fiksel, Clinical Director/Physical Therapist, Dr. Kanathy Haney, Owner

## Improving Your Quality of Life!

By Shellie Miller-Farrugia

**Do you or someone you know deal with a physical ability that is challenging or painful?** Have you decided that this is just the way things are, and that nothing can change? Prepare for a pleasant surprise!

One of the latest businesses to bless Coral Springs is Fyzical, at 2234 North University Dr. Staffed by an incredible team of doctors and dedicated professionals, the facility is spacious, very clean, and a lot of fun. Patients are evaluated carefully, and then a doctor oversees their progress through a variety of exercises, activities, and interactions.

A healthcare specialty that seeks to treat individuals experiencing difficulty in functional mobility or pain, finding the right facility can help you recover safely, and create a decrease in overall healthcare costs. Dr. Kanathy Haney has her masters degree in exercise science and a PhD in public health. An athletic Director and fitness instructor for more than 10 years, she has been a professor of health for nine years. She tells us, "I've always believed in treating populations, communities, and helping people feel their best." Her positive energy and encouraging demeanor are practically infectious!

After sustaining injuries in a car accident, Kanathy became a patient at another Fyzical location. "It really helped me, so I decided to open a clinic in Coral Springs." She continues, "It wasn't until I got injured that I saw the amazing benefits of physical therapy! Because of my background, I was able to put together and assemble an amazing administrative and clinical team so we could help our community." The location boasts a unique piece of equipment called the Safety Overhead System... Almost like a zip line harness, there is a track mounted to the ceiling, and patients in the harness can go through a variety of exercises that solidify and promote balance while keeping the patient safe at all times.

Dorianne Minnelli recently started treatment at Fyzical. She says, "I was at a different physical therapy facility for nine years on and off. Doctors could not figure out my ailment, but have now determined that it's a rare form of ALS and has progressed." When the facility felt that it could not help her any further, they recommended that she find a clinic that specialized in balance. The doctors at the University of Miami suggested Fyzical. "I am a new patient there, and so far things are going very well! They were very welcoming, and I look forward to time in the harness. I'd like to be able to stand up again, and take a few steps."

"Whatever you are experiencing, we can help you!" Kanathy continues, "We want to improve your quality of life! Whether you've had an injury, experience pain, or are having trouble with balance, we can definitely help improve things. We pride ourselves on one-on-one care, communication with our patients, and facilitate their growth and progress even after treatment is complete. Every patient is given a treatment plan including exercises that they can do at home. We also provide medically-based personal training and nutrition."

A former resident of Coral Springs and mother of two, Kanathy tells us, "We aim to see true progress in our patients... No one does physical therapy like us!"

Already accepting most insurances, Fyzical also has cash memberships for those who want or need to forgo the insurance game. Do you or someone in your family have a physical limitation or pain? Don't assume that it isn't going to change... Check out Fyzical, and find out what the future can bring!

**For more information please call 954-779-4549, visit [www.fyzical.com/coral-springs-fl](http://www.fyzical.com/coral-springs-fl). See ad on opposite page**



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## Baseball & Tee Ball

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For more info. visit [www.csall.com](http://www.csall.com), or call (954) 242-1760. [coralspringsamerican@gmail.com](mailto: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](http://www.csall.com), or email [coralspringsamerican@gmail.com](mailto: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](http://www.northspringsll.com)

## Basketball

### CORAL SPRINGS BASKETBALL

Year round play check for sign up dates. [www.CSBCHOOPS.com](http://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](mailto:info@csffc.org) or go to [www.CSFFC.ORG](http://www.CSFFC.ORG)

### ULTIMATE FLAG FOOTBALL

For more info. see [www.UltimateFlagFootball.org](http://www.UltimateFlagFootball.org)

## Tackle Football & Cheerleading

**CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING**  
For more info see [www.cschargers.com](http://www.cschargers.com)

### PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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). [www.parklandrangers.com](http://www.parklandrangers.com)

## Ice Skating & Hockey

### FLORIDA PANTHERS ICE DEN

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

## Lacrosse

### PARKLAND REDHAWKS

For more info go to [www.parklandlacrosse.com](http://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.nwbrcc.com](http://www.nwbrcc.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 see ad pg 15

### 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](http://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](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

### 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](http://AquaticComplex.com)

## Private Schools & Camps

### NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See ad & article on page 6-7.

## 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)

## 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](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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CORAL SPRINGS

# YOUTH SOCCER SIGNUPS

2022/2023 Season begins mid November / Boys teams and Girls teams

U6, U8 \$125, U10-U14 \$150, U15-U19 \$175. Includes full season, jersey, shorts, and socks



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Volunteer coaches and sponsors welcomed!



