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Charting Home Sales Trends

By Bill Sohl

Happy Holidays! To make the season bright, Christmas Tree and Menorah lighting ceremonies, parades, ballets, concerts, plays, and events featuring snow and twinkling lights are offered throughout the area. Additionally, there are numerous opportunities to help those in need. Check out the City of Parkland Community Facebook Page for more information.

In my last article, I described the condition of the real estate market as being uncertain, and currently, it remains uncertain. Although homes have sold for higher prices in 2022 than in 2021, there is an undeniable downward trend and sales are slowing. Let's take a look at these 3 charts from the MLS pertaining to the Parkland market.:

The first chart compares the percentage of homes sold for the original asking price in 2021 and 2022. As you can see the number of homes selling for the asking price or higher started to decline in May of 2022. Furthermore, a drastic drop emerged in August of 2022 and the numbers are still falling. This trend signals the end of the buying frenzy.

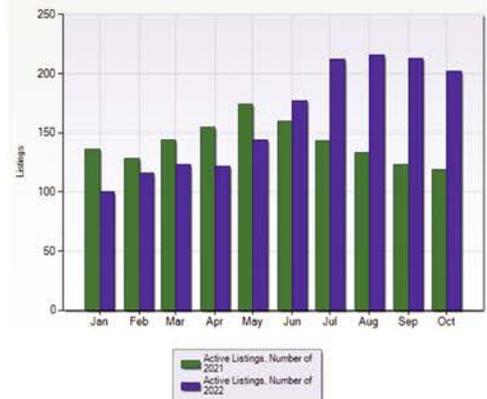
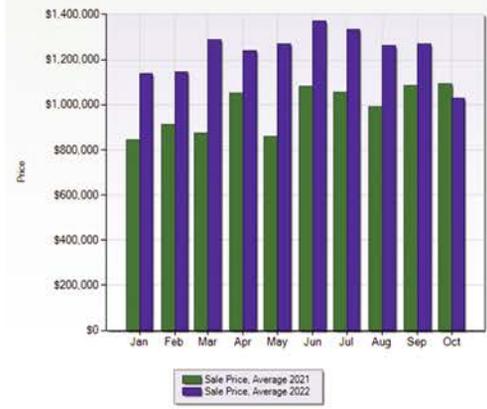
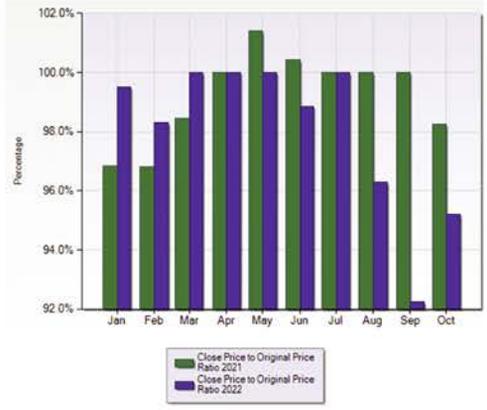
The second graph compares the sale prices for single-family homes in Parkland for 2021 and 2022. Although homes are not selling for the original asking price as indicated in chart 1, this chart suggests homes in 2022 experienced strong sale prices. As a matter of fact, the average home price in Parkland was well over \$1,000,000 for most of 2022. Notwithstanding the strong market values, a continued decline since June of 2022 is evident.

The third chart compares the number of active listings for each month in 2021 and 2022. The inventory of homes for sale jumped in June 2022 and soared through October. These numbers are not only a result of homes coming on the market; they are also influenced by homes remaining on the market longer.

Upon reviewing the charts collectively, it appears many homes are entering the market with asking prices higher than what the current market will yield. These high asking prices are a result of the real estate market adjusting more slowly than the rapidly rising interest rates. Correspondingly, we will see an increase in price reductions, homes remaining on the market longer, and the return of expired listings.

Lastly, there is no doubt rising interest rates are playing a role in the current housing market. In an attempt to combat the negative impact of increasing rates, the Bill Sohl Luxury Homes Team has teamed up with Joe Ballerino of PrimeLending. Joe Ballerino and his team at PrimeLending offer several innovative programs to help offset some of the costs associated with the higher interest rates. It is our belief: by assisting buyers to obtain reasonable funding, we are also helping our sellers. Please feel free to contact Joe at 954-298-0417 with any questions or for more information.

As always, I thank you for the opportunity to share my real estate knowledge with you and to assist you with your real estate needs and feel free to contact me at 954-655-5097. See ad on opposite page.





Publishers, Shellie & Scott Farrugia

It's All About

Winter Wishes

What a special time of year! With social distancing a part of the past, families are considering their Holiday traditions, and the 2022 Holiday Season is FINALLY HERE! So much has changed ...let's look forward to new beginnings!

