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February 2023

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Cardiac Patient



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Matters of the Heart



When you think of heart disease, do you imagine someone clutching their chest and falling to the ground? While Hollywood heart attacks make for great television, heart disease isn't always so dramatic in real life.

In fact, many early signs of heart conditions can be transitory and hard to pin down. Heart disease is the number one cause of death in the U.S., it's important to know the signs, know your risk, and know your options for cardiac care.

Signs of Trouble

"The first symptoms I remember were nausea and burning in my upper chest that came and went away," said Michael Carroll, a 60-year-old Coral Springs resident diagnosed with atrial fibrillation last June.

Atrial fibrillation is one of the most common types of heart arrhythmias, a condition that results in an irregular heartbeat and is linked to heart failure. Angina, or chest pain, is a common symptom of heart conditions, and it frequently comes and goes. It can be experienced as a feeling of heaviness, burning or squeezing in the chest. Sometimes the pain is felt in other areas of the body, such as the shoulders, back, arms, neck or even the jaw.

Other signs of trouble include shortness of breath, heart palpitations, weakness, lightheadedness and fatigue. Some people experience edema, or swelling, frequently in their legs and feet.

Carroll, who walked five miles every day, did not think he was at risk of heart disease, but he felt sluggish after his first bout of chest pain, and a week or so later, the nausea and fatigue returned.

"I started retaining water and feeling short of breath. That's when I went to the ER," Carroll said. "Finding out I had heart disease was scary and surreal," Carroll said. "I spoke to a cousin with heart failure, who reassured me that while it would be hard at first, things would get better."

Risk Factors

Almost half of the people in the U.S. have one of the three key risk factors for heart disease: high blood pressure, high cholesterol or smoking, according to the Centers for Disease Control and Prevention.

Other risks include having diabetes, being overweight or obese, excessive alcohol use, following an unhealthy diet and not being physically active. While leading a healthy lifestyle helps prevent heart disease, some risk factors, such as normal aging, genetics and race, can't be controlled.

That's why it's critical to know your numbers – like cholesterol and resting heart rate. Regular health checkups and screenings can help you monitor for heart conditions and catch problems early.

Custom Cardiac Care

Carroll received care at Broward Health Coral Springs and Broward Health Medical Center. His treatment has included receiving a cardiac catheterization, a pacemaker/defibrillator in October, heart failure medication, weight loss and cardiac rehab.

"We work together to deliver custom cardiac care based on the individual needs of our patients," said Lucia Blanchard, D.O., a cardiologist with the Broward Health Physician Group. "Heart disease can be daunting. But patients who follow their treatment plan and make the recommended lifestyle changes can experience dramatic improvements."



Lucia Blanchard, D.O.

While the first months after his diagnosis were really challenging, Carroll was determined to prioritize his health. He works out three times a week, has lost a significant amount of weight and says he continues getting better and better.

"The only difference between a challenge and a pain in the neck is your attitude," concludes Carroll, who is back to walking every day. "I told my wife, if I did not have a good outcome, it wasn't going to be because I didn't try."

Coming Soon: Cardiac Cath Lab Expansion at Broward Health Coral Springs

As part of its commitment to offering advanced cardiac care close to home for those in northwest Broward County, Broward Health Coral Springs will soon open its second state-of-the-art cardiac catheterization lab.

The expanded department includes seven total pre-and post-procedure patient care bays and is equipped with the latest patient monitoring technology to screen and diagnose potential problems to treat cardiovascular disease.



Publishers, Shellie & Scott Farrugia

It's All About Community!

Let's Focus on Love!

February is Heart Health month! Please see the article on pages 3 for critical insight that may save you and your loved ones from a tragic cardiac event.

This issue is full of inspiration. We are so happy to focus on people who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic.

These last few years have been a time of reflection, rebuilding and reconnecting with the priorities that matter most to families in our community. The tragedy we faced together five years ago has taught us that being there to support and comfort others is vital. Whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. Our children are always watching!

We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy February by offering love and service to friends and neighbors in our community.

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God bless you and our troops,

Shellie & Scott

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Lessons Learned

By Shellie Miller-Farrugia

The other day I watched as some children were rollerblading near my home. The first child skated over a small indentation in the sidewalk and was brought to an immediate stop. She scraped her knees and then picked herself up. As I watched, I felt the pain she experienced as she fell down, ouch, and then I thought about all of the times I have fallen down in life and scraped my knees. I thought about the times that I embraced the mishap and learned not to repeat that mistake. It also reminded me of the times that I fell down and quickly blamed the situation, the world, or the darn sidewalk for the mishap.



