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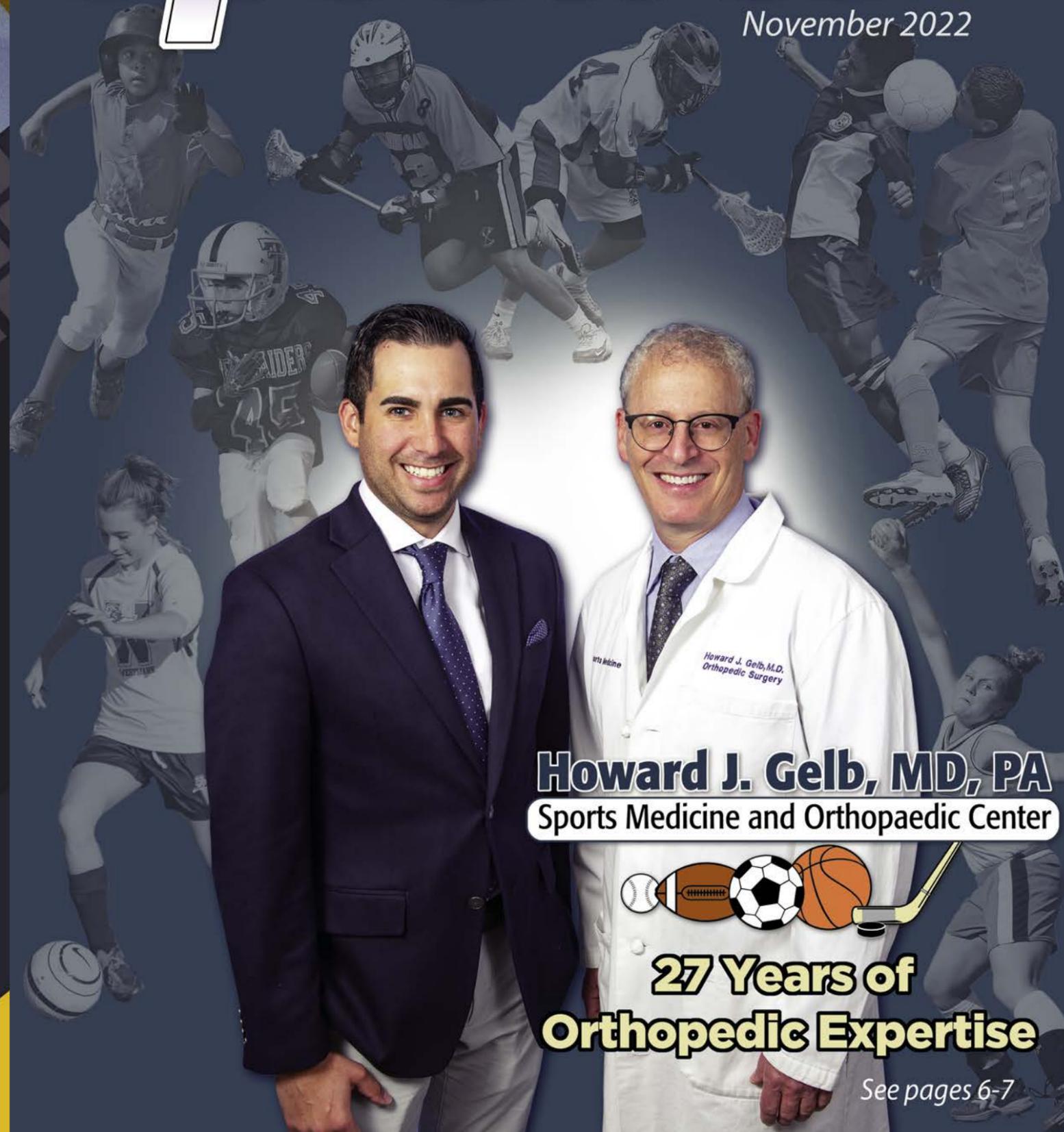


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Spectator

November 2022



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



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See pages 6-7

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It's All About Community!

Thanks for Everything!