To repeat our tradition for the eighth year, please consider doing a drive-through Pay it Forward at least once this month. If you're going anyhow, why not take a moment to make someone else's day brighter? The Holidays are the perfect time to truly make a difference for someone who may be stressed over the whole "rush rush" of this time of year. So when you've arrived at the window to pay for your order, tell the cashier you'd like to pay for the car behind you and to please tell them you're wishing them the best for the Holidays! (or insert your favorite comment here...an invite to your church, an invite to 'Pay it Forward' to another unsuspecting person or a wish for them to Have a Great Day). We personally "Triple Dog Dare" you!

And after you've made a difference for a few people you may never meet or get to know, always remember to tell the people you cherish just how important they are to you. You might think it's not necessary, but your kind word can make all of the difference between a bad day and a good one.

Our prayer is for every family touched by the Spectator and every home in between. God bless you and our troops,

Shellie & Scott

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Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia

Christina Stuehrenberg

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954-297-0731

Contributing Writers

Brett Porter

Ashley Ferraro

Shellie Miller

Dr. Vanessa De Oliveira

Inacio

Carmen Johnson

Bill Sohl

Advertising Sales

Office

(954) 753-4300

Scott Farrugia

(954)684-6590

e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator
MySpectatorOnline.com

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Community!

Get over it! Let's Have Some Fun!

By Shellie Miller

Having a conversation at the salon recently, my stylist mentioned that everyone seems to have lost their sense of humor! After I made a silly joke that made us both laugh uncontrollably, we realized that her statement was true! I think almost 2 years of our completely amended lifestyle and culture has thrown all of us for a loop.

Once upon a time, my household was busy with regular neighborhood gatherings, game nights, and weekends filled with company from all over the world. Life nowadays is a lot quieter, less exciting, and seems to be depleted of the usual amount of daily giggles. Keeping in touch with friends is simple when we have text messages, Instagram, and more, but I feel like many of us make excuses instead of diving in to the PHYSICAL social scene.

Through much of the chaos of our recent lives, many of us have turned to social media to make connections and see what our friends are up to. When you think about the multitude of people who are now working from home, imagine what that isolation brings into their personal lives. Many of us went from 40 hours a week at a busy office, to staying at home on our computer, and interacting with others digitally. Zoom meetings might be productive, but personal interactions build trust, friendships, compassion for others, and there are usually plenty of humorous moments along the way.

After chatting with several of my friends who feel exactly the same way, our mantra has turned to a very vehement, "Get Over It!" Many of us have decided to buck the depressing trend of seeing the glass half full. As we head into a celebratory time of year, let's remember all of our blessings! Not just the things we are thankful for, but the things we take for granted, like that friend who will talk you down at 2 AM when you've awakened from a horrible dream, and then reminds you about that night terror you had in college that had the whole fraternity house in stitches!

Instead of being offended at every slight we sense in our lives, let's be more open to the humor that is always lurking if we look for it. Having a nutrition conversation with my daughter, I was telling her how important it is to "eat the rainbow," and that the more colors on your plate, the better it is for your health. I asked her how many colors she saw. She replied in a very matter-of-fact voice, "Six! But it's seven if you count the burnt parts."

Enjoy every moment of the Holidays this year! Remember your sense of humor, which is an amazing coping mechanism. Interact with people "in the moment," and put the device down! Socializing with friends is a lot more fun face-to-face! Count your blessings, expect and delight in the humorous moments, and make this year's holiday festivities the most delightful ever!



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Meet The

Perry Family



Photo by Christina Stuehrenberg

This blended family has lived in and been a blessing to Coral Springs for more than 13 years! Cliff and Carin are the proud parents of Jaxon, 9, and Mateo, 13. Carin's older children, Alec, 24, and Josh, 28, complete the family circle with Josh's fiancé, Olivia, joining the fold in January! A three month old adopted puppy, Biggie, is also part of the team.

Cliff is private security / interpreter for the state department and is contracted currently in Africa. He is away for 84 days and home for 42 for this contract. Carin is a stay at home mom doing all the crazy busy schedules daily. One can only imagine that between her young sons that are involved in sports, a new puppy, and a husband who is away much of the time, life can be a little bit hectic!

As far as extracurricular activities, Mateo plays soccer, basketball, and volleyball for Ramblewood middle and is a teammate with ROC U travel basketball. His favorite subject at school is debate. Jaxon Plays Travel baseball for X Team and rec basketball. His favorite subject at Riverside elementary is P.E.

As active as her boys are, Mom and Dad set a great example. Carin tells us, "Cliff and I are very into fitness and we work out daily. I work out at JustLift in Coral Springs and he works out at several gyms." The entire family is focused on maintaining good health and enjoying their active lifestyle.

When it's time for family, Carin continues, "When Cliff is home, we enjoy the beaches of Florida and vacations are a must! Time is limited, precious, and valued when he's home. Skiing is a favorite as well. My boys are all adrenaline junkies!"

When asked about her favorite part of being in the Parkland/Coral Springs area, Carin tells us, "They say it takes a village to raise kids, and my daily schedule is so crazy and busy! My daily planner is jam packed and, with Cliff gone so much, our community is always there for me. I love all the kids growing up together, everyone knowing everyone!" She also adds, "To Cliff and I, family is everything!"

