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See pages 6 & 7 for details



Sharon Rizzo

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Sharon joins the team with 2 decades of real estate experience and a strong business skill set. Her attention to detail and desire to provide the highest standard of representation to her clients has earned her the trust of many.

Sharon is a dedicated Parkland resident who volunteers for many worthy causes within the community such as Anthony Rizzo's Walk Off for Cancer. Originally from NJ, she moved her family to Parkland for the A+ rated schools, the beautiful communities, and to be close to family.

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On the cover: Summit Academy Charter School
See pages 6-7

It's All About Community!

Happy New Year!

We're excited to welcome you to a 2023 that is FULL of new opportunities! We encourage you to begin each day intentionally focused. When you turn to pages 6 & 7, please learn about a beloved and successful Charter School, Summit Academy, that is caring for and educating children in grades k-8.

This last year has been challenging in our community, and throughout the world. It's brought out the best in many of us. Being there for others is an important lesson, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!

This year is the 21st anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2023 is for YOU, dear Reader, Neighbor & Friend. Thank you for your time and support of our advertisers.

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Hello, 2023! Cheers to Another Step into the Unknown

By Ashley Ferraro

Entering another new year during times riddled with uncertainty can bring up mixed emotions. On the one hand, a new year is a time to cultivate resolutions with the vision of a "better" you—whatever that means to you. Maybe it's a more active version of yourself, someone who spends less time on social media, or a person who becomes their boss. At the same time, a new year allows more room for disappointment. Sometimes, it's difficult to feel excitement when anxiety has moved in, and hope has moved out.

However, calling these years "uncertain times" begs the most important question—when were times ever certain? When could humans truly understand the future? Or, when was tomorrow ever promised? The truth is, no matter what state our world or community is in, we know no more about tomorrow than we did five, ten, twenty, or a hundred years ago. We were never sure what the following year would bring, and we likely never will be.

The thought of uncertainty has been pegged as a negative. These uncertain times have ignited fear, allowing it to ravage like wildfire through our media. However, uncertainty reminds us that our world is capable of anything, and so are we. History has repeatedly shown us that the impossible is possible, something to cherish rather than fear. Uncertainty brings opportunity and freedom; frankly, it's what keeps life interesting.

The attention to uncertainty has only forced us to face reality and revealed the fragility of life. Maybe we've gotten comfortable with routines and expectations. However, we've been given the knowledge and opportunity to face life from a new perspective. With this, we can take risks, speak up for what is right, care less about what others think, let go of grudges, love more, and worry less.

If uncertainty isn't your cup of tea, there are many promising additions to the new year that you can look forward to. The developments of Artificial Intelligence, or AI, this past year alone have set us up for an even bigger tech boom in 2023. Self-driving cars are demonstrating promise. Virtual and Augmented reality is no longer just for gamers; VR and AR are going mainstream this year. Drones are becoming more accessible to the everyday consumer, no longer reserved for professional videographers. Previously reserved for the financial sector, Blockchain technology is predicted to infiltrate healthcare, government, and education industries as the year progresses.

Streaming giants like Hulu, DirecTV, and FuboTV are replacing cable, making access to information and entertainment cheaper. Long-awaited films like Star Wars: Rogue Squadron, The Marvels, and Dune: Part Two are set to hit theaters. American favorites like Blink-182, Selena Gomez, Ed Sheeran, and Sam Smith are planning to release new albums this year.

But again, these are still predictions...leading us back to uncertainty. We can never truly know what the future will hold, which serves as our reminder to live each day like it's our last. This year, take that risk you fear you'd fail terribly at—you might surprise yourself! No year, day, or moment should be taken for granted. Cheers to 2023.



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Reaching the Summit with Quality Education

Involved parents, successful students, and encouraging, knowledgeable teachers combine to make Summit Academy one of the most desirable charter schools in Broward county! After three years in the Coral Springs Community teaching kindergarten through eighth grade, families are singing the praises of this inclusive institution with a focus on "CLASS."

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The vision of Summit and its principal, Mr. Gus Prats, is that an education is more than the teaching of core subjects. A school, well-connected with the home and the community, is a place for students to grow academically, socially, emotionally, and physically.

Tiffany Shewell is a third grade reading and social studies teacher at Summit. Relocating from the Philadelphia area when her husband got a new position in South Florida, Tiffany was excited to join the staff at Summit in their first year. She enjoys the team aspect, as she has a "grade partner," another teacher who teaches math and science that she works with daily. She says, "We are like type A and type B... The perfect yin and yang. We work so well together! This is a great community of people," she continues. "When I worked just outside of the city up north, we had so many disciplinary problems. I've never seen any at this school! The kids, the parents, and the overall community are so warm and welcoming! It's been a terrific change!"