Life will always bring us to places where we find ourselves with scraped knees. The question we must ask ourselves is what we can learn from the experience. If we are courageous enough to acknowledge that all of life's events are teaching moments, we quickly find life to be exciting. Yes, some of the lessons will hurt a bit, like the little girl's knees, but there is always an opportunity to glean positive lessons from our mishaps.

The best part of this story is what the young girl did after she picked herself up from the sidewalk. This brave young girl stood up and waved her arms to the child that was approaching the same treacherous part of the sidewalk. She stood in between the child and the soon to be painful experience would encounter if she continued on her intended path. Thankfully, the other child saw her friend waving her arms and stopped just short of the obstacle and was saved from scraping up her knees.

The first child's actions reinforce a great lesson for all of us. Mistakes will always happen, knees will get skinned, our pride will be fractured, but what we do with that information and experience is what can set us apart in our community. When we acknowledge the fact that pain occurs to teach us or remind us of what we do not want, we are then in a place to use that experience to help someone else to avoid the same result of our mistake. Like the young girl who fell and then used her experience to save her friend from the same misfortune, you can also embrace all of your mistakes, learn from them, and then give someone in your life a great gift. Help them to avoid the same mistake you made. This week I challenge you to think about this, and then act on it! Use your life and experiences to be a spring board for someone else's success. As you do this, you will be reinforcing a great habit in life that will bring you and the folks around you a lot of joy.

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Meet The
**Silvestri
Family**



Don and Alissa are happy to be raising their family of four children in Coral Springs. Kade, 7, Savanna, 4, Stella, 18 months, and Amelia, 2 months, are happy, energetic, and enjoy a variety of activities with their family. The Silvestris also have a family dog, Biale, notice the unusual pronunciation.

Don is a former NFL player now President of Debt.com helping people get out of debt, and Alissa is a former Copy Editor/Proofreader, nutrition fitness expert, and now stay at home Mom.

Kade and Savanna are involved in sports, including golf, swimming and tennis, cooking, fishing, bike riding and even the littlest ones join them for lots of arts and crafts.

Alissa tells us, "Don is working out with the NFL retired players at Brandon Marshall's House of Athlete gym. 99 fireman carries a day plus multiple child curls and squats, followed by 39 flights of stairs master 10 times a day. Just kidding, or maybe not it might be twice that many." Perhaps not as hardcore as her husband, Alissa loves to stay active and always joins in the walking, swimming, and bike riding activities with the family.

When they aren't on the fields, at work, or in school, the family really enjoys cooking/barbecuing, swimming, going to concerts, trips to the beach, and picnics.

Kade attends Westchester and is in first grade. Savanna attends Wee Kids, and their little sisters are at home and do Mommy and Me classes and playdates.

When asked about their appreciation of Coral Springs, both Alissa and Don acknowledge that their favorite parts are the beautiful parks, the lifelong friendships they have made, and the amazing sunsets.

Alissa shares, "Don and I met through a charity event – and it's something we both had in common growing up - being taught to always give back. Over the years We stay very involved in our community giving back and helping however we can. Don is a founding member of Parkland Cares, which provides funding for mental health services to the local communities and he is also a current board member of junior achievement and the NFL Retired players association. We are also foster parents and have been for the past 8 years. We have brought over a dozen children into our home. We believe in being hands on and have helped facilitate reunifications as well as adopting."

The Silvestris attend First Church on Sample Road in Coral Springs.



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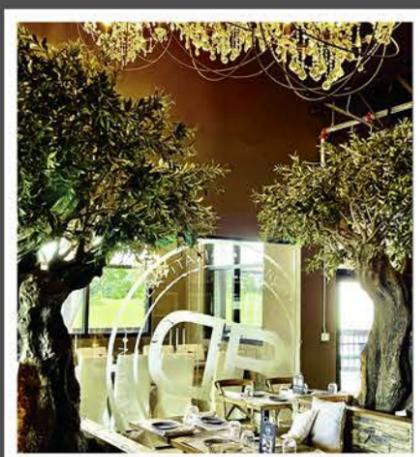
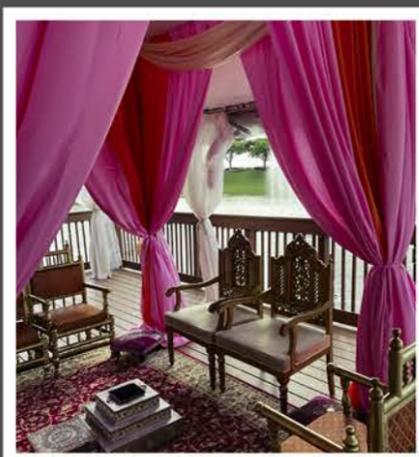
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Remember to Celebrate!

