

Coral Springs & Parkland The #1 Family Resource Since 2002!

Spectator

April 2023



**Summer Camp
Now Registering**

See pages 6-7

HUTCHINSON ISLAND



**3 Bedrooms, 2.5 Bathrooms,
2 Car Garage, Large Porch, 2023 Roof**

Paradise is found with this fabulously large Lexington corner townhome. Sited on a premium ocean view lot allowing for some stunning views! Open kitchen/family room area offers fine wood cabinetry, new SS appliances, granite counters & glass doors leading to a big porch. The primary suite is impressive in size with a large sitting/office area, spa like bathroom & balcony. Other Offerings: 2023 roof, Impact windows/doors, \$160,000 in upgrades, 2019 5 ton A/C & 2 balconies. Mariner Bay is gated & located directly between the ocean & Intra-coastal. Residents enjoy a marina, pool, fitness center & an uncrowded beach. This side of the island has clear blue ocean water, peaceful beaches, one of the best inlets in FL, great fishing & other watersports. Walk to restaurants, entertainment & parks.



COMPASS

Please visit BillSohlSellsParkland.com for other featured listings.

 City of Parkland Community Page
(954) 655-5097



JK Closing Attorneys is the Premier
Law Firm Focused on **Real Estate
Closings in Southern Florida.**



**GET A *FREE*
CONTRACT REVIEW
BY AN ATTORNEY***

*A courtesy provided on
behalf of the Bill Sohl team

Please send any offers for review to Contract@JKClosings.com and give us a call to confirm!

954.332.3111

No two hearts are the same

That's why we have a team of experts who treat a full range of cardiovascular conditions and provide customized care that fits your individual needs.

Find a physician today,
BrowardHealth.org/CardiacCare



Artwork by Ema Shin.

CUSTOM CARDIAC CARE



BROWARD HEALTH



Publishers, Shellie & Scott Farrugia

It's All About

Enjoy Our Community!

We are thrilled to be Ready for Spring, and are praying that you feel the same way! This month's magazine features some sports that are back on track, as well as some causes that are vital to our attention. Autism (ASD) Awareness has always been a cause that we are passionate about, and we want to make certain you are prepped to educate yourself, friends and family. It helps all of us when we are more compassionate and understanding of this unique disorder.

Please see the article on the page 6 for an amazing summer program for every student of the theatre arts! If your child loves acting, singing, dancing, or ALL aspects of stage production, Next Stop Broadway is the perfect place for their creativity to shine!

It's wonderful to share our corner of Paradise with the amazing families who call it home. Enjoy April by offering kindness and assistance to friends and neighbors in our community. Let's appreciate the diversity and viewpoints of each person we encounter in our daily travels.

Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

Spectator™ Magazine

7660 NW 82nd Ter. • Parkland • FL • 33067

Publisher & Managing Editor

Shellie Miller - Farrugia

Creative Director

Scott Farrugia

Photography

Scott Farrugia
City of Coral Springs

Web, Social Media & email Marketing

Speedy-Designs
Links Media

Distributed by

US Mail &
Baron Express
954-297-0731

Contributing Writers

Scott Brook
Ashley Ferraro
Dr. Brandon Maisel
Shellie Miller-Farrugia

Advertising Sales

Office
(954) 753-4300
Scott Farrugia
(954)684-6590
e-mail:
spectatormagsales@gmail.com



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2023 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher

On the cover: Next Stop Broadway Summer Camp.
See page 6-7

SAWGRASS CAMPUS
400 LAKEVIEW DR, CORAL SPRINGS, FL 33071
SAT 6:30PM
SUN 10:00 & 11:30AM
1:00PM

LAKE WORTH CAMPUS
127 SOUTH M STREET, LAKE WORTH, FL 33460
SUN 10:00 & 11:30AM

ON TV!

M-W-F
6:30PM

@CBGLADES | @PASTORDHUGHES
954.755.7767

To Advertise Call 954.753.4300

Community!

On the Spectrum... Autism Awareness Month

Autism is a neurological disorder that affects communication, social interactions, and sensory processing. Autism Spectrum Disorder (ASD) is a complex issue that can present in many different ways, and varying in severity. According to the Centers for Disease Control and Prevention (CDC), about 1 in 54 children in the United States have been identified with ASD.