We all know the theme of most November publications, but I'd like to be so bold as to avoid some of the sappy stuff and add some humor. Guess what? I'm grateful. I hope you are, too! I'd like to give thanks for things I often forget to say, and will definitely not be mentioning over turkey. Thank God that I didn't get pulled over when I missed the stop sign, my make-up wasn't on yet, and was only wearing pajamas. Thanks to those of you who didn't embarrass me by mentioning the stacks of mail, assortment of shoes (in every size and style...thanks, kids!) and unfolded laundry in our living room. Thanks to my dogs and parrots who are always excited to see me. Thank you to my amazing husband for trudging to the barn in the early morning rain to fix fences and a water main (country living at its finest) in a flooded, mucky horse stall.

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom, and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2022.

God bless your family and each and every one of our troops,

Shellie & Scott



Tradition, Tradition!

By Shellie Miller

The holiday season is officially upon us. Charger mom Chrissi Vadala says "This is the most treasured three months for our family... And it goes by so fast!" Traditions for her family begin in mid-October and start with a pumpkin carving contest between her three children. The anticipation of Thanksgiving has her planning menus, family gatherings, and always includes a cookie exchange between her and a group of friends. Of course cookie preparation, frosting and packaging includes every member of the family (cue the spoon-licking)!

Which memories from your own childhood are you carrying into traditions that will live on in your family and extended family? Ours began two generations ago with Scott's Nana. She has a really yummy pumpkin pie recipe that everyone in our family takes a turn making every year. With the first one made probably a week before Thanksgiving (and devoured in mere moments), we don't get tired of enjoying her pumpkin pie until probably sometime in February. She left us with amazing holiday memories, recipes and traditions that our own sons and daughter look forward to sharing with their future families.

Is your favorite tradition making a popcorn garland, roasting a goose, wrapping gifts, an annual family camping trip, or a game of touch football? Is your favorite holiday one that we celebrate in November or December...or is it a different time of year that you are fondly looking forward to? To kick off our Spectator tradition of sharing, here it is... ENJOY! Happy Thanksgiving!

Nana's Pumpkin Pie

- Preheat the oven to 425
- Using your favorite homemade recipe or a refrigerated pie crust, prepare and place it, uncooked, in a ceramic or glass pie pan. Crimp the edges and set aside.

In a blender, food processor or mixer, combine:

- 15 oz. can of 100% Pumpkin (not pie mix)
- 2 eggs
- 14 oz. can of Sweetened Condensed Milk (NOT evaporated)
- 1 tsp. Ground Cinnamon
- 1/2 tsp. Ground Nutmeg
- 1/2 tsp. Ground Ginger
- 1/4 tsp. salt

- Blend thoroughly and pour into pie shell.
- Bake for 15 minutes and then reduce oven temperature to 325
- Bake 35 minutes or until a toothpick test in the center comes out clean.

Note - if crust is becoming too dark, shield it with foil while the pie continues baking



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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Fellowship trained in orthopedics and sports medicine, Dr. Howard Gelb has been practicing and living in Coral Springs since 1995. In the year 2000 he opened his private practice office in West Boca Raton where he has a knowledgeable staff and an outstanding physical therapy department, overseen by Jay Itzkowitz PT, DPT. Dr. Gelb's professional interests include treatment of adult and pediatric athletic injuries, arthritis, and traumatic injuries. His practice focuses on minimally invasive approaches to the knee, shoulder and elbow using the most up-to-date arthroscopic techniques.

One of the things that he is most proud of is that his practice is still a private practice. Dr. Gelb says, "I do not work for a hospital or anyone else." Dr. Gelb is not in a large group of doctors, so each patient is treated as an individual and interviewed thoroughly to ascertain both short and long-term care options. "You are not just a number when it comes to seeing me." Dr. Gelb says with confident compassion. He goes on to talk about the importance of understanding each person's unique lifestyle and how the recovery can be best accomplished. He tells us, "Medicine is always evolving, and I have incorporated some of the newest technologies into my practice including biologics such as PRP, ultrasound guided procedures and robotic surgery."