She goes on to tell us that, "Testing in the state of Florida has changed, and that takes a lot of pressure off the parents and students. It's become more of a progress monitoring and growth tracking assessment." The Florida Assessment of Student Thinking (FAST) will be adminis-

tered as a progress monitoring assessment, which students will participate in three times per year. Tiffany continues, "Aside from testing, and now that they don't have to worry about FSA scores (a past testing parameter), I think parents are most concerned about how personalized learning is, and the use of centers and differentiated activities in the classroom, rather than just whole group instruction. In my classroom, we have different tiered reading groups, and the kids can read at their level, while also seeing their progress monitoring. We make it really personal for each individual child. Remember, they come at all different points of the year, and at different levels of reading." Tiffany realizes the importance of meeting each child where they are at when they walk into the classroom the first day. She goes on to tell us that meeting each child's unique needs is a challenge, but personalized learning is her ultimate goal.

Another popular part of Summit is their PTO, parent teacher organization. I was privileged to meet with them a short time ago and these people are passionate about their children, their community, and the teachers that are spending time daily with their kids. Tiffany tells us, "The PTO is so amazing! They'll drop off a sweet treat or something kind every once in a while to just make us feel so special! It's an excellent boost, and us teachers appreciate it so much!"

Summit Academy Charter School is certainly a unique environment to teach our children academically and socially. Their emphasis on individual progress is a trait to be commended in the midst of our traditionally overcrowded school system.

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Meet The

Esposito Family



Charles "C.J." and Genevieve are a warm and friendly couple with a beautiful growing family of three children, Brann, 6, Sterling, 3, and Arrow, 1. They also love dachshunds and plan on getting one or two when the kids are older.

C.J. is a busy professional, a real estate lawyer, that focuses on closings. His company, JK closing attorneys, is a South Florida firm and can be reached at 954-332-3111. See the ad on page 2. Genevieve is a homemaker, and was previously a veterinary nurse.

Big brother Brann plays baseball, loves to golf, and play basketball. Mom says, "He is very social and enjoys school, his friends, and follows everything sports related." She continues, "Sterling is a social butterfly who loves to dress up as a princess. she enjoys dancing, singing, as well as doing hair and makeup." Sterling loves art, music and will begin dance class this spring.

Arrow is about to start walking. She loves her siblings and enjoys joining in on everything they are doing. She also loves music and animals, and really enjoys puppets and Baby Einstein.

As far as their involvement in the community, Mom and Dad enjoy their extracurricular time making a difference for others. Genevieve is the PTA room mom for Brann's class, loves party planning, crafting, cooking, and volunteering her time in any way for both children's schools events/fundraising. She tells us, "We are animal lovers and donate and help through our local vet whenever needed." C.J. fundraises for multiple charities and events through JK Closings, usually related to cancer research.

C.J. is grateful to be where we are. He says, "We're all very blessed to be living in South Florida, especially during the last few years. Every day I see first-hand the amount of people who want to move to this area for various reasons, and there is still huge demand."

This family loves to have fun! Some of their favorite things to do are to have dance parties at home, and I bet we can all guess that music is key! C.J. tells us, "Sterling likes to be "presented" as a princess and her theme music is 'Beauty and the Beast.' Brann likes to "walk up" to the plate to 'Industry' by Lil Nas X. Arrow loves 'Africa' by Toto."

Genevieve tells us, "We love to cook and eat together! The kids enjoy bath time with bubbles and listening to under the sea! We all love to craft and do puzzles and any project!"

Brann attends kindergarten, where his favorite subjects are math, Mandarin, and P. E. Sterling is in VPK and enjoys art, pretend play, and is currently learning the months of the year.

Looking ahead to 2023, C.J. says, "We are very much looking forward to watching our kids grow and thrive each day in every way. We hope to have a healthy and happy year filled with more adventures and family time! We cannot wait to see what lies ahead and are very grateful and cherish each special moment in our lives!"

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From left to right

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Making Disciples... The Calvary Chapel Parkland Story

By Pastor Steve Daigle

As we begin a new year, many of us make plans and resolutions for the upcoming year, but sometimes, you have to look back and remember all that God has done so that we can look forward to what He has next in our future...

All stories have a beginning, a middle and a conclusion. These three elements allow for a story to be successfully illustrated in order for an audience to fully understand the story and its characters. The Calvary Chapel Parkland Story, like many other stories, has a beginning and a middle but the story of our church campus has only just begun...



Bible Study in the Clubhouse... Genesis 50:20

Calvary Chapel Parkland's humble beginnings did not originate in a normal worship building, but in a neighborhood clubhouse. In fact, management from one of Parkland's communities "greenlit" the use of the clubhouse on February 12, 2018. 2 days later, the Parkland Campus was granted access to the clubhouse, the Parkland Community was overwhelmed by the senseless shooting at Marjory Stoneman Douglas High. In light of the launch of the Bible Study occurring a day before the tragedy, our group felt the urgency to answer the call to support the Parkland Community with the inspiration from Genesis 50:20: "But as for you, you meant evil against me; but God meant it for good, in order to bring about as it is this day to save many people alive."