Whether an intimate first date, or reception for 300 guests, celebrations at Deja Blue restaurant make you part of their unique family.

"Life should be celebrated every day," says Sabrina Cozzolino, a principal partner. She and her husband Marco, together with their long time friend Ignazio Pediconi, came up with the beautiful concept of Deja Blue six years ago, and its popularity has grown exponentially. The three partners are from Italy, and France, lived in different countries bordering the Mediterranean sea, and between them, they speak more than five languages because of their love of food and travel. "There is meaning to our name," Sabrina tells us. "We wanted our guest to travel back in memory lane through the flavors and decor of our restaurant Whether it was to remember a family recipe from past generation or a trip to the French Riviera, The Amalfi coast, Spain, The Greek Island, North Africa, or Middle East, we all have experienced a "Deja vu." We played with the words by changing to "blue" to pay tribute to the stunning color of the Mediterranean Sea.

The restaurant's welcoming and elegant atmosphere draws guests to the expansive, remarkable indoor/outside bar, the breathtaking outdoor view of the lake and lighted fountain, and the warmth of the staff, who are each part of the Déjà Blue family.

When putting together any size event, you will be meeting with one of the principals to discuss your vision, highlights during the event, and Sabrina is sure to throw in her expertise at making things more special than expected! "We make sure to enhance and exceed their expectations," Sabrina tells us. "When we help with your

special occasion, we take the stress out of every event 100%." She cites a recent proposal, where they arranged the plane to pull a banner, flying over Parkland and the lake behind the restaurant... And the excited crowd in attendance was ecstatic when SHE SAID YES! Sabrina continues, "Some people come to us with a simple idea... A blank canvas, if you will. We think of this event as a piece of art, and we make it a master piece. With regard to the proposal, we added rose petals, a champagne toast, and we set up a special area on the deck specifically for the couple and their friends."

Regardless of the amenities, family of servers and staff, and welcoming atmosphere, Deja Blue has become so popular because of their unique and delicious menu! With choices for every palate, and many dishes meeting special dietary restrictions, it's no wonder! Their website states, "Our cuisine is fresh. Our recipes have all been passed down by our family members, and our cuisine is based on healthy products, a balanced diet and we try to use as much as local produce as possible." Sabrina went on to tell me that they use many local vendors, including their pastry chef, florist, and other local businesses to deliver the best quality for patrons.

Always intrigued by a cause, recently the restaurant hosted a fabulously fun casino night to raise funds for one of their bartenders, William Knoll, who is suffering from stage four cancer. Regular patrons and fans of "Bill" showed up to show their support, encourage him, and assist with his healing journey.

To plan your next celebration, or just have a fabulous brunch, lunch, or dinner, please see www.dejabluerestaurants.com





Healing Kids' Hearts - Hope Through Horses

By Elizabeth Washington

Following the joys and challenges of raising their adopted daughters, good friends Jane Hansen and Jean Lucier are on a mission to support the emotional healing of foster and adoptive children. Many adopted children struggle with behavioral issues that require specialized therapeutic interventions. Healing Kids Hearts (HKH) is a registered 501c3 nonprofit organization that provides various services to improve the lives of foster and adopted children in Broward and Palm Beach counties.

Their story began when both of these mothers experienced a lack of effective solutions when trying to help their daughters overcome the developmental trauma they experienced as young children. Jane's daughter, Adriana, was adopted domestically from foster care, while Jean's daughter, Alana, was adopted internationally. Both girls' rough start severely affected their ability to self-regulate their behavior and form positive relationships. Although the two girls experienced many of the same struggles, their similarities did not end there. Both of them had found hope in an unlikely setting. It was with HORSES! The stable was a magical place for them, where their best friends and teachers were horses...and the barn was their classroom! As they both described it, they had found solace around horses, where they "could feel calm and at peace." The barn had become a place of refuge and it was there that they thrived! Later, equine-assisted therapy was introduced which proved to be extremely successful! For children like Adriana and Alana, horse-assisted therapy has demonstrated remarkable results and transformations when compared to traditional therapies. One reason is that horses have the ability to reflect a child's feelings back to them. Emotional expression is something that these children often find difficult to recognize. "Being in the

presence of horses opens up a whole new world for them," says Jean.