Dr. Gelb's outside interests include spending time with his family, two daughters and his wife. He enjoys outdoor sports activities including water skiing, snow skiing and

golf. He also enjoys working out, staying fit and participating in martial arts including Jeet kune do, Brazilian jujitsu and boxing workouts. "Martial arts have been a part of my life since my late teens and has become a big part of my medical practice." He has taken care of all types of athletes at all levels. Caring for high level mixed martial artist is particularly challenging. "It is one of the things I enjoy the most," he tells us. "I get to take care of people who appreciate my advice. Helping them understand how to heal more quickly and avoid further injury is very satisfying to me." Whether they are a weekend warrior, high school athlete, a Little League Baseball player, a travel soccer player, or an elite professional athlete, they all strive to recover from their injury as soon as possible and get back into action. "What gives me the most satisfaction is my ability to help someone to achieve their goal on the road to recovery."

A new caregiver on Dr. Gelb's team is Brandon C. Maisel, D.O., a nonoperative sports medicine physician. He grew up in Boca Raton, where he was an avid baseball player and graduated from West Boca Raton community high school. Happy to be working in his hometown, he enjoys his off time at the gym and spending time with his wife and their bulldog.

Specialties include concussion management, fracture management, platelet rich plasma (PRP) and joint injections.

Have you had a recent injury that you have not seen a doctor about yet? Do you have a nagging painful old injury that has been preventing you from going back to what you enjoy? Seeing someone who has compassion with your best interest in mind is necessary! Do not hesitate to make an appointment with Dr. Gelb or Dr. Maisel and get some important answers for your best health!

For more information about his practice in each of the doctors, see www.gelbmd.com or call for an appointment at 561-558-8898. See ad on opposite page.



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Meet The

Goldman Family



This busy Coral Springs family is a pleasure to know. Adam and Michelle Goldman are the proud parents of their daughter Morgan, 16, and their son Benjamin, 13. Rescue pup Milly rounds out the family.

Adam's family moved to Coral Springs in 1978, and were one of the first residents of the Shadowood area. Michelle's family moved to Coral Springs in 1990. Adam says, "Coral Springs has provided my family and I countless memories and will always be Home!"

Adam is the Purchasing Director for NDN Promotions, and Michele is a fifth grade teacher at country Hills elementary. She's been teaching with Broward County schools for 23 years.

The apples never fall far from the tree...Adam grew up playing Coral Springs Little League Baseball and Rec Soccer winning several Soccer Bowls along the way with the Panasonic Team Dynasty. Morgan follows in her dad's footsteps and has been playing rec soccer for Coral Springs before moving up to play travel soccer for Coral Springs United and now FC Prime. She also plays in the Parkland Flag Football league, and plays varsity soccer and varsity flag football for Stoneman Douglas since her Freshman year. She is a 2-time flag football captain, and volunteers to help coach the Coral Springs Middle School soccer teams. She has been part of the Parkland Girls Turkey Bowl which was co-founded by Father Adam and 3 of his friends (Bryan Krul, Scott Backman, Danny Levine) where for the past 4 years, on thanksgiving morning, they hold a football game where she helps raise money for Joe DiMaggio children's hospital in honor of her late friend Emma Sorensen who passed away from cancer in 2021 at 13 years old. Morgan is Vice President of the Junior Class 2024 for Stoneman Douglas High School.

Benjamin played Little League Baseball for North Springs, Plays Rec Soccer for Coral Springs, and plays in the Parkland Flag Football league. He volunteers at the Chabad of Parkland helping at Hebrew School. He has also been Acting and Modeling for several national commercials and publications.

Besides their athleticism, both Benjamin and Morgan are part of the National Honor Society! Benjamin is in the 8th grade at Coral Springs Middle School, where history and math are his favorite subjects. Morgan is a junior at Stoneman Douglas High School, where she especially enjoys Marine Biology and History.

Mom and Dad are also active in the community. Adam has served on the Board for Parkland Flag Football League for past 5 years, and Michelle is active with PTA, Fundraising for both kids' schools, as well as for Douglas Athletics.