Parkland Mondays/Aston Gardens... Colossians 3:17

In July 2018 the Bible Study group began conducting bible studies at both Carmela Coffee Company and Aston Gardens. During that time, our group began to sense the needs of our community, and considered what resources would be needed before and after the upcoming campus launch on Palm Sunday 2019. As a result, our campus began to sponsor outreaches in the city of Parkland. These outreaches demonstrated our desire to serve Jesus and the community.

West Glades Middle... Hebrews 10:25

Palm Sunday 2019 was the Campus' official launch.

The excitement of being in our new location was felt within the congregation and the community. We were welcomed with open arms as we extended our arm to support West Glades Middle and the Parkland community through First Priority/Game Day Clubs.

2020-2021 Parkland Campus Locations... Galatians 6:2

In March 2020 we saw firsthand as a congregation the effects of COVID as we experienced the closing of our location at West Glades Middle. Fortunately we saw the provision of God sustaining our congregation by gaining access to three other locations during the pandemic, which also enabled us to assist North Broward-area families.

Making Disciples... Matthew 28:19-20 Calvary Chapel Parkland in Coconut Creek

After four locations, God has provided a permanent place of worship for the Parkland Campus. Beginning on Sunday July 11, 2021 our campus held our first service in our new location. Having experienced numerous declarations of faith since our first service in April 2019, we are so excited to continue the mission of making disciples.

For more information, please visit
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The Gift of Giving

"Life's most persistent and urgent question is, 'What are you doing for others?'" - Dr. Martin Luther King Jr.

By Valerie Block

The quote by Dr. King is what Dr. Bessie Cristwell lives by and uses to inspire others to give back this holiday season. Dr. Cristwell has been a resident of the Coral Springs community for the past 46 years. She has played multiple key roles in our community such as MLK Scholarship Chair, educator, administrator, member of the Coral Springs Police Community Ambassador Program, and a member of the City's Multicultural Committee. Every year Dr. Cristwell works with the Coral Springs community to collect items for Broward Partnership, a 501(c)(3) non-profit, Homeless Assistance Center.

Year by year more become inspired to take action and spread the spirit of the holiday season. This year, various organizations, schools, sports teams, clubs, neighbors, and selfless individuals took a step in making the holidays for those in need, a lot more special.

The collection began mid-November, where students were provided service hours for making posters, donating and promoting towards this cause. Contributing schools were: Coral Springs Charter, Coral Glades High School, JP Taravella High School, and Stoneman Douglas High School. Student leaders who took initiative in coordinating the collection of items with Dr. Cristwell were Nicholas Pappalardo and Thomas Vliestra (Coral Springs Charter DECA), Brooke Jolliff (Coral Glades National Honor Society), Fabio Rojas and Leila Alphonse (JP Taravella Key Club), and Marjory Stoneman Douglas National Honor Society/ Basketball Team.

With this drive, hundreds of toys for various ages were contributed by additional organizations such as the North Broward County Chapter of the Links Incorporated, Abundant Life Church, and the Coral Springs Police Community Ambassador Program (CAP)

There were some notable individuals such as Gerald Block, who was inspired by his granddaughter, Valerie Block, who worked with Dr. Cristwell last year; as well as Alean Ford and Linda Harley.

The week of December 11th was dedicated to making countless trips to the Broward Partnership location in Pompano Beach. Coral Springs Charter School held a "Not So Silent Night" event in which students and families gathered to make cards and drop off toys on December 16th. Coral Springs Charter School has been a notable part in this drive year after year. This year, the DECA club promoted this drive as an "Act of Kindness" and collected over 300 items of non perishable goods, clothing, toys and much more. Students learned the importance of being kind and more importantly the joy in helping this community!

Ms. Isabella Preble from Broward Partnership is the Community Relations Specialist, she graciously thanks the students and staff from Coral Springs Charter School who worked together to donate hundreds of gifts to the Giving Tree. She stated " We were extremely excited to once again collaborate with this amazing team. It truly warmed our hearts to see the outreach grow to include many new community partners. Each gift received will help men, women and families with children experiencing homelessness transition out of homelessness and into safe and stable housing."

This drive could not have been possible without the Coral Springs Community coming together to give to those in need and shine a light on children, young adults and families who are experiencing homelessness. Together we can achieve anything! If you would like to donate to Broward Partnership, **please visit www.bphi.org/about-us/ for more information.**



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Are You Burnt Out?