The Perrys attend services at St. Elizabeth Ann Seton, and they are all extremely excited for the wedding of Josh & Olivia on 1/21/23 at the Cooper Estate .



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Organizing Your Home is a Journey, Not a Destination



By Carmen Johnson, owner of Simply Organized

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

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

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

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

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

I am not going to lie to you: Keeping your newly organized space looking beautiful will take effort. It won't be difficult, and it won't be painful, but it will require a commitment to the order you just created.

The good news is that by going through the purging and organizing steps, you've innately created a system that essentially is plug and play. If you've done it right, you should have a system that works not only for the size of your space and amount of your things, but also the function of that space. And involve your children in the process! I find kids love being a part of the process of organizing – it also gives them a sense of calm. Our kids are all trained in school to

have routines and systems – take advantage of that and have the same expectations at home. You would be surprised how much they involve themselves in maintaining when they are part of the process.



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





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Parkland Flag Football Finishes Up Historic Season

By Ashley Ferraro

Parkland Flag Football has wrapped up another phenomenal season with over a thousand players under the leadership of President Matt Kauffman. Matt has been a board member for eight years and president for the last three years. He led the league through the pandemic, ensuring flag football continued safely despite the many challenges that came with that task.

Matt has recently passed the torch to Todd Link, who will assume the role of president moving forward. Todd has volunteered as a coach for Parkland Flag for the past six years and has two children participating.

This past season, Todd coached his son and daughter's teams to the Super Bowl, with his daughter's team, the Seahawks, coming out as champions. Friday, November 4th, marked one of the most historic Super Bowl nights in Parkland Flag history.

In the Girls 7/9 division, the Cowboys defeated the Chiefs in a high-scoring game to mark an undefeated season. The Cowboys were led by coach Laurent Robinson. In the Girls 10/11 division, Todd's team, the Seahawks, defeated the Dolphins for another undefeated season.

The Girls 12/14 Super Bowl championship went to the Chargers. The Chargers, led by coach Scott Backman, defeated the Steelers after an undefeated season. That marks three undefeated seasons, a scenario that's typically unheard of.

Finally, in Parkland Flag's newest division, Girls High School, the Panthers were named Super Bowl champions after a win against the Steelers. Adam Goldman and Bryan Krul coached the Panthers to their victory. "This

was our second season of Girls High School, and we hope it continues to grow," adds Todd.

In the CoEd 6/7 division, led by coach Laurent Robinson, the Cowboys took the win against the Chargers in overtime. In CoEd 8/9, the Buccaneers, led by Coach Scott Owens, secured a win against the Dolphins by one point after a very competitive season by both teams. In CoED 10/11, the Falcons, coached by Dan Hanes, defeated the Dolphins in another very close game.

In the CoEd 12/13 division, the Vikings secured a win against the Broncos in the Super Bowl. The Vikings were coached by Evan Golden, who grew up playing Parkland Flag as a kid. Evan secured his first Super Bowl win in all his years playing and coaching, marking a massive achievement for himself and his players.

Finally, the CoED High School division saw a face-off between the Titans and the Dolphins. Another nail-biter, the game went into overtime as the skies opened up and it started pouring rain. However, the Titans, led by Matt Kauffman in his last game, finally won.

Matt gave a speech while the parents shined their flashlights through the rain. And since it was past 11 PM, the park rangers had already turned off the lights at Pine Trails. "It was like a Disney movie," said Todd.

During Parkland Flag's end-of-season celebration, the league distributed \$12,000 in college scholarships to twelve players in honor of the late Coach Drew Wiener. After closing out another successful year, Parkland Flag is looking forward to registration in April for its 2023 season.

For more information, visit parklandflag.com.

CONVIVA

Conviva Care Center Is Prepared for Early Flu Season

By Vanessa De Oliveira Inacio, M.D.



Flu season is here, and Conviva Care Center is prepared to provide seniors with the preventive care needed to age well. Studies show that senior adults with dual flu-COVID infections are at a greater risk of severe disease and potential death than patients who only have COVID-19, or another virus. The only way to stop the expected health burden of influenza is to get a flu shot.

A flu shot is the only factor that reduces the risk of illness and hospitalizations. The 2022/2023 flu season began earlier this year—so it's important to be vaccinated as soon as possible. It's critical for older adults because they experience a natural decline in immune function, which places them at high risk for developing complications from the flu and COVID-19.

Available Vaccines

While there are different flu vaccines available this year, Conviva recommends that seniors receive one of two available flu shots: either the high-dose vaccine or the vaccine containing an adjuvant, a substance that creates a higher immune response post-vaccine.

According to the Centers for Disease Control and Prevention (CDC), the flu season began earlier this year than in past years. In preparation for the onset of flu season Conviva Care Center received ample supplies of vaccines in September, which patients have been receiving.

Aging well is a philosophy that guides all we do at Conviva Care Center. Our medical team is making every effort possible to take preventive measures for senior wellness and



educating older adults about getting a flu shot is a natural tie-in to that philosophy.