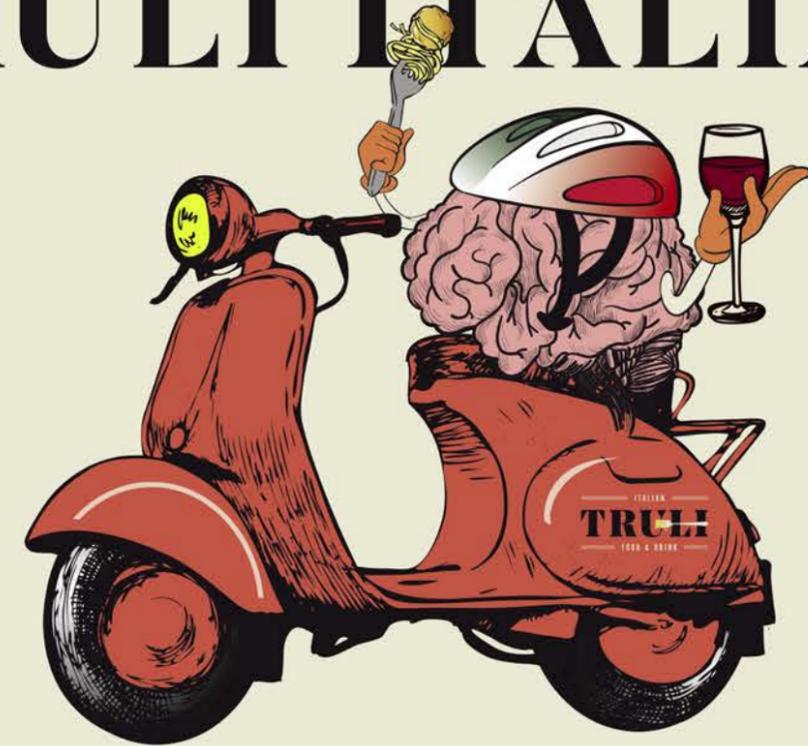
The Goldman's favorite family activities are long car trips, cruises, attending inter-Miami games, and family Friday night dinners at Wings Plus.

They attend synagogue at the Chabad of Parkland.

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Are You Insured for the Uninsured? UM – What Does That Even Mean?

By Ricky D. Gordon, Attorney at Law

Check your automobile insurance policy. Do you have uninsured motorist coverage (UM)? It is the most important coverage you can have to protect yourself and your resident relatives.

Florida leads the nation with 26.7% of uninsured motorists.

Florida is the only state that does not require bodily injury liability coverage.

Did you know that the bare minimum requirements for automobile insurance is (1) personal injury protection (PIP) that covers you for accident-related medical bills up to \$10,000, and (2) property damage liability coverage that pays for damages to another's vehicle up to \$10,000 if the accident is your fault? That's all you need to get your license tag. All other coverages are elective.

Did you know that if you elect to have bodily injury (BI) liability coverage that stackable UM coverage is automatically included on your policy for the same limits as your BI coverage, UNLESS, you sign an election to have lower UM limits and/or non-stackable UM limits, or, completely reject UM coverage? Stackable coverage adds the UM limits of all vehicles in your household. Example: if you have \$25,000 of stackable UM limits on each of 3 vehicles, then you will have \$75,000 of UM benefits available to compensate you for your injuries in addition to any BI coverage.

BI covers the at-fault person for the injuries caused to another. UM coverage protects you for your injuries if an at-fault person is uninsured (meaning no BI coverage) or is underinsured for the full value of your injury

claim. Examples: (1) If the at-fault person has no BI coverage and you have no UM coverage, then there is no insurance to cover you for your accident-related injuries. (2) If the at-fault person has no BI coverage and you have UM coverage, then the amount of your UM coverage will provide the limit of insurance to compensate you for your accident-related pain and suffering. (3) \$10,000 is the minimum amount of BI and UM coverages. If the at-fault person has \$10,000 or more of BI coverage and you have no UM coverage, then only the amount of BI coverage will be available to compensate you for your accident-related pain and suffering. (4) If the at-fault person has BI coverage and you have UM coverage but, the BI coverage is not sufficient enough to compensate you for your injuries, then the at-fault person is underinsured in which case your UM coverage (also known as underinsurance motorist coverage) would be available to pay the additional value of your claim to the extent of your limits, over and above the BI limits.



While the examples may sound complicated, they illustrate the importance of having UM coverage to protect you if an uninsured or underinsured motorist causes an accident and you suffer injuries.

UM coverage is a necessity.

Insurance is something we should always have and hope to never have to use.

If you are in accident or would like advice on your insurance policy, call Ricky Gordon as soon as possible to explore your options at (954) 753-0200.