By Dr. Rosemarie Rutecki

Check if you suffer from the following symptoms

Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged and excessive stress. It can affect anyone, but it is more common among people who work in high-stress environments or have a lot of responsibility.

Physical symptoms of burnout can include:

- 1. Chronic fatigue:** Feeling tired, exhausted, or lacking energy, even after getting enough sleep.
- 2. Insomnia:** Struggling to fall asleep or stay asleep or waking up feeling tired.
- 3. Headaches:** Experiencing frequent headaches or migraines.
- 4. Gastrointestinal problems:** Experiencing digestive issues such as stomach pain, nausea, or diarrhea.
- 5. Weak immune system:** Falling ill more often or taking longer to recover from illness.
- 6. Chest pain:** Experiencing chest pain or discomfort may be a sign of stress-induced heart disease.
- 7. Mental health:** Feeling depressed, anxious, or having difficulty concentrating.

It is important to note that other health conditions can also cause these physical symptoms, so it is always a good idea to consult a medical professional if you are experiencing any persistent or severe physical symptoms.

Burnout can also cause:

- 1. Decreased productivity:** Struggling to complete tasks and meet deadlines or feeling like you need to achieve more than you used to.
- 2. Negative attitude:** Feeling negative, cynical, or dis-

engaged from work and lacking motivation or enjoyment in your job.

3. Decreased satisfaction: Feeling disillusioned or unhappy with your job or career and lacking a sense of accomplishment or fulfillment.

What can you do to improve your well-being and reduce stress:

- 1. Take breaks:** Make sure to rest and recharge throughout the day. It is also essential to take time off work when needed, whether for a few days or a more extended period.
- 2. Practice self-care:** Engage in activities that help you relax and recharge, such as exercise, meditation, or hobbies. Make sure to get enough sleep and eat a healthy diet.
- 3. Set boundaries:** Learn to say no to additional tasks or responsibilities that are not necessary or that you do not have the time or energy for. It is essential to set limits and prioritize your well-being.
- 4. Seek support:** Talk to a trusted friend or family member, or consider seeking help from a mental health professional. It can also be helpful to join a support group or seek guidance from a mentor or coach.
- 5. Make changes:** Change your work environment or job duties to reduce stress and increase satisfaction. This could include negotiating a more flexible schedule or asking for additional support or resources.

Remember, it is essential to prioritize your well-being and take steps to address burnout before it becomes a more severe problem. Recognize that work will always be there; it will never end. Taking care of yourself should be your priority today.

Dr. Rosemarie Rutecki is a Board Certified Functional Medicine Practitioner. She specializes in working with Peak Performing individuals to help them find the root cause and reverse their digestive, hormone, and fatigue issues. You can find her on Instagram @drrosemarie_rutecki or at her website: www.drrosemarierutecki.com.



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Knee Injuries: The ACL

By Dr. Howard Gelb

Anterior cruciate ligament (ACL) injuries are increasingly common in younger athletes, especially in female athletes. The ACL is one of four major ligaments that stabilize the knee. Its main function is to prevent injury to the knee cartilage (meniscus-cushions and articular surface). Without an ACL, the knee becomes unstable with twisting turning sports. Injury to the ACL is usually associated with a non-contact twisting injury. ACL tears are usually diagnosed by a combination of history and physical exam. In a majority of the cases, the patient reports planting the foot while twisting the knee and falling to the ground. Most people recall hearing a pop in the knee at the time of injury. Usually the patient cannot return to the sport the same day as the initial injury and the knee swells within the first 24 hours. The Lachman test is the most important physical exam finding that aids in the diagnosis of a tear. There can be associated injuries to other ligaments as well, such as the MCL. An orthopaedic surgeon trained specifically in sports medicine is usually more experienced and accurate in this diagnosis. MRI can be useful to confirm the diagnosis and assess the meniscal cartilage. The meniscus is damaged almost 50% of the time in association with an acute ACL tear. Treatment of an ACL tear is patient specific but includes reconstruction of the injured ligament using one of several arthroscopic surgical techniques. It is essential that the meniscus be repaired if possible in the young athletic patient in order to prevent future damage to the knee. Certified in Sports Medicine, Dr. Gelb specializes in the treatment of ACL injuries in both adult and pediatric patients.

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WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info you visit www.csmall.com, or email coralspringsamerican@gmail.com call (954) 871 3997.

CHALLENGER BASEBALL LEAGUE

Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

NORTH SPRINGS LITTLE LEAGUE

For more info go to www.northspringsll.com

Basketball

CORAL SPRINGS BASKETBALL

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

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

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

ULTIMATE FLAG FOOTBALL

For more info. see www.UltimateFlagFootball.org

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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

Ice Skating & Hockey

FLORIDA PANTHERS ICE DEN

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.coralsspringssoftball.com or call (954)344-0171. See ad below

CORAL SPRINGS WOMEN'S SOFTBALL

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

Swimming

AQUATIC COMPLEX & FITNESS CENTER

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

MULLINS PARK POOL

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

CYPRESS WATER PARK

1300 Coral Springs Drive • Coral Springs, 33071 • 954-345-2109
For more information see AquaticComplex.com

Private Schools & Camps

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 13.