CSYS - Recognized Recreational Soccer League of Coral Springs

# Parkland Connections

## Parkland Little League

For more info., call (954) 604-2442 or visit [www.parklandll.com](http://www.parklandll.com)

## Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://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](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

PARKLAND FLAG FOOTBALL  
For more info, see [www.parklandflag.com](http://www.parklandflag.com)  
See ad below.

## 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). See ad below and article on opposite page.

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

## Private Schools & Camps

**NORTH BROWARD PREPARATORY SCHOOL**  
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org)  
See ad & article on page 6-7.

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## 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.

**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)

## 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)

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

## Important Numbers

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



## Parkland Soccer... 35 Years of Community and Athletics

By Ashley Ferraro

**Parkland Soccer gears up for its 35th season**, eager to welcome kids and their families back to Pine Trails Park. The recreational league invites boys and girls ages 5-18 to join the community, develop their skills, and make new friends.

Beyond teaching kids the ins and outs of the game, Parkland Soccer works to develop personal qualities. The program focuses on building self-esteem, physical fitness, respect, and achievement.

Another goal of the league is to streamline communication with parents throughout the season. To tackle this, Parkland Soccer has partnered with a mobile application that's used to communicate important updates directly to parents. This app served as a lifeline during the worst parts of the pandemic and continues to do so. In addition to disclosing health and safety alerts to parents, the app provides things like weather updates, cancellations, and even which parent's turn it is to provide snacks that week.

Player evaluations are conducted for U9/G9 divisions and up to promote skill equality among the various teams. Once evaluations are complete, the board and coaches organize a draft to ensure an even distribution of player skillsets. This way, the competition throughout the season remains fair and fun.

That's really the foundation of Parkland Soccer, according to Doug Cole, Parkland Soccer President. "Our goal is always creating parity and a safe environment for the kids to play. It's a rec league; it's all about the kids having fun," he says.

Speaking of fun, Parkland Soccer boasts the return of its annual end-of-season picnic at Pine Trails. What once was a small celebration with bounce houses and trophies has transformed into the biggest city event of its kind. Although

trophies are still awarded, players and their families can expect a DJ, a photo booth, Carvel ice cream, games, rides, face painters, and more.

Parents can get involved with Parkland Soccer by volunteering as coaches. The organization hosts coach's clinics at the beginning of each season to prep volunteers without coaching or soccer experience. By enlisting professional coaches, the clinics teach volunteers age-appropriate drills and other key skills to prepare them for games.

State Certified referees are also required to participate with Parkland Soccer this season, as in past seasons. Referees have the opportunity to get paid while expressing their love for soccer, developing their own skills, and making new friends. The minimum age to referee Parkland Soccer is fourteen years old.

Finally, local businesses are invited to get involved with the organization as a sponsor. In return, sponsors get their name or logo on the jerseys of the particular team they're sponsoring for the season. Sponsoring a team is an excellent way to bridge the gap between business and community.

Registration for Parkland Soccer is open now through September 1st. Evaluations will be held in mid-September, and the first preseason practice will take place on October 23rd. Details forthcoming via e-mail to all registered participants.

**Mark your calendars because opening night will be held on November 12th. Register your child now or apply to be a coach, referee, or sponsor at [www.parklandsoccer.net](http://www.parklandsoccer.net). See ad on opposite page.**



# PARKLAND SOCCER

## 2022 - 2023 RECREATIONAL PROGRAM



### REGISTRATION NOW OPEN!

Visit: [www.ParklandSoccer.net](http://www.ParklandSoccer.net)

**ALL PLAYERS MUST HAVE:**

- 2 Proofs of Residency Required
- Birth Certificate or Passport (New Registrants Only)

FOR MORE INFORMATION  
Please Visit: [www.ParklandSoccer.net](http://www.ParklandSoccer.net)

• COACHES & TEAM SPONSORS ALWAYS WELCOMED






## Field Dedications

In mid March Field # 2 at Pine Trails Park was re-named Pete Gado Field to honor and preserve the legacy of Parkland soccer's founding leader. Field # 8 was re-named in honor of Alyssa Alhadeff, a travel player for Parkland Soccer.