Getting Two the Same Day

It is completely safe to get a flu shot and a COVID-19 booster on the same day. In terms of side effects, the flu vaccine is very benign, with the most common complaint being soreness at the injection site. However, many of our elderly patients express concern about how the vaccine interacts with their immune system and some are hesitant to receive two injections the same day. After discussing the benefits, most understand the pros far outweigh the cons, and fortunately our population is compliant to the advice we provide.

Seniors are Prone to the Flu

Wearing a mask is not enough to protect against getting the flu, and the 65-and-over population can also be prone to hospitalization when getting the flu because of declining pulmonary function. Symptoms include upper respiratory cough, fatigue, fever, and body aches but our seniors are at a higher risk due to age and any predisposed conditions.

Primary Misconception

The most common misconception is when people say they had a negative reaction and got sick after getting a flu shot. The vaccine is not a live virus vaccine—so while some patients may feel achy or have other mild effects after a flu shot, they cannot get the flu from it. During this flu season several other viruses are circulating that cause flu-like symptoms, so chances are a person became infected with another virus.

ABOUT VANESSA DE OLIVERIA INACIO, M.D.

Board-certified in family medicine by the American Board of Family Medicine, Dr. Inacio is a physician at the Conviva Care Center in Coconut Creek, Florida. She completed her residency at Lehigh Valley Health Network, Allentown, PA, and earned a medical degree from Ponce School of Medicine and Health Services, Ponce, Puerto Rico. Dr. Inacio obtained a Bachelor of Science degree in Biology from Florida Atlantic University in Boca Raton, where she graduated cum laude. Dr. Inacio is a member of the American Academy of Family Physicians and the Student-Teacher Society of Family Medicine. She loves spending time with her family, going to the beach, and traveling. **For more information, call 954-758-9181.**

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Year round play check for sign up dates. www.CSBCHOOOPS.com or call (954) 360-1200 or Barry Popock (954) 599-6660

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG

ULTIMATE FLAG FOOTBALL

For more info. see www.UltimateFlagFootball.org

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

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

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com See ad below.

Running

NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities. For more info. go to www.nwbrcc.com or email jaygee725@gmail.com

Soccer

CORAL SPRINGS RECREATIONAL

The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: www.csys.org, email: csysadmin@csys.org or call Mimi Milton at 954-341-6391 see ad and article pgs 18-19.

NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit www.springssoccerclub.com.

Softball

YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and September-November. See the website at www.coralsspringsoftball.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.

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For more information see 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 See ad on page 9.

Special Needs

PARKLAND BUDDY SPORTS

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

CHALLENGER BASEBALL LEAGUE

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

THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Volleyball

SAND TURTLES VOLLEYBALL CLUB

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

Parkland P-Rec

PICKLEBALL

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

Scouting

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

i9 Sports - Youth Sports Leagues

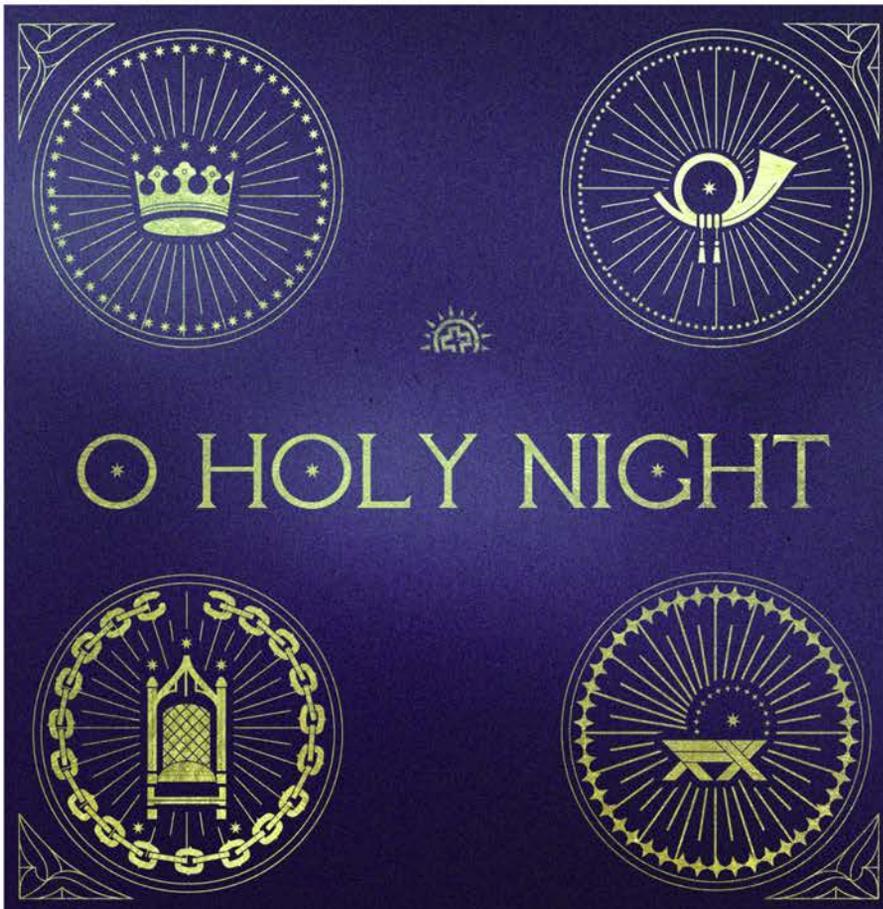
Coral Springs Leagues - Saturday & Sunday Options

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

www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

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



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Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com. See article on opposite pg.