SUMMIT ACADEMY CHARTER SCHOOL

K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, www.summitacademy.org. See cover and pages 6-7

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

9 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
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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.

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

PARKLAND REC SOCCER
For more info, visit www.parklandsoccer.net

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

Private Schools & Camps

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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 13.

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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
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

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Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a program, service, or activity of the City of Parkland, should contact the office of Jackie Wehmeyer, Senior Director of Strategy and Intergovernmental Affairs/ADA Coordinator at (954) 757-4134, or Florida Relay at 7-1-1 or www.flr1.org/relay, as soon as possible, but no later than 48 hours before the scheduled event. For more information, please visit the City's website at <https://cityofparkland.org/1230/ADA-Notice>.



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Special Events Hotline Recording
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Local Youth Soccer Programs Demonstrate Promise for The Community

By Ashley Ferraro

With the World Cup coming to a close, soccer has been on everyone's minds. However, youth soccer organizations have been a pillar of our community for decades, and the excitement continues year-round.

Coral Springs Youth Soccer is celebrating 46 years by bringing kids and families together as they always do, and introducing some exciting new improvements this season. For starters, CSYS invested in a stunning new logo. Additionally, their annual Winter Parade reintroduced CSYS's long-lost (but so beloved) mascot, Cleats the Bobcat.

Regarding logistical upgrades, CSYS refreshed its referee program and implemented a change requiring all parents and spectators to watch on one set of the sidelines during games. "Both of these changes really have improved us," said Dave Phelps, a CSYS board member.

With just over 1900 players registered this season, it's clear the energy from the community is reciprocated. CSYS is entirely volunteer-run, with 300 coaches and 35 board members putting their hearts into the program. "We just want to make sure it [CSYS] endures and prospers for generations to come," said Dave.

Many CSYS coaches and board members got involved when their children were young and have stuck with the program even as their kids aged out. Some who were once players now coach their grandchildren. The league's president, Denise Fatigate, also participated in the program as a child.

At the same time, Parkland Soccer is also boasting a phenomenal season with some new changes. The organization has significantly grown since its inception 35 years ago, once practicing and playing on a cow pasture. They now occupy five fields at Pine Trails Park and received an upgrade with a brand new turf field this year.

Historically, playing on grass meant any rain before or during a game would render the field unusable. Replacing grass with turf allows the teams to avoid practice and game disruption due to rainouts. Now, all Parkland Soccer fields at Pine Trails Park are turf, marking a considerable milestone for the league and its players.

"The conditions of the fields this year are spectacular compared to years past," said Doug Cole, the organization's president.

With around 1500 players and 20 board members, Parkland Soccer Club is the largest youth sports program in the city. Doug notes that he's looking forward to the end-of-season picnic to wrap up another successful year. Right around the corner on February 25th, Parkland Soccer will hold its famous annual picnic, equipped with photo booths, a DJ, rides, and other activities for the whole family.

Although both Coral Springs Youth Soccer and Parkland Soccer Club are well into their seasons, parents can look out for registration windows opening back up over the summer. CSYS is open to girls and boys up to 19, while Parkland Soccer is open to those up to 18. There are also opportunities to get involved as a sponsor, coach, or referee in either organization. Visit csys.org or parklandsoccer.net for more information or to get involved.



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954-265-6333
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954-276-1600

Suite 207

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Sports Physical Therapy
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Performing Arts and Dance Medicine Program
954-265-6300
JDCH.com/Orthopedics

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

NEVER GIVE UP... A Personal Journey

By Richard Kolcz



My name is Richard Kolcz, and I'm an alcoholic. I grew up with alcohol in the household, and as a child, promised myself that I would never become a drunk. I was wrong. By the age of 14, I was drinking every weekend. Despite being a "weekend warrior," I managed to get good grades, and I had a loving family. I had also started dating my high school crush.

At 19 years old, I moved to Calgary. There, drinking became more often. I managed to keep my employment, however arguments with others became more often. Looking back at the life and the opportunities that I had, I see that booze became more important, and that it slowly took over. I was never physically abusive, but I became verbally abusive to my girlfriend, who is my first love and was my best friend. In 2000, we got pregnant, and decided to move back home, to Sudbury, Ontario. My precious daughter was born in 2001, and I had never seen anything so beautiful. In 2002, I decided to go to school out of town, and that was the start to the end. I had still great grades, but my drinking had become heavier and more often. I graduated in 2004, but by then my relationship was ruined, which was difficult for me. My girlfriend and I tried to work things out for years, but it was no use. Booze had become my best friend, and had taken over. By 2007, I had lost my girlfriend, but my daughter remained in my life.