## Healing With a Helping Hand

By Ashley Ferraro

Indi Heart and Mind is a licensed clinic and community outpatient rehab facility specializing in a long list of healthcare services. With a focus on mental, emotional, and spiritual healing, the medical professionals at Indi Heart and Mind can create specialized treatment plans based on the individual. Uniqueness is a strength celebrated at Indi Heart and Mind and used to craft superior, personalized medical care.

Their complete list of offerings falls under traditional healthcare, mental health, home health referral, disability and employment, staff training/development, substance use treatment, and applied behavior analysis services.

Ayinde Reid founded Indi Heart and Mind in 2013, around the time his daughter was born. The company's logo, a helping hand, emanated from this experience, as Ayinde's hand was involved in delivering his daughter. The helping hand motif is an ode to the organization's foundation. It sets the standard for the type of individualized care a patient will receive.



Ayinde Reid, CEO

In addition to offering comprehensive treatment plans, the organization provides initial testing to diagnose a variety of disorders. At this time, one of the organization's primary focal points is behavioral analysis. They've enlisted skilled registered behavioral technicians and certified behavioral analysts for the task.

Indi Heart and Mind has two physical offices, the nearest one being Sunrise. They also have several satellite locations and licensing to conduct home visits. Operating a full clinic with CLIA certification, the office is even prepared to do bloodwork onsite. Patients can even come to Indi Heart and Mind for general health concerns, such as yearly physical exams. On even the simplest levels of care and treatment, the organization honors its core

values of healing the body by first restoring the heart and mind.

By employing a diverse staff, Indi Heart and Mind has the capacity to support patients every step of the way along their healing journey.

Ayinde notes that his team collectively speaks a number of languages and comes from a variety of professional backgrounds. He's rounded up top physicians, mid-level practitioners, and clinical staff to carry out the one thing that unites them all—the collective vision of providing quality coordinated healthcare and advocacy-related services.

A familiar face in Coral Springs, Ayinde has been involved with the Chamber of Commerce in Coral Springs and has a daughter that currently attends Country Hills Elementary School.

Ayinde graduated from Barry University and personally specializes in mood and behavioral disorders, mental and developmental disabilities, such as autism, and substance and dual diagnosis disorders.

His decision to pursue psychology initially stemmed from losing one grandfather to dementia and another to Alzheimer's. A love for the sciences coupled with a passion for mental health care led him toward the path he is currently on today, and allowed him to expand Indi Heart and Mind into a comprehensive medical healthcare organization.

**Indi Heart and Mind is located at 8395 W Oakland Park Blvd in Sunrise. For more information, please visit [www.indiheartandmind.com](http://www.indiheartandmind.com). To get in touch, call 561-404-1422 or email [info@indiheartandmind.com](mailto:info@indiheartandmind.com). See ad on opposite page.**

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## 7 Harmful Ingredients Hiding in your Kid's School Lunches

By Dr. Rosemarie Rutecki



How do you know if what you are packing for your kids is healthy and nourishes their bodies? Let's take a look at the hidden ingredients.

**1. Glyphosate:** It's a herbicide spray on corn (tortillas, chips), soy (edamame), oatmeal, wheat (pizza, pasta, bread), and other crops. It destroys your gut microbiome, an endocrine disruptor (affects your thyroid, sex hormones, etc.). It is linked to cancer, neurological disorders, autoimmune disorders, autism, and many more. Please be sure to look for Organic and no GMO options.

**2. Added Sugars:** To reduce the risk of obesity, heart disease, and increased blood pressure, the American Heart Association recommends children consume no more than six teaspoons of added sugar per day. The National Cancer Institute found that kids between 4-8 years old eat, on average, 21 teaspoons of sugar and 14-18 years old consume 34.3 teaspoons of sugar! Hint read the labels; sugar is added to juices, yogurt, cereal, granola bars, etc.

**3. Artificial Sweeteners:** have been linked to allergies, obesity, depression, and an increased risk of cancer. Look for ingredients like sucralose, aspartame, and saccharin. Where do they hide? Beverages, candy, gum, sugar-free items, etc.

**4. Phthalates:** an endocrine disruptor linked to cancer and cardiovascular conditions. Where can you find it? Mostly in plastic, water bottles, and during the manufacturing process of foods. How to solve it? Get your child a stainless steel water bottle and prepare most of the food at home. Use a stainless steel lunch box or Thermos.

**5. Heavy metals/Toxins:** have been linked to autoimmune issues, cancer, obesity, and cardiovascular disease. Where can you find it? In water and packaged, highly processed foods. The best thing you can do is to get a water distiller/filter and send your kids to

school with a stainless steel water bottle.