Basketball

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

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 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

PARKLAND REC SOCCER
 For more info, visit

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

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 See ad on page 9.

Parkland P-Rec

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Special Needs

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www.ParklandBuddySports.com

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

THE FRIENDSHIP JOURNEY
 Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Scouting

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

Adult Softball

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

i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only
 Soccer - Ages 3 - 12
 Baseball - Ages 3 - 7

www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

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



2023 Spring Baseball

Now registering for our Spring Season. (February - May).

(There will be a \$50 late fee for any registrations after 12/31, and placement is not guaranteed if registered after this date)



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REGISTER ONLINE AT

www.parklandlittleleague.com

TO BE ELIGIBLE FOR PARKLAND LITTLE LEAGUE:

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.

Evaluations are held in mid-January and the dates and locations for your player will be sent to you after registration.

Parkland Little League Prepares for Spring 2023 Season



By Ashley Ferraro

Parkland Little League Baseball is gearing up for its 33rd season this spring and what's expected to be the league's biggest year yet. This past spring, the league had a record-breaking enrollment of 525 players, followed by 325 players in the fall. Overall, Parkland Little League has been riding serious momentum, and organizers are excited to watch the numbers grow in 2023.

"We're the fastest growing, second largest Little League in Broward County," says President Rob Travinski. Rob has been volunteering as president for seven years now and a board member for twelve. All board members, coaches, and staff entirely consist of volunteers and Parkland residents.

Parkland Little League is open to children ages four through fifteen of all skill levels. For children under six, the league offers an excellent Tee Ball program. Several divisions split children by age group until they graduate to high school baseball.

Teens who have graduated from Little League but would love to stay involved should consider the junior umpire program. Parkland Little League compensates junior umpires with volunteer service hours or pay, depending on the individual's preference. The league also typically holds an umpire clinic to ensure their junior umpires have the necessary knowledge and skills to perform their duty during the game.

In addition to developing top-notch baseball players, Parkland Little League is focused on evolving the players beyond the field. Rob emphasizes the importance of sportsmanship and other important personal traits. "Parkland Little League creates an environment where kids can not only learn the game but learn how to be part of a team. They will learn lessons about character they can use for the rest of their lives".

Founded in 1939, Little League takes the title of the world's largest organized youth sports program. The organization is at the heart of many communities and strive to teach life lessons that build stronger individuals and communities. The same is true here in Parkland. Parkland Little League saw impressive success in 2021, with several All Stars progressing to the state tournament.

This year, one of those teams again made it to states. The run began when Parkland beat their biggest rivals, North Springs, in the district tournament. They went on to defeat Fort Lauderdale in the championship game. Finally, they secured a win against Liberty City in Miami to progress to the state tournament again.

Parkland Little League practices and plays at Pine Trails Park and Terramar Park. The registration fee is \$220 and can be completed through Parkland Little League's website. Sibling discounts are available.

Registration for the spring season is open now through December 31st. Evaluations will be held in mid-January to divide youth into teams properly. Practices will begin on February 1st, and opening day will take place on March 4th. The regular season is scheduled to run through April, with playoffs starting in May.

To register for the upcoming season, visit parklandlittleleague.com. Players must be Parkland residents or attend one of the Parkland schools. Anyone interested in working as an umpire can contact Rob directly at president@parklandll.com. See ad on opposite page.

www.MySpectatorOnline.com



Insurance Evaluation...

By Brett Porter

Considering the volatility of the insurance market, now is a great time to shop auto, home and flood premiums. Many times there are big differences in rates when comparing different companies. Since we are an independent agency, we have the ability to "shop" coverages for our clients depending on their individual situations.

Home policies may need to be adjusted once claims fall off your record or you have improved your home (replaced your roof or added impact windows/shutters.) The insurance market is very confusing right now. For instance, two homes that are exactly the same size and are located on the same street can have markedly different insurance premiums depending on factors outside of your control. Having a professional who can explain and educate you on your options is invaluable!

In the flood insurance market there are now many private market companies that offer lower rates than National Flood.

Auto policies may need to be adjusted once tickets or accidents fall off your record

Considering the volatility of the insurance market, now is a great time to shop the premiums. The auto and umbrella availabilities are plentiful and there are many carriers to choose from. You will often find huge differences in rates.

The question to ask yourself is, do you have the proper coverage and are you with the right company? To be certain, please call for a no obligation review of your insurance policies.