In 2010, I went to Timmins, Ontario for treatment, and then I moved to Sault Sainte Marie, Ontario for after care. I was kicked out after a month, and I started living on the streets. The next drink was never far away. I was drinking every day and sleeping in the bush, or on couches.

Then I started going to Alcoholics Anonymous (AA) meetings. I got an AA sponsor, I started listening, and I started doing the work addressing my addiction issues. One day in 2013, I had come home to celebrate with my daughter, when I received news that my AA sponsor died in a motorcycle accident - on my birthday. At that time, I had zero months sober, and after I hung up the phone, I drank eight beers in no time. The bottle was back. I returned to Sault Saint Maire for a funeral, however, I did

not make it to that funeral. I do not remember the ride back, and I woke up in a motel five days later, with no idea how I got there. I spent another year in the Sault before moving home to Sudbury, Ontario.

By 2015, I had lost my daughter and I was unhoused again, living on the streets or sleeping on couches. The people at AA never judged me, and I stayed with them. I had my last drink on Christmas of 2017. I was admitted to hospital on Christmas eve, and I drank twelve beer in the hospital that night. I did not realize it was Christmas, until a doctor woke me up to talk at 7am. By that point, I had nearly drank myself to death 20 times in 4 years.

Something happened that day. It was the miracle I read and heard about. I lost the urge to drink. I know that someone is looking out for me. I am not religious, and I never thought the miracle would happen to me on Christmas day.

I have not had a drink since. At Christmas of 2022, I will have five years of sobriety. I attend AA meetings to this day. And yes, I've thought of booze and of drinking, and maybe that will always happen. But there will always be AA.

I have learned over 20 years in AA, that you never quit. I learned to talk to people if I need help. Do not dwell on the past, since that is gone now. Do not worry about the future, since it is not here yet. I learned in AA that today is all that we have. Yesterday is history, and tomorrow is a mystery.

So, to all the struggling alcoholics - never give up. It gets better one day at a time. Take it one second at a time if that's what you need to do. You will start getting your life back. I have a healthy relationship with my daughter now, as well as with her mom and new husband.

Life is a rocky road. As alcoholics, we can trust that the rough road will always smooth out, as long as we stay sober.

God bless you all. Rickard K.

To find a meeting near you, see www.aa.org/find-aa



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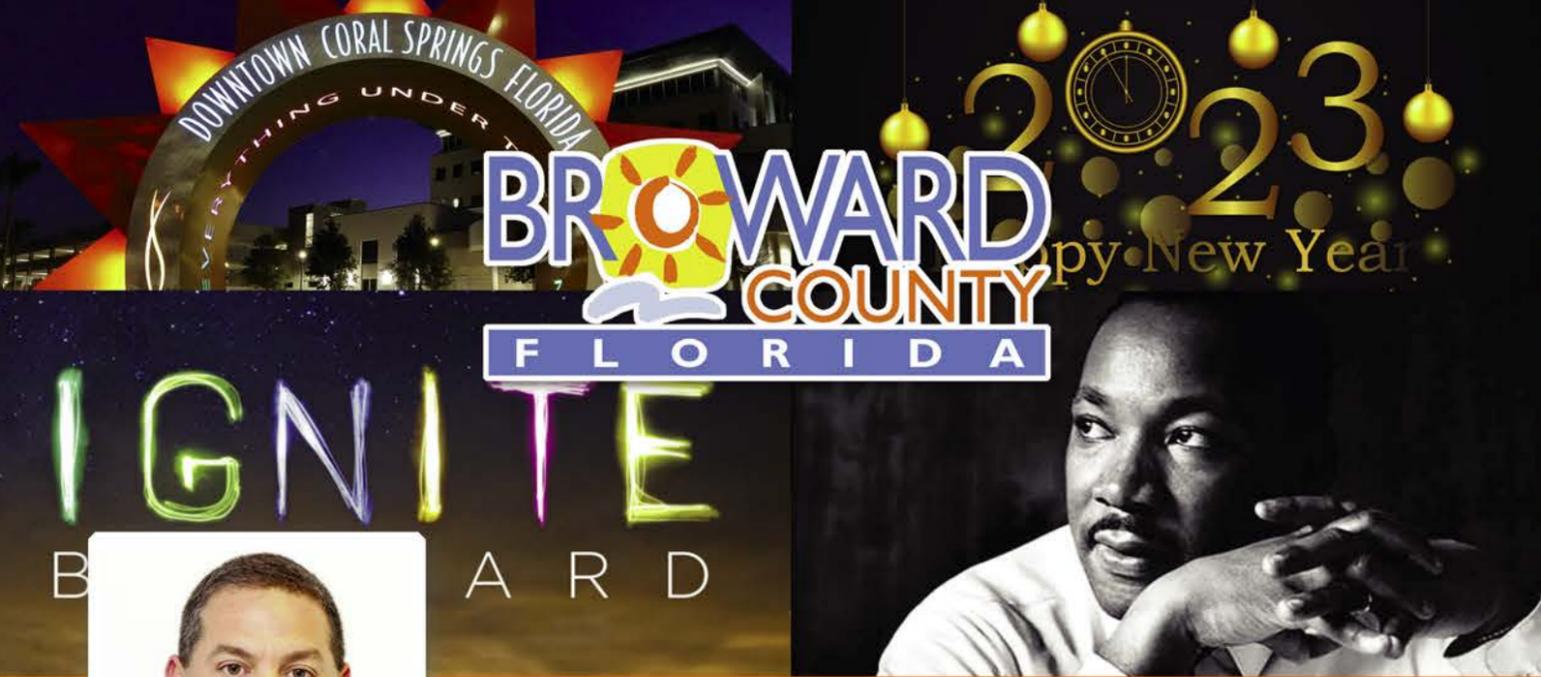
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Broward County is the Place to Be!