See www.RickyDGordon.com or
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Calvary Chapel Parkland launches New Spanish Speaking Services

South Florida is a very diverse community full of different backgrounds, cultures, and languages. For a community to thrive, the people must have hope. The church serves as a beacon of light despite a lot of darkness in our world. Calvary Chapel Parkland started in 2019. As the church continued to grow, Pastor Steve Daigle began praying for a way to reach more of the Spanish community. He met many families with relatives who only spoke Spanish or preferred to learn in their native language. Pastor Jose Llamas has been leading a monthly Spanish Fellowship at the Fort Lauderdale Campus where the teaching and worship was fully in Spanish. As Pastor Steve and Pastor Jose have served together over the years, they explored the option of bringing Spanish services to the Parkland Campus to allow the Spanish community to hear the Gospel in their language and have the opportunity to invite more of their friends and family that speak Spanish. After much prayer, Calvary Chapel Español launched at Calvary Chapel Parkland in Coconut Creek with 2 Spanish services on Saturday nights at 6pm and 8pm.

“Our vision is reaching our community and changing our world. Calvary Chapel Español provides another opportunity to reach more people in our community through having a worship and teaching experience in Spanish. We are praying for more people to hear and live out the Gospel in our community.”- Pastor Steve Daigle, Campus Pastor, Calvary Chapel Parkland

“We have a heart to reach the Spanish community. We started a monthly Spanish Fellowship at our Fort Lauderdale campus back in May of 2018 that turned into an online experience during COVID where we were even having people join from outside of the US. When we came back in-person last year, the need for community and fellowship increased as people had the desire

to be together with one another more than just once a month. My wife Mara and I, along with some families and friends that are very close to us, started to pray about the possibility of having weekly services and couple of months later, God opened the door at the Parkland Campus not knowing that Pastor Steve and his team were also praying about having Spanish services in Calvary Chapel Parkland! But God knew, and we



love the fact that we will be doing ministry together as we share the Gospel and impact the community. We are excited to see what God will do through our weekly church services in Español!” - Pastor Jose Llamas, Campus Pastor, Calvary Chapel Español.

Calvary Chapel Español is just one more opportunity to provide hope to the diverse culture of South Florida.

Pastor Steve Daigle and Pastor Jose Llamas invite you to services in English on Sundays at 9:15am and 11:15am and in Español on Saturdays at 6pm and 8pm at Calvary Chapel Parkland 4690 N. State Road 7 Coconut Creek.

For more information please visit www.calvaryftl.org/campus/parkland or www.calvaryftl.org/ministry/spanish-community



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Helping the Youth, Veterans and Anyone Struggling with Mental Health

By Scott J. Brook, Mayor of Coral Springs

While I am about to enter my fifth term as Mayor, I have decided to share with you about three important non-profit organizations I started to lift our community. These three organizations are Mental Wellness Networking Alliance (MWNA), Premier Networking Alliance (PNA) and the Veterans' Networking Alliance (VNA). I lead all of these organizations with great volunteers committed to make a difference in at least Northwest Broward and hopefully beyond.

MWNA is geared to "Break the Stigma" often associated with discussing mental health challenges. Our Vision is that we live in a world where mental wellness is equally as vital as physical wellness. We meet the first Tuesday of every month at 6 pm at Keller Williams in Coral Springs thanks to their office and the leadership of Scott Bagoon. At these meetings we provide a safe space for people to share their struggles and/or grief and we provide options and resources. There are typically at least 3 mental health professionals that attend and share solutions. We share non-judgment, kindness and every meeting is especially unique! Our website is www.mentalwellness.org.

I started PNA in 2003 as a way to give back to the small business community while simultaneously helping other non-profits and families in need. Our main way of providing community service over the years has been to host Project Leadership. On November 3, we are hosting our 44th Leadership Program for Teens. We train the teenagers to lead their own leadership program. We

discuss a variety of topics including budgeting, Public Speaking, Leadership, dealing with Adversity and many more. High School students receive service hours, a complimentary meal, and meet so many others that can help fortify their future. Project Leadership provides adult mentors that are members of PNA and several that are only committed to Project Leadership. For more information, please look at our website, www.PNANetwork.org.