Equine-assisted psychotherapy (EAP) involves a relationship between humans and horses. EAP can be a highly effective tool for children suffering from emotional or behavioral difficulties. Studies have shown that EAP can help children develop trust, self-awareness, communication, and problem-solving skills. It can also help children learn how to regulate their emotions, build relationships, and develop empathy. After witnessing firsthand the therapeutic benefits horses can provide, Jane and Jean along with their daughters, had to find a way to share what they found with others.



They have decided to take action by procuring services to sponsor equine-assisted psychotherapy programs for foster and adopted kids in our local community.

In addition to this, Healing Kids Hearts is involved with several other projects to help these children. Jane has written the children's book "My Forever Friendship Pony." It's a magical story that is especially suitable for children who have

experienced any sort of loss in their lives. The book, partnered with a brand new stuffed pony, is made available by HKH to children that have experienced foster care and/or adoption. The book and stuffed ponies are also included in the PeacePlaces (a space created for a child to help them regulate and to call their own), which HKH gives to therapy departments at some local foster agencies.

To learn more about this and their organization or to find out how you can partner with Healing Kids Hearts, please visit Healingkidshearts.com. You can also find Healing Kids Hearts on Facebook and Instagram.



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The 5 Love Languages

By Andrea Goff

My husband and I are polar opposites. High school sweethearts who have been married for 42 years, and together for 46, we beat to a different drum, and yet, with a few tools learned over the years, our relationship works.

Learning about love languages was like a person with myopia putting on prescription glasses and suddenly having 20/20 vision. Taking the test at [The5lovelanguages.com](https://www.the5lovelanguages.com) we discovered that while he thrived on physical touch my greatest need was for words of affirmation. I even went so far as to tape to the bathroom mirror a list of things my verbally challenged husband could say to make me feel loved; and I have kept just about every card he has ever given me.

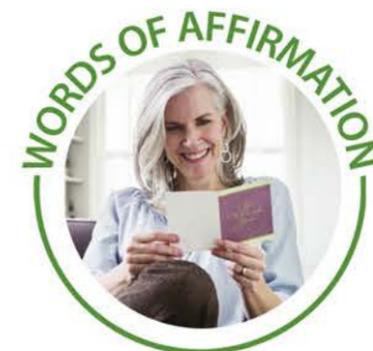
Three children later we learned that one daughter loved to receive gifts, while the other needed quality time. It wasn't hard to guess the love language of our son, a mirror image of his Daddy, whose favorite thing to do is hug and be hugged.

Interestingly, my closest friends have always been go-getters like my husband, but their love languages are diverse. Often people give to others what they themselves like to receive, so my friend whose love language is acts of service will sometimes surprise me with a mop in hand. Another enjoys the quality time that comes with long leisurely lunches and invites me frequently to join her. Of course, we may have several love languages but there is usually one that is stronger, our primary love language, and makes us feel particularly loved and appreciated. Gift giving is one of my weakest areas but my husband's secondary love language. Thankfully my techie brother-in-law can always be called on for unique gift ideas.

Love is a word that has been greatly misused. We talk about loving our job, a bar of chocolate, the latest movie. Love is not just an emotion it is a decision that often requires unselfish deliberation and action. Love can be described as not only a strong liking but a unique attachment, the carrier of the highest emotion inherent in man.

Each of us is designed with a love tank that yearns to be filled. A child whose love tank is full will be well adjusted and able to easily give love as well as receive it. Conversely a child whose love tank is constantly on empty will have many internal struggles. Life can be tough, taking a few minutes to discover the particular love languages of our spouse and children can help a family have more understanding and effectively give love, while truly feeling loved in return.

You can read more in Dr Gary Chapman's book "The Five Love Languages" or have your family take the test at www.The5LoveLanguages.com.





Around The Clock Emergency Care for Your Home: Remediation, Restoration, and Repair by MVP Environmental Solutions

By Ashley Ferraro

Natural disasters, accidents, and other unforeseen environmental circumstances can shake your world. Despite those challenges that are out of our hands, there is one thing we can control—our plan of action in response to unexpected misfortunes. When it comes to your home, business, and especially your family’s safety, MVP Environmental Solutions is ready to offer around-the-clock emergency remediation, restoration, and, new this year, repair services.

For the past twelve years, MVP Environmental Solutions has solidified their role in the South Florida region and beyond as the primary touchpoint for water, mold, and fire damage mitigation. With more than forty years of combined experience, MVP has earned our community’s trust by exceeding industry standards and prioritizing customer safety and satisfaction.