By Michael Udine, County Commissioner for District 3

The New Year is upon us, and many events are happening in District 3! Whether your resolution

was to stay fit, take a trip, or learn something new, Broward County has plenty going on in our cities, libraries, and parks. Now is the time to check out all the opportunities each has to offer. Check out your city's website to find information on everything from special events, how to utilize sports facilities, or get involved in the day-to-day happenings in government. I encourage you to check them out and visit broward.org for county-wide events!

Speaking of our cities, did you know that 2023 is the City of Coral Springs 60th Anniversary? The city will be hosting many events throughout the year to recognize this occasion. Events included in the celebration include a public art display, concert, campout, ice cream bash, and the "City's Largest Pizza Party". I hope that everyone has a great time, and congratulations to Coral Springs and all the residents on this historic milestone!

We all know that Port Everglades is the "Powerhouse Port"! This was illustrated in December when the Port came close to topping their own annual record for containerized cargo volumes in a fiscal year. The mark was missed by a day due to preparations for Hurricane Ian. Nonetheless, this achievement shows what a key engine in the national, state, and local economies our port is. With annual trade valued at over \$21 billion, and its role in energy distribution throughout southern Florida, I

would like to send a big congratulations to the team at Port Everglades for making it happen 365 days a year. Great job!

Are you ready to follow the light and ignite? IGNITE Broward, the family-friendly immersive art experience is happening from January 25-29th in Downtown Fort Lauderdale and Dania Beach. The festival, which is presented by the Broward County Cultural Division, will have exhibits from local and international artists. The festival will also feature a kickoff, artist meet and greet, and an art and tech talk. For more information visit ignitebroward.com and enjoy the festival!

Martin Luther King Day is January 16th this year. Every year Dr. King's message of equality for all and serving one another grows stronger within our community. I encourage all to attend one of the many events throughout our cities, or to commit to a day of service. When we work together for a better community and make sure all are represented, we ensure that his dream and mission continue.

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 and @MichaelUdine on Twitter or Instagram to receive important updates and see what is happening in our community. Let's connect!



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Cheers for 60 years! The City of Coral Springs will mark its 60th Anniversary with a series of events and celebrations in 2023.

Growing from a master-planned “city in the country” to a thriving suburban hub, Coral Springs was first incorporated in 1963 as “the last piece of gold on the gold coast” and has since become home to more than 134,000 residents. Known for celebrating milestone years with a big bash or an attention-grabbing spectacle, city staff intend to keep with tradition by implementing larger-than-life plans for marking the 60th year.

“The city with everything under the sun has always gone above-and-beyond for our residents by celebrating milestone years in grand fashion,” said Coral Springs Mayor Scott Brook. “The 60th Anniversary will keep that tradition with large-scale events, family-centered activities, and, of course, delicious food and fun!”

Events and celebrations planned for 2023:

Campout Coral Springs (January 28-29, 2023)

Residents can embark on an overnight camping adventure at the Sportsplex Athletic Field with s’mores, a double-feature movie showing on a big outdoor screen, outdoor activities, and more. Registration will open in December for this limited-capacity, first-ever event.

Community Celebration Concert (February 11, 2023)

Gathering in Downtown Coral Springs on the City Hall lawn for music, food, brews, and cocktails has become an event-season mainstay. This concert will be the biggest yet, and will include live music, craft beers, and creative artisans.