I am also so grateful to those that serve in our military and our Veterans. My Dad was a Navy Veteran and my Father-in-law was an Army Veteran. I don't think we can ever tell our Veterans thank you enough. I founded the Veterans Networking Alliance this year as a way to connect Veterans with each other, the community and resources. While we don't have enough funds yet for a website, one of our goals is to help Veterans in need of mental health services. You can find us on Facebook at Veterans Networking Alliance. I am only able to give back through these organizations with

great volunteers and leaders. If you would like to help with any of these valuable endeavors, please email me at Scott@scottjbrookpa.com or call me at 954-494-9872. We need mentors, supporters of Veterans and therapists especially to take our community to greater heights!

Wishing you a Happy Thanksgiving!

Scott J. Brook



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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 see ad and article pgs 18-19.

NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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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 15.

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.challengerbaseballoffbroward.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 |

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PHOTOGRAPHY
(954) 914-8810
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let my camera be the paint brush."
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Parkland Connections

Parkland Little League

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

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.

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

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

Private Schools & Camps

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See ad on page 15.

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CHALLENGER BASEBALL LEAGUE
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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
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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

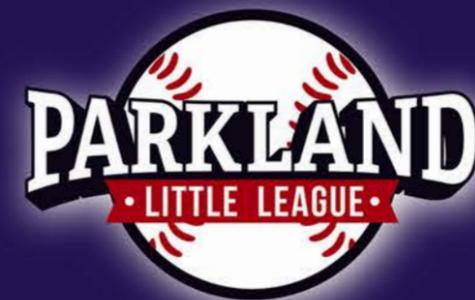


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All players must provide proof of age (birth certificate) and proof of residency prior to being assigned to a team. Paperwork requirements are specified on the registration form and must be submitted before the registration deadline. All players must participate in an evaluation for their age division, except the Tee Ball division.

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954-575-8201

Suite 120

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Feeding Therapy
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Pulmonology
954-265-6333
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954-265-0072
Physical Medicine and Rehabilitation
954-276-1600

Suite 207

Orthopedics, Spine and Sports Medicine
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Hip Preservation Program
Sports Physical Therapy
Concussion Clinic
Performing Arts and Dance Medicine Program
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JDCH.com/Orthopedics

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JP Miller & Sons

Services Shows What
Family-Owned
& Operated
Really Looks Like



By Ashley Ferraro

JP Miller & Sons Services has served the Broward and Palm Beach communities for more than 45 years as South Florida's leader in pest control, termite control, and lawn services. Originally founded by Joseph Miller, JP Miller & Sons Services is family-owned and operated. His two sons, John Miller and James Miller are both licensed and are proud to execute the company's values and carry out the legacy.

This family business didn't happen by accident. John believes that in addition to the high-quality services and stark attention to customer care, what truly sets their company apart is the fact that they're family-oriented first. It's one of their core values, and it's why so many homeowners have put their trust in them. "We have customers whose kids are now our customers," says John.

After being in the pest control business for many years with a license in the landscape division, the Millers saw a growing demand for high-quality synthetic turf. John adds, "We fertilize, treat for weeds, and treat for disease in lawn and on trees. We know there are areas, especially in backyards where grass doesn't grow well."

Eventually, Joseph and his sons decided to add synthetic turf installation to their list of services. The Millers turned to ForeverLawn first for its quality and second for its family-oriented business culture similar to their own. By becoming ForeverLawn dealers, they now provide durable, high-end artificial turf explicitly designed to suit various purposes, including K9 Grass, Playground Grass, DuPont Landscape Turf, Golf Greens, and SportsGrass.

Unlike its competitors, ForeverLawn turf is engineered for longevity. That's why they offer a 15-year product warranty on all their artificial grass. As a company built on integrity, quality, and innovation, their foremost concern is offering customers peace of mind knowing their investment is protected.

In addition to a superior product, customers are guaranteed a flawless installation by Joseph and his family. John goes on to detail the care put into the installation process, "We use rock—as much rock as necessary. Sometimes you'll see people put turf right on top of dirt or use two inches of sand. What happens over time is the sand washes away. Upfront, it's less money because it's less work and material, but it's not made to last for the long run."



His father, Joseph, chimes in, "We don't take shortcuts on installation."

Another value the Miller's see in ForeverLawn is their focus on safety. "ForeverLawn uses safer materials—

we like that because we do that with our chemicals too. If I can use something less toxic than table salt, I will if it works."