Porter & Associates Insurance Agency 561-771-8025

See ad below



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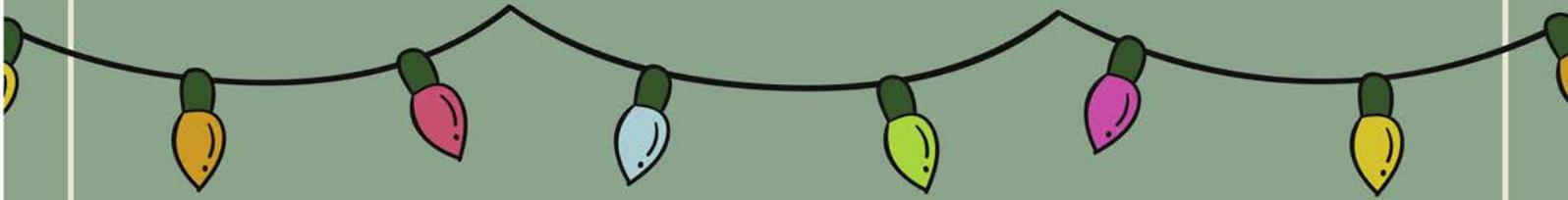
Are you overpaying for homeowner's insurance? When's the last time you shopped your insurance rates to make sure you're not paying too much? Let us review your policies.



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A Journey from Pain to Healing

Meet Dr. Oron Fiksel, PT, DPT, OCS, Cert. DN, CAMT, CFMT, CMPT

It was an innocent fall while playing with a neighborhood friend when he was five-years-old that left Dr. Oron Fiksel, founder of Holistic Movement and Manual Therapy, in a wheelchair or on crutches until the age of 16. After tripping on a parking lot chain near his home in Tel-Aviv, Israel, he was unable to walk home. When the blue bruising only worsened after a week of rest, Fiksel's mother took him to the hospital for an x-ray where they discovered the underlying wound delaying his full recovery.

"He said, 'ah it's gonna be an easy surgery. 30 minutes. We're going to go in and take it,'" Fiksel says, recounting his surgeon's diagnosis and initial plan for removal of what was thought to be a benign cyst on the front of his left tibia. "After 7 hours of surgery, he didn't know what it was. He said, 'it's not what we expected.'" Physical limitations and an uncertain future drove Oron's adoration for other children's natural ability to use their bodies for joy, like running, riding a bike and playing basketball.

"I couldn't do physical activities so I was really jealous of all the kids. To see them play and run outside, because I was kind of different all the time with these instruments on my leg," Fiksel says.

Fast forward 11 years, two trips to consult with experts in the United States, ongoing medical treatments and invasive procedures, plus biopsies sent across Europe and presented for discussion at medical conferences. The cause of the cyst was confirmed a Giant Osteofibrous Dysplasia,[1] just one of three cases in the entire world.

It wasn't until after the tumor was successfully removed that Fiksel was able to focus on gaining a full recovery. Over time through developing a personalized strength and recovery method, he was able to start jogging and resume playing sports.

A personal commitment to rise above his own physical

limitations made him more determined and compassionate toward others' healing. In his ongoing journey to understand and master optimal function within his own body, Fiksel has crafted a professional orthopedic functional manual therapy treatment approach.

As the story goes, this trauma created a lifelong path of the patient as healer, and when he was released from the army (Israeli Defense Force), he began taking courses in personal training, strength and conditioning and completed a degree in physical education and a Doctorate of Physical Therapy.



Two decades later, Fiksel is currently a Fellow-in-Training in Orthopedic Manual Therapy Fellowship Program through the North American Institute of Orthopedic Manual Therapy (NAIOMT), and is pursuing his Doctorate of Science in Physical Therapy (DScPT) with a research focus on the treatment of chronic headaches through a manual therapy, exercises and nutrition-based approach.

"Since I suffer from chronic pain off and on, I always focus on my nutrition," Fiksel says. "But it wasn't until at NYU (Langone Medical Center) when I started to see the pattern between my patients with metabolic syndromes, and their blood work. All of them came with chronic pain and I started to identify the connection between inflammatory biomarkers and pain."

If you are suffering from headache/migraine pain, Fiksel's current case study series is treating patients who suffer from chronic cervicogenic, tension-type and components of migraine headaches using spinal manipulation, research backed neuromuscular facilitation and the elimination of processed carbohydrates and dairy products.

To reach Dr. Oron Fiksel, PT, DPT, OCS, Cert. DN, CAMT, CFMT, CMPT visit www.oronfiksel.com or email him at oronsportpt@gmail.com or call (201) 736-2741.