April is Autism Awareness Month, a time dedicated to increasing understanding of autism. During this month, organizations and individuals worldwide work to promote acceptance and inclusion of individuals with autism, as well as educating the public about the challenges they face.

South Florida has several resources available for individuals with autism and their families. The Dan Marino Foundation <https://danmarinofoundation.org>, located in Fort Lauderdale, serves to improve the lives of those with autism and other developmental disabilities. The foundation offers a variety of programs and services, including job training and placement, social skills training, and technology programs. Additionally, the Marino Autism Research Institute focuses on understanding the causes and treatment of autism through research.

Another organization that provides support for individuals with autism in South Florida is the Unicorn Children's Foundation <https://www.unicornchildrensfoundation.org>. They offers programs and services such as sensory-friendly events, respite care, and a mobile clinic that provides screenings and assessments for autism and other developmental disabilities.

The Center for Autism and Related Disabilities (CARD) is another resource available in South Florida. CARD provides support and assistance to individuals with autism and their families through a network of seven centers across the state, including one in Miami. CARD offers a variety of services, including training and workshops for parents and professionals, behavioral support services, and community outreach programs.

South Florida also has several specialized schools for children with autism. These schools provide a structured environment that is tailored to meet the specific needs of children with autism, including behavioral and sensory support. <https://www.floridahealth.gov> offers a variety of solutions for people with ASD and other concerns.

Local resources also include:

- www.thefriendshipjourney.org
- www.parklandbuddysports.org
- www.challengerbaseballofbroward.com
- Parkland Designated First Autism-Friendly City in Broward www.cityofparkland.org/Autismfriendly

In conclusion, Autism Awareness Month is an important time to raise awareness and understanding of autism spectrum disorders. South Florida has several resources available for individuals with autism and their families, including the Dan Marino Foundation, the Unicorn Children's Foundation, the Center for Autism and Related Disabilities, and specialized schools. These organizations provide support and services that help individuals with autism live fulfilling and productive lives. It is crucial to continue to educate ourselves and our communities about autism to promote acceptance and inclusion for individuals with autism.



Want a Second Opinion on Your HomeOwners & Auto Insurance?

Give Us a Call

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



Local Owner/Agent
Brett Porter



Porter & Associates Insurance Agency
561-771-8025
email: bporterinsurance@gmail.com



Creating the Fun!

Summer is almost here, and the Coral Springs Center for the Arts, 2855 Coral Springs Dr., looks forward to their 21st summer of the fun, creative, and exciting camp known as Next Stop Broadway! A beloved landmark in the city, The Spacious facility brings the finest in music, dance, comedy, and more to the community. Next Stop Broadway Registration is Open now for a summer full of singing, dancing, acting and performing culminating in four flashy musical productions. Looking forward to another successful summer, participants at Next Stop Broadway are split into age-appropriate color groups, visiting with professional instructors bringing fun activities in singing, dancing, acting, performing, and more. Each session culminates in a fully designed production, in which EVERY camper participates, combined with the guidance and leadership of experienced theater professionals on the main stage!

YOUTH CAMP: Limited to 200 campers per session, campers spend their days participating in fun and exciting curriculum designed and facilitated by their Instructors. Throughout the day, campers take classes with the Production Team, where they will learn their group scenes, songs, and dances. They also participate in additional camp activities such as Spirit Rallies, Dress Up Days, Talent Shows, etc. The shows they will produce this summer are:

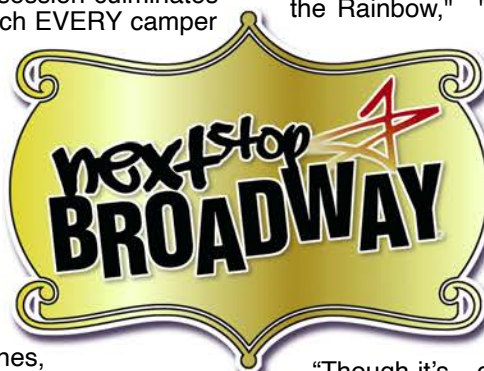
The shows they will produce this summer are:

1. Peter Pan / June 12 - June 30: Broadway's timeless classic musical whisks you away to a place where dreams are born and no one ever grows up! Featuring the iconic songs, "I'm Flying," "I've Gotta Crow," "I Won't Grow Up" and "Never Never Land," and a rousing story full of magic, warmth and adventure!