Each year brings new opportunities to learn and grow, and the current environment has inspired CEO Leo Gordan and his team to push yet another boundary. On top of this strong foundation, MVP is now acquiring new licenses from the state to encompass repair services. Meaning, MVP will be there for your family from the moment you make the initial call all the way through the time your home or business is back in tip-top shape. From clean-up to restoration to repairs, you can feel confident knowing your most cherished investment, your family’s home, is in good hands.

Storms can bring severe water and mold damage, which are not only harmful to the structure of your home, but if not properly treated, can severely impact your physical

health. MVP is ready to support your family through and through should you become affected by any sort of water damage from your roof and beyond.

MVP Environmental Solutions is a family-owned and operated business, and Leo has strong ties to the Parkland and Coral Springs communities. Leo was appointed as the chairperson for the Parkland Parks and Rec Advisory Board to assist in coordinating Parkland’s massive 60th-anniversary celebration, “60 and Sensational,” coming up on March 11th. He is also on the Board of Directors for the Parkland Chamber of Commerce.

In a world of uncertainty, MVP makes it known that no job is too big for their team of experts. They’ve been involved in many hurricane restoration projects and have a proven track record of excellence in the remediation and restoration industry. Leo and his team are eager to introduce their new repair endeavors to old and new clients alike.

MVP works as a vendor for a handful of insurance companies. If you’re curious about what role MVP can play in your restoration and repair plan, give them a call. A quick call to MVP can provide you with relevant insurance information, get someone to your home immediately in case of an emergency, or simply help you develop a plan to prepare for unforeseen disasters.

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Family Orthopaedic Care

Aging Knees? By Dr. Brandon C. Maisel

Knee osteoarthritis is a common pathology affecting millions of Americans. The cause of osteoarthritis is multifactorial. It may be genetics, mechanical wear and tear, increased inflammation, increased body mass or all the above. Dr. Maisel describes it as “you are born with brand new tread on your tires (knee cartilage) and as you put more miles on that tread, it wears down.” Regardless of the cause of knee osteoarthritis, it can be very painful. Currently, our office provides a wide variety of treatment options to tackle the problem. Muscle weakness, more specifically quadriceps weakness may result from osteoarthritis. Formal physical therapy offered here at Gelb Sports Medicine and Orthopedic Center is the first step to pain reduction. Subsequently, the patient will develop a home exercise program to maintain their strength. In conjunction with therapy, prescribed anti-inflammatory medication and injections will be offered. We provide corticosteroid (cortisone), viscosupplementation and platelet rich plasma injections. All injections may be performed under ultra-sound guidance to ensure accurate placement. Cortisone injections will offer more immediate relief within 3-5 days post injection. If the above measures fail, we will progress to viscosupplementation otherwise known as “gel” injections. Viscosupplementation injections main component is hyaluronic acid. Hyaluronic acid will increase the lubrication and shock absorption within the knee joint. Lastly, regenerative medication is becoming a leading form of treatment for musculoskeletal ailments. Platelet rich plasma is derived from your own blood, concentrated in a syringe and injected into the knee joint. Platelet rich plasma or PRP can offer cartilage protection and reduction in inflammatory markers. Dr. Maisel will work with you at every stage to ultimately obtain pain relief from osteoarthritis! *class treatment for a variety of South Florida patients – including University of Miami Hurricanes athletes.*

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Board certified by the American Board of Physical Medicine and Rehabilitation

Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries. To further assist him in treatment and diagnosis, he utilizes musculoskeletal sonography and performs ultrasound-guided injections. Injections/aspiration include however, not limited to:

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- corticosteroid injections • Trigger Finger • Morton's Neuroma • Baker's Cyst • Ganglion Cyst

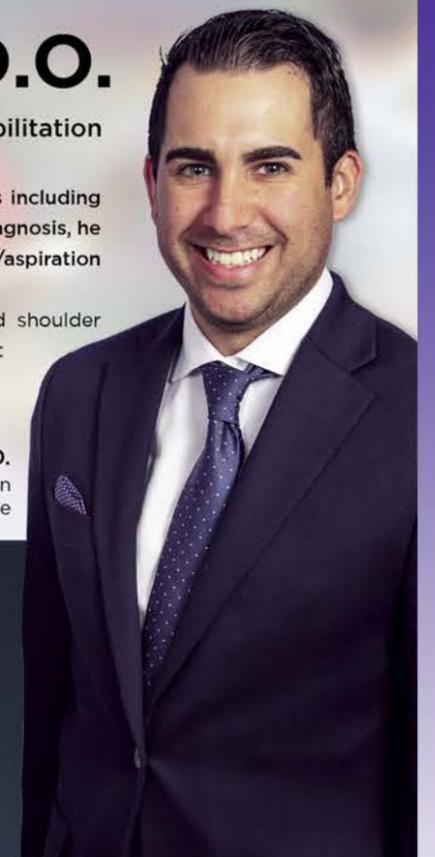
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Sports Medicine and Orthopaedic Center



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Non-operative sports medicine physician
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“ Dr. Maisel trained at one of the top sports medicine programs in the country. His expertise using ultrasound guided injections, professionalism, and commitment to providing the best quality care makes him a great addition to our team.