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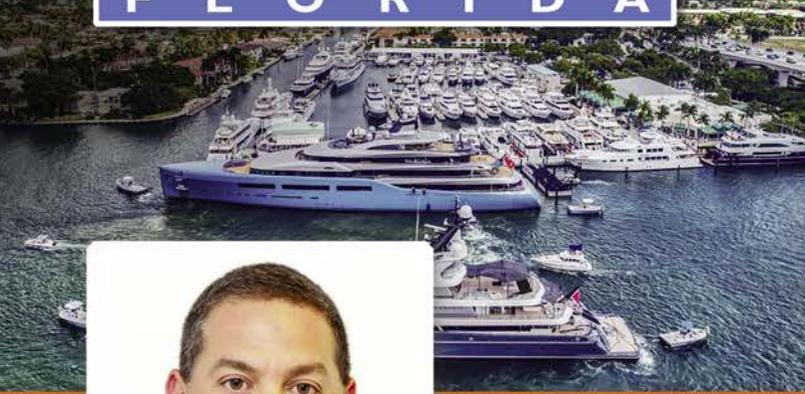
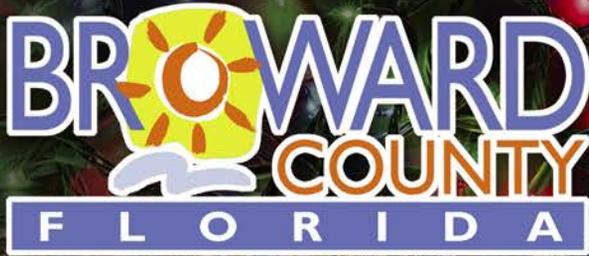
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Broward County is the Place to Be!

By Michael Udine, County Commissioner for District 3

The holiday season is here! Whether you are travelling “home” for the holidays, or

having everyone come to your home, our community is getting in the spirit of the season. Broward County is doing everything it can to make this year special. From holiday tree lightings and parades in many cities to expanding our travel offerings at FLL we look forward to serving you and your family. If possible, please support one of the many toy drives throughout the community or a holiday food drive so everyone can have a great holiday season.

Commissioner for District 3! I am proud of all the things we accomplished together this year. From upgrades to infrastructure, some of the largest economic development numbers in recent memory and creating a focus on the health of our community, we accomplished a lot. As your Mayor, we also welcomed several world class events such as F1 Racing, the Stanley Cup Playoffs, the Fort Lauderdale International Boat Show, and we received word that we will host the 2023 NHL All Star Game. I look forward to continuing to serve you, and I thank you for allowing me to serve you as your Mayor.

November meant the end of a long election season throughout our community. As the Broward County Commission Canvassing Board representative, I am proud of the transparent and fair election that was held. I would like to congratulate all who won and lost on a spirited campaign, and for participating in our democracy. Finally, I would like to congratulate the staff members and the Supervisor of Elections for a job well done. Their hard work led to Broward County being the first county in the State of Florida to report results, and a full count came very quickly after.

Finally, my family and I would like to wish everyone who celebrates a Merry Christmas, Happy Hanukkah, and Happy Kwanzaa. No matter which holiday you celebrate I hope you enjoy a nice break, and time with those you care about. See you in the New Year!

The top priority in my office is that we stay in contact with the residents of District 3 and Broward County. We are available by phone, email, and social media. Reach me at MUdine@Broward.org or at my office at (954) 357-7003. On social media you can find me at [Facebook/CommissionerMichaelUdine](https://www.facebook.com/CommissionerMichaelUdine) and [@MichaelUdine](https://twitter.com/MichaelUdine) on Twitter or Instagram to receive important updates and see what is happening in our community. Let's connect!

On November 29th, I wrapped up my year long term as the Mayor of Broward County. Don't worry, I am not going anywhere and will still be your County

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Dr. Lisa Green and

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Parkland Rangers Tackle Football & Cheer Finishes 2022 Season Strong

By Ashley Ferraro

The Parkland Rangers kicked off their tackle football and cheerleading season on August 1st with four football team divisions and five cheer squads. This year marks the league's sixth year as a member of the Gold Coast Pop Warner Conference (GCPWC) and its fifteenth year overall.

To commemorate the start of the season, the Rangers held their annual parent kickoff. The league also had a giant pep rally on the evening of Friday, September 9th, as a pre-homecoming celebration. The event included food for the players, cheerleaders, and families and allowed the cheer teams to put on a short performance.

The next day, the Rangers hosted homecoming at Pine Trails Park, at the fields they practice and play on. They had food trucks, a DJ, raffle baskets, and more. And despite rocky weather conditions, three of the four football teams were able to play their games, with two securing wins.

As the regular season came to a close, all four of the Rangers football teams progressed to the playoffs. Two teams, 8U and 10U, advanced beyond the playoffs to the Super Bowl and were impressively named Gold Coast champions.

The Rangers cheer squads also participated in the Gold Coast championship for cheerleading, with all five teams bringing home wins. Most notably, the Junior Varsity Gold squad took the Overall Grand Champions title. The cheer teams are still competing and hoping to progress to globals, as they did last year.

But the fun didn't stop there—the 8U and 10U football

teams advanced to regionals, playing various teams from different parts of the state. The 8U team made it as far as the second round of regionals, with the 10U team progressing through the first round.