2. Beauty and the Beast / July 3 - July 28: The Award-

winning animated film and stage play comes to life in this charming and beloved take on the classic fairytale. This "tale as old as time" is filled with memorable showstopping numbers like, "Be Our Guest," "Belle," "Gaston," & the iconic theme song, "Beauty & The Beast!"

3. The Wizard of Oz / July 31 - August 18: The most beloved tale of all time comes to life on the stage! Dorothy and her three friends trot delightfully and tunefully down that fabled yellow brick road, learning just how magical friendship can be, and how wonderful it can feel to go home again. "Follow the Yellow Brick Road" through this magical adventure featuring such classics as "Somewhere Over the Rainbow," "We're Off To See The Wizard," "If I Only Had A..." and more!



Teen Theatre Project (Ages 14+)

This is the complete, pre-professional experience for aspiring performers. Set in a safe and encouraging environment where everyone participates in the creation of a fully designed production. The Teen Theatre Project enables young performers to advance their skills, build confidence, and perform on stage. Cynthia likens the teen theater project to summer stock, and says,

"Though it's geared toward those who have theater experience, it's also wonderful for those who have just dabbled in it for the first time. It's a fun, nurturing environment with like-minded people." The production they will put together is **Young Frankenstein / July 3 - August 12:** "It's alive!" The comedy genius, Mel Brooks, adapts his legendary funny film into a brilliant stage creation, with such memorable tunes as "The Transylvania Mania," "He Vas My Boyfriend" and "Puttin' on the Ritz," Young Frankenstein is scientifically proven, monstrously good entertainment!

Summer is almost here! Don't let your creative son or daughter miss out on the fun! Extended Care Available: 8 am to 9 am, 4 pm to 6 pm. **Online registration is now open at www.TheCenterCS.com/NSB**



Once Upon a Summer

next stop BROADWAY



ACTING
SINGING
DANCING and
So Much
More!

SCAN
ME



PETER PAN

SESSION 1

JUNE 12 - JUNE 30

Disney
Beauty and the Beast

SESSION 2

JULY 3 - JULY 28

The
WIZARD
of OZ

SESSION 3

JULY 31 - AUGUST 18

THE
MELBROOK
FESTIVAL
YOUNG
FRANKENSTEIN

TEEN PROJECT

JULY 3 - AUGUST 12

Summer ^{CAMP} 2023


THE CENTER
CORAL SPRINGS CENTER FOR THE ARTS



THECENTERCS.COM/NSB

ONLY \$99
DOWN TO RESERVE
YOUR SPOT!



Meet The

Marin Family

In this busy, fun, full of love house, canines are barely outnumbered by their human caregivers! Andrew and Chelsea have three children, Aryanna, 15, Emma, 8, and Logan, 6. The family's fur babies are Meatball, Sweetie, Abby, and Biscuit. Chelsea says, "We love our pets and originally only intended on having 2 dogs. But after trying to foster, we obviously failed and ended up with 2 more."

Addressing their careers, Andrew tells us, "We are both Restaurant General Managers. I work for Shake Shack and Chelsea works for Cheesecake Factory." Warm and friendly, this couple was perfectly made for the hospitality industry. Andrew continues, "For the most part, food makes people happy. We've found our careers in this, and making the dining experience awesome. It's demanding and stressful work with so many moving parts, but in the end it is very fulfilling when we are able to get it right."

Coral Springs residents for 10 years, the kids stay very busy with local activities. Aryanna Plays on the Springs Soccer Club, Coral Glades girls soccer, and track at Coral Glades high school, where she is in the 10th grade.

Emma is a teammate with Coral Springs Youth Soccer, and Springs Soccer Club. She is in the second grade at Westchester elementary.

Logan also plays with Coral Springs Youth Soccer, Coral Springs American Little League, and he attends first grade at Westchester elementary.

Very involved with his family, Andrew lets us know, "I've coached girls soccer for Emma's CSYS teams the past 2 years. We also help Springs Soccer Club running their concessions during tournaments and developmental programs. We have met so many amazing families through these opportunities, and love running into them all over town!"

Family time is fun time, and the Marins especially love cooking and baking together. "We also enjoy eating out, because Coral Springs has some great restaurants, so we don't have to go far," Chelsea tells us. "We really enjoy being at the fields playing sports, or watching the kids play, and we love beach days too!"