On the pest control side, JP Miller & Sons Services offers safe, affordable, and environmentally-friendly solutions. They have all pest control licenses, meaning customers don't need to turn to different companies for different pests. By exercising integrity and honest practices, their mission is to protect customers, their homes, and their pets all year round.

To contact JP Miller & Sons Services, visit www.millerpestcontrol.com or call 954-421-6187.



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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



VETERANS DAY 2022

HONORING THOSE WHO SERVE

By Ashley Ferraro

Veterans Day is a time to honor the men and women in uniform who have served, are currently serving, and will serve their country. Today, many of us spend Veterans Day enjoying time off from work or school or as an opportunity to take a vacation for the long weekend. Military veterans also might enjoy discounts or free meals and activities, among other things. Regardless of who you are or how you celebrate, it's important to honor our veterans in any way you know possible—even if it's just taking a moment to remember the history behind the holiday.

The federal holiday was established in 1919 to mark the end of World War I, which ended on November 11th, 1918, when an armistice, or temporary cessation of hostilities, went into effect.

During the “eleventh hour of the eleventh day of the eleventh month” of 1918, this peace agreement was made between the Allied nations and Germany. The armistice was signed at Le Francport in France to terminate all fighting on land, in the air, and at sea.

World War I, which was referred to as “The Great War” at the time, did not officially end until June 28th, 1919, when the Treaty of Versailles was signed in Versailles, France. Still, November 11th, 1918, marked a historic truce in world history and in American history. The day was so pivotal to the strengthening of our nation that the United States Congress enacted the federal holiday that we now celebrate on November 11th each year.

President Wilson offered the following words on the new holiday: “To us in America, the reflections of Armistice

Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...” Many people might not know that Veteran's Day was originally called Armistice Day for several decades. In 1954, one year after the Korean War ended, Congress officially changed the name to Veteran's Day to honor all veterans of the U.S. armed forces, not only those who served in World War I.



President Eisenhower officially signed the bill to put the new name, “Veteran's Day,” into effect on June 1st of that year. Since then, Veteran's Day would honor both the living and deceased who served America both during times of peace and war.

There are several ways you can celebrate Veteran's Day to honor those who deserve our thanks. One suggestion is to seek out veteran-owned businesses to support on this day (and every day!). Another alternative is to visit your local VA office to spend time with sick or injured veterans or donate to the VA or another trusted veteran-oriented charity.

However, a simple thank you when possible or acknowledgment of our veterans in any way you know best will suffice.

Please check out our Up & Coming Events on page 30 for local Veteran's day ceremonies held on Friday, November 11th.

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 • 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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14 Tips to Help you Stay Committed to Your Health During the Holiday Season



By Dr. Rosemarie Rutecki

With guidance and the right mindset, you can achieve anything you want this holiday season.

Let's discuss some tips to help you stay committed to your health goals:

- 1. Reset your mind;** having the right mindset will help you make good choices. Look for brain retraining exercises.
- 2. Set a goal and be committed to it;** you are so good at staying committed to your work and family, but you give up too quickly when it comes to yourself. Write your goals and put them on your desk to remind yourself daily.
- 3. Make yourself a priority,** eat foods that love you back, and engage in self-love practices, like exercise and meditation.
- 4. Let your loved ones know that you need them to support you;** having your family and friends know that you are taking care of yourself and that you need their support even when they might disagree with what you are doing is essential to you.
- 5. Focus on your family and friends, not food;** shifting your mind towards family instead of food will help you rewire your brain.
- 6. Go for a walk or dance with your family** after a meal to keep you active and help you burn any excess calories.
- 7. Prepare meals ahead of time;** that way, you will avoid snacking throughout the day because you are hungry and there's no food.
- 8. Eat at home before you leave the house** to avoid

going to places hungry. That way, you can have some food at the party, keep control, and make better choices.