-Dr. Howard J. Gelb



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For more info visit www.csall.com, or call (954) 242-1760. coralspringsamerican@gmail.com

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

CHALLENGER BASEBALL LEAGUE

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

NORTH SPRINGS LITTLE LEAGUE

For more info go to www.northspringsll.com

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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

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For more info see www.cschargers.com

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BUZZARDS MEN'S LACROSSE CLUB

For more info contact Mike at 954-540-8970 or visit www.buzzardslacrosse.org See article page 22.

Running

NORTHWEST BROWARD ROAD RUNNERS

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

Soccer

CORAL SPRINGS RECREATIONAL

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

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 see www.springsoccerclub.com. See ad pg19

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

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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 page 27

SUMMIT ACADEMY CHARTER SCHOOL

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

Special Needs

PARKLAND BUDDY SPORTS

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

CHALLENGER BASEBALL LEAGUE

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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

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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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Instagram: springsoccerclub
Twitter: @springs_sc
Email: info@springsoccerclub.com

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
See ad below.

BUZZARDS MEN'S LACROSSE CLUB
For more info contact Mike at 954-540-8970 or visit

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

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See ad on page 25.

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

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Scouting

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Find a local unit at www.beascout.org

Adult Softball

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

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Parkland Leagues - Saturday Only
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Baseball - Ages 3 - 7
www.i9sports.com
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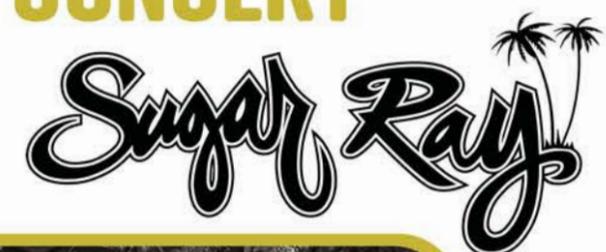
Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105

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Get Back In Your Game with Buzzards Men's Lacrosse Club

By Ashley Ferraro

Who said the fun has to end when you grow up? Certainly not Buzzards Men's Lacrosse Club! The organization was built on the foundation that lacrosse, the nation's fastest-growing sport, can and should be enjoyed at any age. Whether your kids play lacrosse, you have a background in athletics yourself, or you're simply looking to pick up a fun new hobby that will allow you to keep active and get involved with your community, look no further than the Buzzards!

The idea behind the Buzzards was born a decade and a half ago at Pine Trails Park. A group of youth lacrosse coaches wanted to devise a way to play casually alongside their kids on Sunday mornings. Well, the concept became so popular that the kids had to step aside for the adults to take over and create an organization of their own. Men from all athletic backgrounds, many of whom had never touched a lacrosse stick before, started borrowing their sons' equipment and would come out to play with the Buzzards.

The Sunday morning tradition still stands today, with open runs typically held weekly from 9-11 AM at various fields in the area, such as Pine Trails Park, Mullins Park, Coral Springs Sportsplex, and Wellington High School. These open runs are informal gatherings of adults that come out and play pick-up lacrosse games without the pressure of intense competition.

The Buzzards' manager Mike Macleod notes that all ages are welcome and that they have regular attendees of all ages up to eighty years old. "We have an 82-year-old that

comes out to play," he says. "We're all out on the field at one time, and we all respect each other." The Buzzards only ask for a \$5 donation per player to help cover the costs of field permits.

Sunday mornings are for lighthearted fun and camaraderie. However, the Buzzards get serious about their game, too. The official Buzzards Men's Lacrosse Club plays locally and travels around the state of Florida for tournaments to compete with other adult lacrosse clubs, followed by a championship playoff.

The Buzzards are a part of the Florida Lacrosse League, which classifies two divisions for adult club lacrosse: the Open Division, which consists of players eighteen years and up, and the Master's Division, for those older than thirty-five.

The Buzzards Men's Lacrosse Club offers several leagues throughout the year that are open to new members based on availability. There are no tryouts, and all skill levels, even beginners, are welcome to join and see what all the buzz is all about. You'll learn lacrosse foundations, enjoy competition, and build relationships with like-minded men in your area. If you're interested in registering for an upcoming Buzzards league, contact Mike at 954-540-8970.