**6. Trans fats:** have been linked to obesity, cancer, and cardiovascular disease. Where can you find it? In fried foods (think about potato chips and pretzels). Check the trans fats' ingredients list for "partially hydrogenated oils" in processed foods. Also, seed and vegetable oils are horrible for your health; choose better options like ghee, avocado, and coconut oil.

**7. Food additives:** have been linked to cancer, asthma, and nervous and digestive disorders. Look for artificial colors, nitrates, nitrites, BPA, MSG, high fructose corn syrup, artificial flavors, etc.

We have seen an epidemic increase in childhood obesity, autoimmune disorders (like celiac disease and type 1 diabetes), autism, asthma, allergies, cancer, and many more.

For example, in 1970, 1:10,000 children developed autism, and in 2020 1:36 children. We are expecting by 2035 to see 1:3 of children will develop autism!

As parents, the best thing we can do is to protect our children by giving them the best food we can afford, avoiding toxins/chemicals, and having them move around (less screen time). We can start by cooking at home and preparing lunches with healthy protein, fruit, and vegetables.

You can follow Dr. Rosemarie Rutecki on Instagram @drrosemarie\_rutecki to continue learning.

For more information, visit her website [www.functional-pharmacy.com](http://www.functional-pharmacy.com).



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2. Internet service provider and/or message data rates may apply.

3. Please consult your tax advisor about the deductibility of interest.

4. Estimated closing costs range from \$782 to \$3,225, which includes, but not limited to, appraisal, flood determination and settlement fees. Additional fees may apply and vary based on collateral location and loan amount.

• 2.74% APR will be fixed for the first 12 months (introductory period). After the introductory period, the interest rate will be variable and based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 3.25% as of March 16, 2020. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

• 3.75% APR is variable, includes a .50% margin and subject to change based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 3.25% as of March 16, 2020. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

• 5.25% APR is a fixed rate for 60 month term. Maximum term available 120 Months (35 month maturity option available in the state of Georgia). APR quoted is accurate as of October 4, 2021 and is subject to change at any time. Interest only payments with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

5. We may pay some or all of the third party fees you must pay in connection with opening this Credit Line (collectively "Closing Costs") based on creditworthiness, the amount and term of the Credit Line, and the property location. Closing costs vary by state. In Georgia, for Credit Lines of \$250,000 or less with a 35 month term, we will pay all Closing Costs; otherwise, we will pay Closing Costs up to \$750. For Credit Lines of \$250,000 or less in AL, FL, NC, SC and VA, we will pay all Closing Costs. However, for all Credit Lines of \$250,000 or less, if the appraisal cost exceeds \$133, you are responsible for paying all amounts over \$133 for the appraisal. For Credit Lines greater than \$250,000, we will pay Closing Costs up to \$1,800 in Florida, up to \$1,300 in Virginia, up to \$800 in Alabama, and up to \$750 in Georgia, North Carolina and South Carolina. Should you close your Credit Line within 30 months from the anniversary date of the Credit Line closing, you must reimburse us for all Closing Costs paid by us on your behalf. The requirement to reimburse us for any Closing Costs paid by us on your behalf shall be waived if you keep your Credit Line opened for at least 30 months. The reimbursement of Closing Costs provision does not apply to Credit Lines originated by North Carolina residents. We will not pay any amounts towards Closing Costs for any renewal, extension or refinance of the Credit Line.

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# Family Sports Health

## Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.



**Howard J. Gelb, MD**

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

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## Howard J. Gelb, MD, PA

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## Why Go Solar in Florida with **Apricot?**



### Are you a homeowner who wants more control over your energy while seriously reducing your power bill?

There is a reason why Florida is dubbed the “Sunshine State.” With so many sunny days each year, it only makes sense to take advantage of the beautiful sun! With net metering, you can earn credits for extra power you don’t use during the month. Imagine your utility company paying you, instead of you paying them!

#### Solar incentives in Florida\*

Florida’s net metering programs mean that residential solar homeowners earn credits from participating utility companies for kilowatt-hours of electricity they supply to the grid. These credits build up over the course of 12 months, eventually resulting in direct payments from the utilities. Florida also offers a property tax exemption, which prevents you from paying property taxes on the added home value from your solar system. The sales tax exemption also makes sure you don’t have to pay sales tax on your new system.

Florida homeowners are also eligible for the Solar Investment Tax Credit (ITC).\*\*\* The ITC allows you to deduct 26 percent of the cost of installing a solar energy system from your federal taxes.