Both the football and cheerleading teams participate in the All-American Scholar Program, which recognizes the most academically accomplished Pop Warner student-athletes each year. Based on their grades and other activities and achievements, football players and cheerleaders are selected to go to Orlando in the spring to receive recognition.



The Parkland Rangers is an excellent organization to get involved in, as it encourages youth development in sports, academics, and other essential qualities. And unlike many other organizations, the Rangers boast a "Must Play" rule, meaning every child on a team has to participate in each game. The policy was implemented in order to effectively teach discipline, dedication, and teamwork.

Our City recently named the Parkland Rangers Football & Cheer program "the best children's sports program" for the second year. Thanks to the board members and coaches, which entirely consists of volunteers, and the league's sponsors, the Parkland Rangers can foster a supportive environment for our community's youth.

Although the cheer squads are still progressing in their competition, Parkland Rangers is already looking forward to the 2023 season next August. For more information and to keep up with the Rangers, please visit parklandrangers.com.

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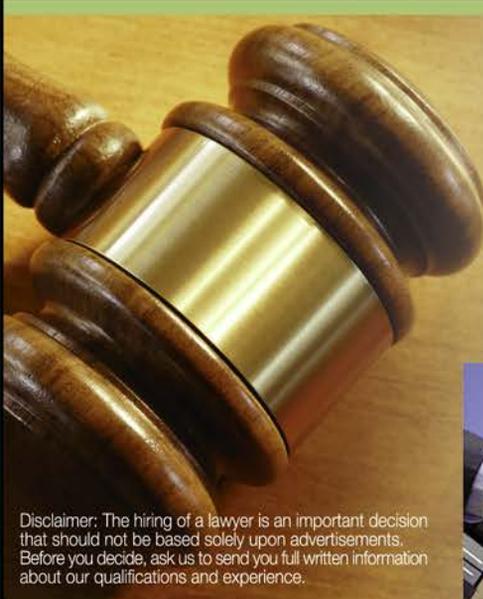
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Up & Coming

Coral Springs Downtown in December, Sat., Dec. 3

Coral Springs will usher in the holiday season with this free event celebration on the City Hall lawn, 9500 West Sample Rd. with free parking in the City Hall garage. The fun begins at 5 PM and finishes at 9. Join neighbors and friends to enjoy Food Trucks, Holiday Dance Party, Tree Lighting Ceremony (6:15 p.m.), Train Rides, Holiday Cookies, Snow Zone (on the hour every 20 minutes), Holiday Village: Enjoy local vendors and arts & crafts, Letters to Santa, Inflatables, Special Character Appearances, Toy Drive - The Coral Springs Police Department will be collecting new and unwrapped toys.

Parkland Farmers' Market - Sun, December 4 and 18th

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.

Seminole Hard Rock Winterfest Boat Parade - Sat., Dec. 10

The 51th Annual Holiday Parade takes begins in the Downtown Area at 6:30 PM with a preshow of non-motorized vessels at 6:00 p.m. The Seminole Hard Rock Winterfest Boat Parade will stage on the New River in downtown Fort Lauderdale, along the docks west of Stranahan House to the Broward Center for the Performing

Arts. The Parade starts at Stranahan House traveling East along the New River in Fort Lauderdale to the Intracoastal Waterway as it continues North to Lake Santa Barbara in Pompano Beach. The Parade takes approximately 2 and 1/2 hours to view from one location For more info, see www.winterfestparade.com/events/parade-viewing-area

Coral Springs Holiday Mile Run - Wed., Dec. 14

Beginning at 6 PM, and just before the annual Holiday Parade, runners of all ages and ability can participate in the Coral Springs Holiday Mile Run along the sample Road parade route. All runners must pre register and wear a bib. Participants are encouraged to wear holiday attire. To register, email inthezoneevents@gmail.com

Coral Springs Holiday Parade - Wed., Dec. 14

This year's Holiday Parade begins at 7 PM with the theme March of the Toys! Enjoy the parade along Sample Road, starting at Coral Springs Drive and ending at City Hall. Families are encouraged to bring their lawn chairs and blankets to sit along Sample Road. Handicap seating will be available at the intersection of Sample Road and Coral Hills Drive and at the City Hall viewing area. Local restaurants and shops may also have seating available.

Parkland Snowfest - Thursday, December 15

Parkland Equestrian Center from 5pm to 8pm. Parkland Residents Only. Food Trucks, Snow Slides, Crafts and Music. Registration begins December 1st from 9:00AM at Parkland P-REC Building. Registration can be done online via WebTrac; however, please reach out to the office beforehand if you do not have an account. You can sign up online with an active account.

Michelle Richard
PHOTOGRAPHY

(954) 914-8810

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let my camera be the paint brush."

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CHRISTMAS EXTRAVAGANZA

DISCOVER OUR EVENTS FOR THE WEEK




12.31.2022



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WITH COASTAL COMMUNITY CHURCH

DECEMBER 24TH

3:30 PM
PRE-**PARTY**

5 PM
CHRISTMAS
eve
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