To find out where the next Sunday morning open run will be held, please visit facebook.com/groups/buzzardslax and request to join the group. Any important Buzzards updates are shared regularly on this page. You can also visit buzzardslacrosse.org for additional information.





By Richard Kolcz

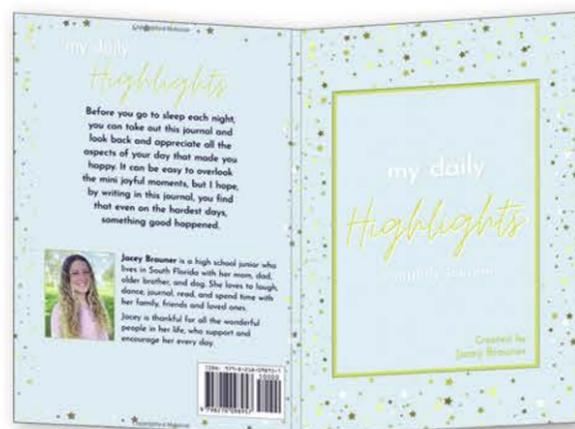
My Daily Highlights

Jacey Brauner, a junior at Stoneman Douglas High school recently published a unique journaling book entitled My Daily Highlights that focuses on appreciating the mini happy moments that bring you joy each day. Jacey has been journaling and writing the highlights of her day since she was in middle school and it has helped her maintain a positive mindset. When she began bullet journaling, she would write down her daily highlights. She noticed the little things that made each day better. Whether it was a good conversation, a friend's laugh, a great book or a bike ride, she would write it down and count it as a small highlight. Even during the challenging days, she'd still find many things that made her smile.

One night this past October, while Jacey was writing her highlights, she thought it would be a great idea for a book. She shared her thoughts with her mom, who was extremely supportive. Jacey created the book, published it and it is now available on Amazon. My Daily Highlights also contains daily inspirational quotes.

Reactions to the book have been wonderful. People really love the exercise of focusing on positivity and recognizing the small moments that bring you joy each day. "It can be easy to overlook the mini happy moments and take them for granted," says Jacey. Not only is the book fun and relaxing to use, it's also beneficial to your health. Dr. Shari Samson, an anesthesiologist from West Palm Beach loved the concept of Jacey's book and explained the physiological benefits of this daily practice. Dr. Samson says, "To have someone pause and reflect is called recapitulation in the spiritual community. It also sets the stage in our central

nervous system to rewire itself properly during sleep. For this is the time at which we set our memories in long term, and connect emotions good or bad to them, while also repairing our body's systems harm from the day in the immune system, so this can have a positive effect on our health that way. By doing this practice every day, even on a tough day, finding and remembering good things will set in our memories and will be processed more healthfully, associating happier hormones with those experiences and reducing the chances of chronic stress and anxiety."



Jacey has been very busy this year, in addition to publishing her book, she is also president of her junior class and just served as Parkland's mayor for the month. When she's not busy with school, Jacey loves to dance, spend time with family and friends, laugh and read. **You can find My Daily Highlights, by Jacey Brauner on Amazon. You can like My Daily Highlights on Facebook and also visit her website at MyDailyHighlights.com.** A portion of the profits are being donated to charities and organizations that empower young women.

Once Upon a Summer

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SESSION 2
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The Wizard of Oz
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Let the Trumpets Sound

The 2023 Florida Renaissance Festival Returns to Quiet Waters Park for its 31st Anniversary Celebration

The annual Florida Renaissance Festival returns with a one-of-a-kind family-friendly event that takes lords and ladies of the realm back to a time when tunics, tabards, slashed sleeves, and bodices were the fashion. Beginning February 4, 2023, and running for eight consecutive weekends until March 26, 2023, all roads lead to Quiet Waters Park in Deerfield Beach to celebrate the 31st edition of the Florida Renaissance Festival with an added bonus eighth weekend of festivities.

The festival is for all ages, and it's one of the most anticipated major events of the year because it's a memorable, magical, mystical experience for the entire family. This special event features multiple new attractions, as well as popular older ones to guarantee non-stop fun and excitement in this magical kingdom.

Jousting knights, royalty, wenches, magicians, and more awaits as festival goers will be treated to delectable foods, fabulous drinks, numerous unique craft shops, live music, and more. The kingdom is a wonderful place for fun, but it's also a great environment where participants can take selfies of themselves in era garb. PLUS there is an all-new eighth weekend introduced for this year – the Mad Hatter's Circus embarks on an "Alice in Wonderland-themed" adventure that brings fairytales to reality!