#### Save on energy

Florida homes see higher than average energy bills. Florida utilities have different rates according to time of use (TOU). By going solar you can avoid these rates altogether and run on the sun. You will be covered at peak and super-peak. If you install batteries, you may only have the minimum payment each month.

#### Be prepared for outages

Florida has higher than average power outages annually. Some are planned, others are not. With solar and the right batteries, you will have enough backup power to get you through most outages. You can keep your air conditioner on even if the grid is down. Talk to your authorized dealer about the batteries that best fit your lifestyle needs.

#### Preserve Florida’s outdoors

Florida is lined with movie-worthy beaches and beautiful national parks. Homeowners may be going solar to save money, but also to preserve their surroundings. By going solar you are contributing to the reduction of greenhouse

gas emissions. Renewable energy systems help reduce your home’s carbon footprint and its reliance on fossil fuels.

Solar power freedom starts here. Get 25 years of clean, reliable solar power with Freedom Forever’s Production Guarantee! Your energy freedom starts here.

#### COMPARE THE FACTS - TRADITIONAL ELECTRIC

##### More expensive than solar and keeps rising

- Continue renting & paying your energy forever
- Electricity adds no extra value to your home
- Does not help in selling your home faster
- Receive no government tax credits
- You cannot sell any energy back to company
- Contribute to damaging the planet

#### NEW SOLAR ENERGY

##### Less expensive, Save money, fixed cost

- Own your energy & reduce your electric bill
- Immediate increased home value; avg. 10%
- Home sells 20% faster; can transfer system
- Get 26% in Gov’t tax credits; average \$10,000+
- You can sell your excess energy to electric co.
- Help protect and save the planet

At Apricot Solar, we are dedicated to making solar energy affordable and accessible to everyone—with ZERO upfront costs.\* Your home can become its own tiny power station and generate plenty of reliable energy, all while reducing your electricity bill. Plus, it doesn’t hurt that your greener lifestyle will help your state achieve its renewable energy goals.

*Apricot is a strategic partnership with Freedom Forever and Vivint Smart homes.*

**For more information and schedule your free in-home evaluation please call your local Apricot Representative and Parkland Resident Chris Ortiz at 954-850-1021 or email [Chris.ortiz@apricotsolar.com](mailto:Chris.ortiz@apricotsolar.com) See ad on opposite page.**

[www.freedomforever.com/why-go-solar/states/florida/](http://www.freedomforever.com/why-go-solar/states/florida/)

\*For qualifying consumers who obtain third-party financing.

# FREEDOM from HIGH electric bills with Apricot Solar!



## BENEFITS OF GOING SOLAR

- GOVERNMENT TAX & MILITARY CREDITS AVAILABLE
- 25 YR PRODUCTION & SERVICE GUARANTEE
- 2,800.00 VIVINT SMART HOME System
- 3 YEAR VIVINT FREE Monitoring Service
- ZERO DOWN FINANCING AVAILABLE

### FREE SOLAR ANALYSIS, SOLAR VS ELECTRIC

If you are a homeowner who wants more control over your energy while seriously reducing your power bill.

Contact us TODAY for FREE consultation.

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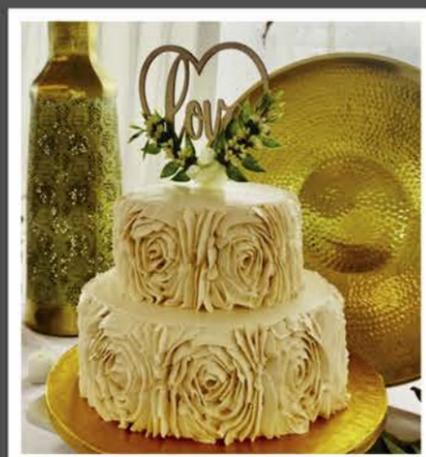
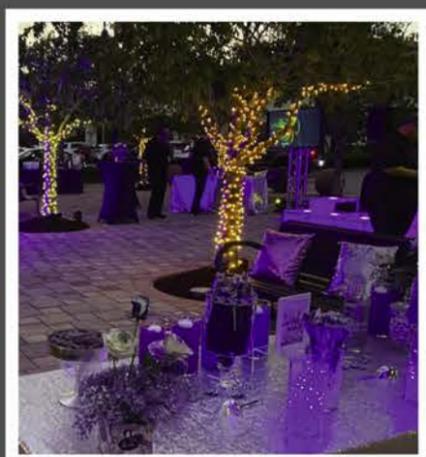
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*Bryce S. (google review)*



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