Birthday Ice Cream Bash (July 10, 2023)

From soft-serve to crafted gelatos, in a cone or in a cup,

this pop-up event will serve up summertime treats with a sprinkle of Coral Springs history -- taking place on the date that our city was officially chartered – July 10.

City’s Largest Pizza Party (November 2023)

Mamma Mia! Local pizzerias will be invited to join forces, feed the masses, and compete for awards and bragging rights. From the healthiest pie to the highest dough toss, and the longest cheese pull, this celebration will aim to serve scrumptious slices and create community camaraderie.

A team of 60th Anniversary Ambassadors will be on-hand throughout the year to enhance the celebration through community outreach. This group of volunteers, from teens to retirees, will serve at events, share the city’s past with visitors to the Museum of Coral Springs History, and encourage their neighbors to get involved in the festivities.

Coral Springs has established a long-standing tradition of celebrating its milestone years with signature events and activities. For its 25th Anniversary in 1988, the city set a Guinness World Record by cooking the World’s Largest Hamburger. At the 40th Anniversary, a giant iced tea was prepared. For its 50th Anniversary, Coral Springs hosted a Campapalooza with the city’s largest Zumba class.

Sponsorship opportunities are available for local businesses interested in becoming more involved. Packages start at \$5,000 and can be customized.

Event details and sponsorship information can be found at CoralSprings.gov/60.



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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. Member FDIC. Equal Housing Lender.

Up & Coming

Game Night at the Den - Thursday, January 05

From 6 to 8 PM, All ages are invited to the Panthers IceDen for a cool night of interactive games, plus a party DJ, food, ice skating and more! Admission is free. The fun happens at Panthers IceDen, 3299 Sportsplex Drive, Coral Springs. For further info, call 954 345-2200.

Parkland Farmers' Market - Sun, January 8 and 22nd

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.

Parkland Friends of the Library Used Book Fair - Sat., Jan. 8

From 9 AM to 1 PM, used books for adults and children plus DVDs will be available for purchase at highly discounted prices. For more information, call the Parkland Library, 6620 University Dr. at 954-757-4200.

Parkland Family Fun Fest Carnival - Fri., Jan. 13 -Sun., Jan. 15

This three day festival featuring lots of fun and events is sponsored by Broward health, Coral Springs. Hours vary each day. Friday from 5:00pm-10:00pm, Saturday, from 1:00pm-11:00pm, and Sunday, from 12:00pm-6:00pm Rides, performances and fun all happen at Pine Trails Park 10559 Trails End, Parkland FL 33076. Unlimited ride wrist-

bands will be sold in advance for Parkland residents only. Unlimited ride wristbands will be sold on-site at the event. PRE-SALE WILL BEGIN ON TUESDAY, JANUARY 3, 2023 at 8:00am at the P-REC or the Tennis Center at Quigley Park for Parkland residents only. Food, games, rides, and wristbands are cash only and there is an ATM on site. For further info, contact 954-757-4200, or see the ad on page 21.

Coral Springs Back to Nature Program - Saturday, January 14

From 10 AM to 12 PM, participants in the program will learn about wildlife, plant species and conservation while visiting various parks and preserves throughout Coral Springs. The program is open to all ages. Space is limited. Two groups will be available per date. Check-in starts at 10 a.m. The first group tour starts at 10:15 a.m. The second group tour starts at 10:25 a.m. Each tour may last between 45 minutes to an hour. Come explore you local nature center, Sawgrass Nature Center and Wildlife Hospital, 3000 Sportsplex Dr.. Participants will get an up-close experience with a variety of native and nonnative animals, including our local pollinator species and learn why they are important and how we can protect them. For more info, call 954-345-2200.

Campout Coral Springs - Sat., Jan. 28 - Sun., Jan. 29

The City of Coral Springs is proud to announce the first-ever overnight camping event in honor of the city's 60th Anniversary. Coral Springs residents will have the chance to trade their tablets for tents by participating in Campout Coral Springs, an overnight camping event. This event is for Coral Springs residents only. To reserve your space, call parks and rec at 954-345-2200.

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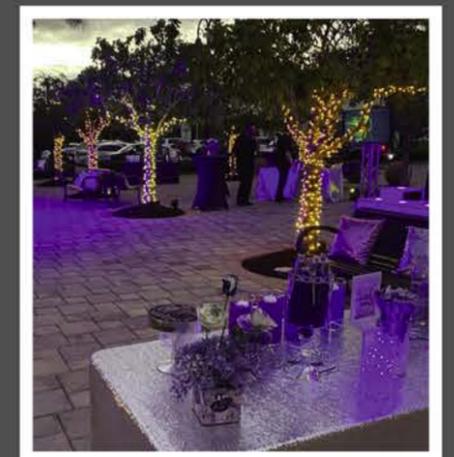
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