While costumes are not necessary for admittance, thousands of people enhance their experience each year by donning outfits from the Renaissance era or participating in one of the festival's special themed weekends. "For more than three decades we've provided South Floridians a Renaissance experience unlike any other," said Bobby Rodriguez, founder, and producer of the Florida Renaissance Festival. "It's a special storybook event unlike any other, and we invite patrons to dress up and rejoice as we celebrate culture and history, because it promises to be a fun-filled memorable time for the entire family."

Florida Renaissance Festival 2023 Themed Weekends

Weekend 1, Feb. 4 & 5
The Wizarding World's Faire – A Magical Grand-Opening!

Weekend 2, Feb. 11 & 12
Barbarians & Dragons – A Roaring Battle!

Weekend 3, Feb. 18 & 19
Steampunk & Time Travelers – Age of Automation!

Weekend 4, Feb. 25 & 26
Maidens, Wenches, and Goddesses!
– A Beautiful Empowerment!

Weekend 5, March. 4 & 5
Days of Cosplay
– Heroes, villains, and everything in between!

Weekend 6, March. 11 & 12
Pirate Invasion – Swashbucklers & Scallywags!

Weekend 7, March. 18 & 19
Highland Fling – A Celtic Celebration

NEW! Weekend 8, March. 25 & 26
A Mad Hatter's Circus – A Fairytale Finale!

The Florida Renaissance Festival is produced by nationally acclaimed Bobby Rodriguez Production and strives to create an entertaining and cultural experience for adults and children alike. The current sponsors of the 2023 Florida Renaissance Festival include Sapporo, Unibroue, Anchor Brewing, 1911 Cider, Llanos Leather, Pelican's View, JMlovelaw.

Prices range from \$32 for adults and \$14 for children (ages 6 to 11 years of age). Children 5 and younger are free. Special seasonal passes are available for \$199 (adults) and \$79.50 (children). Group ticket rates are also offered, but must be purchased in person at the box-office only. VIP Parking is also available for purchase. You can avoid making the box office line, by buying ahead of time, online! Online purchases include convenience fees.

For tickets and more information visit: www.ren-fest.com; Find us on Facebook and Tik Tok, or follow @FlaRenFest on Twitter and Instagram. If you prefer the ancient method, call 954-776-1642. See ad on back cover.

Up & Coming

Parkland Farmers' Market - Sun, Feb. 5th and 19th

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.

Coral Springs Valentine's dance - Wednesday, Feb. 8

From 6 to 8 PM, Family Fun Nights hosted by the Parks and Recreation department brings the community together, providing a fun and interactive way for residents and guests to engage with one another at the coral springs gymnasium, 2501 Coral Springs Drive. Kids and the special grown-ups in their lives are invited to join us for Sweetheart Soiree, a parent-child Valentine's dance. Grown-ups and kids, alike, can enjoy DJ music, dancing, Valentine's crafts, and sweet treats. For more info, send an email to bxbrader@coralsprings.gov

Coral Springs' 60th Community Celebration - Feb. 11

Gathering in Downtown Coral Springs on the City Hall lawn, 9500 West Sample Rd., 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 local vendors. The fun starts at 5:30 PM and

goes until 9:30. The entertainment will start with Wonderama-a high energy, current, top 40 band. Activities will include local vendors, sports themed fun, a Rockwall, arts and crafts and a great variety of food trucks. A cocktail station will also be available.

Florida Renaissance Festival weekends only; Feb 5 - March 26

All Lords and Ladies are cordially invited to step back in time during eight weekends of adventure at the annual Florida Renaissance Festival. New themed weekends, new entertainment acts and more await those who look fondly upon years (ahem, centuries) past. All are invited to the grandiose events taking place at Deerfield Beach's Quiet Waters Park. Special theme weekends encourage patrons to be their favorite knight, wizard, viking and more! Please see article on page 29 and ad on back cover. For more info, call 954-776-1642 or see www.Ren-Fest.com.

Parkland Day - Saturday, March 11

The year 2023 marks a huge milestone for the City of Parkland as our City celebrates its 60th Anniversary, and we want you to celebrate it with us. A parade will begin at Heron Heights Elementary at 10 AM and conclude at Pine trails park. Activities later in the afternoon and evening will include a fun kids zone including games, rides, and contests...food trucks, and a fantastic concert! Want to showcase your organization, team, school, etc.? Well, join in the parade. To apply, please contact ParklandEvents@cityofparkland.org. See ad pg. 21

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