- 9. Powering up your protein intake,** protein-rich foods like meat, shrimp, salmon, poultry, eggs, dairy, and beans help keep you satisfied between meals and feeling fuller.
- 10. Avoid unhealthy food;** what you don't buy, you will not eat, and also avoid going to the grocery store hungry.
- 11. Make a healthy dessert** instead of a store-bought dessert, usually higher in sugar and processed ingredients.
- 12. Bring a dish you can eat #1 tip;** if you know that you are going to a party with limited healthy options, bring a side dish you can eat and share with others.
- 13. Avoid shaming yourself.** Self-love for yourself always comes first; did you eat more than usual or make poor choices? Recognize and move forward; know that you will do your best after that.
- 14. What to choose for your plate?** Follow this order; make protein your most significant portion, then move to fruit/veggies and starches. Then alcohol and dessert if you decide to do it.

Staying committed to your health during the holidays can be even more challenging if you have experienced trauma or lost a loved one. Could you look for someone that can help you before the holidays arrive? You might be using food or alcohol to comfort you, to take you away from remembering the trauma and pain.

Dr. Rosemarie Rutecki is a Pharmacist with a Board Certification in Functional Medicine. For more health tips, follow her on Instagram @drrosemarie_rutecki. Website: www.functional-pharmacy.com



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CORAL SPRINGS Oktoberfest

Thousands of South Florida residents attended an Oktoberfest Celebration in Coral Springs at the Great Lawn of City Hall (9500 W Sample Rd) on Saturday, October 15.

The event featured Bavarian food and drink, food trucks on-site and contests for all ages. Contests included a stein race, stein-holding, yodeling, and the first-ever Coral Springs Weiner Dog Race. Young attendees enjoyed inflatable activities, lawn games, and a visit from Rapunzel. The Swinging Bavarians provided traditional music and entertainment for the crowd. The event, which was free and open to the public, has been held in various formats since 2017.

For more information about the event visit Coral Springs, visit www.coral Springs.gov/Oktoberfest. Photos courtesy of the City of Coral Springs.



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Up & Coming

Coral Springs Bites-N-Sips – Friday, November 4 Make sure not to miss a minute of the fun at Coral Springs City Hall, 9500 West Sample Rd. Admission and parking are free, and the event is held from 5:30 to 9:30 PM. Entertainment features the Tim Charron Band, and activities for the whole family include a Little Critters Petting Zoo, an inflatable Corn Maze, Local vendors, and Arts & Crafts. When you get hungry, a huge assortment of food trucks include V's Cheesecakes, The Mac Bowl, The Greek Gyro Truck, Mr.Serrano Food Truck, Dank Frank Hot Dog Cart, NY Phat Pies, Kona Ice, 21 Flavas, and Tijuana Taxi Co. There will also be a Cocktail Station on-site. Parking is free at the City Hall garage. For further information, email events@coralsprings.gov, contact the fire department or purchase yours at the door.

Parkland Farmers' Market - Sun, November 6 and 20th Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

Cars By The Glades Charity Car Show - Sunday, November 6 From 9am to 2pm. Come spend the day with us, bring your friends, and admire all the incredible automobiles. You can register your vehicle for the exhibition at

CARTS4ACAUSE.ORG. Numerous food trucks, face painting, raffles, and live music will all be present. In benefit of Swim 4 Nick. 400 Lakeview Drive Coral Springs, FL

Coral Springs Veterans Day ceremony – Friday, November 11 The Veterans Coalition of Coral Springs and the City of Coral Springs will honor our military members on Veterans Day. Seating will begin at Veterans Park, 8601 Royal Palm Boulevard., Coral Springs, 33065 at 10:30 a.m. and the call to order will be at 10:45 a.m. Featured Speaker: William Vasquez. *In case of rain, the ceremony will be held inside the Coral Springs Gymnasium; 2501 Coral Springs Drive. For more info, call 954-345-2200.

City of Parkland Veterans Day ceremony - Friday, Nov 11 Join the City of Parkland on November 11th as we honor those who have served our Country. The Veterans Day Ceremony will begin at 11am, and will be held at veterans Park, 6620 University Dr., Parkland, 33067. For further info, call 954-757-4215. tickets please email NMDFINDACUREMNOW@AOL.COM

Parkland Hayride and Bonfire - Friday, Nov 18 The City of Parkland is excited to bring back their annual Hayride and Bonfire at the Equestrian Center, 8350 Ranch Road, from 6pm – 8:30pm. Enjoy the hayride, bonfire and yummy treats! This event is free to a limited number of Parkland families. Pre-registration is required. For more information see www.cityofparkland.org/hayride or call 954-757-4107.

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