Andrew adds, "Also we try to go glamping a few times a year in an rv to enjoy the outdoors and time together, but still be able to sleep in the a/c." He sounds like a true South Floridian!

"We love the family centric atmosphere of Coral Springs," Andrew says confidently. "It's what drew us to move here 10 years ago. There's a park around every corner. There are so many programs for the kids and the adults. Recently Grandma Marin just moved in with us and she's loving the senior center and activities. Also, we have all kinds of great food to eat without having to leave the area. We really love our city!"

The Marins enjoy attending services at Church by the Glades.

COMING SOON!

The "Rock n Roll" Realtors!



Bringing a New Beat to Buying and Selling Homes!

The group's current Lineup The group's current lineup has decades of Real Estate Sales experience, but that is just the beginning of this diverse group's experience. The Members hail from New Jersey, New York, Pennsylvania, and Florida; and like all great groups, fate and passion have brought these individuals together. Combined, the members have lived in Parkland for over 40 years. Our front man has more than 25 years of experience as a real estate attorney, and has managed and facilitated more than twenty thousand closings. This talented group knows Parkland! This lineup's experience boasts a variety of talents that benefit every buyer and seller. Their attention to every detail makes each transaction a #1 hit! This group knows how to sell, knows how to protect their buyers and sellers, and knows how to rock. Most importantly, they treat every one of their clients like VIP Rock Stars!





Live Your Life *By Scott J Brook, PA*

If you are going through the Court system for a divorce, Paternity matter or post-judgment matter, there are several things you should be aware of and prepare for. In this article, I will share a few ideas to make this difficult process less difficult and possibly help you achieve your objectives.

Can you WIN your case? Of course you can. However, it's important to know that for every winner there is at least one loser. Don't get me wrong, I love to win at trial. IT feels great. HOWEVER, consider the cost of the win. That includes legal fees, your time, your energy and more. One thing that most parents who litigate don't focus enough on is the impact on the children. It is extraordinary difficult, of course, if your ex is a narcissist or is determined to fight you. Either way, you must protect your child. Here are a few tools in the toolbox. You can seek a Guardian Ad Litem or an Attorney Ad Litem to represent your minor child's best interests. They are not inexpensive. If your ex's mental health is at issue, you can seek a Psychological Evaluation or Social Investigation. If you would like to learn more about these options, feel free to email me at Scott@scottjbrookpa.com.

Another thing that most litigants in family law matters often are not aware of is the ability to have your ex pay your fees. If you earn substantially less than your spouse or ex-spouse or the other parent (in a paternity case), you might be able to recover or obtain Attorney's fees in advance based on your need and his/her ability to pay. The sooner you seek temporary fees in a pleading, the sooner the Judge can have the hearing and potentially award your fees and costs.

If you are litigating in Miami-Dade or Broward Counties, you should be prepared for delays as these Courts are packed. IN order to streamline things, your matter may be referred to a General Magistrate. You have a right to object to those referrals. It is rare that an attorney will offer you a flat fee for a litigated matter as there are too many variables. Will the other side cooperate? If your ex doesn't cooperate, will

the Judge award sanctions? Judges may be ill and unable to appear for a scheduled hearing date. In Broward, unfortunately, we lost a Judge due to her unfortunate passing and her division is still scrambling to accommodate parties and their attorneys.

Many people going through the Family Courts want it over "YESTERDAY." However, keep in mind that typically the only way to do that is to say yes to everything your ex is seeking and have an uncontested divorce. IT is essential to be patient and strategic. Of course, it is human to be emotional. However, live within your emotional means. Know when to say "no." Allow yourself to grieve if that is how you feel. Allow yourself to be angry if that is how you feel. If you remain too emotional to make wise decisions, seek help. I have advised many clients that while I can be an okay "ventee," I am expensive relative to a mental health counselor. It is MORE THAN OKAY TO SEEK HELP. Expect your ex to attempt to get under your skin. If he/she doesn't, then that is a bonus. Don't be reactive. You will hear and read things from your ex or the opposing counsel that will upset you. Breathe through it and then choose an appropriate response that is in alignment with your strategy. You don't have to let them see you sweat.



Scott J Brook, PA

My last piece of wisdom for this article is to LIVE YOUR LIFE. Don't let the litigation become your life. Take out your family law file when it's time to gather records, meet with your attorney or prepare for hearing. When that time is over, please put that file away and take care of you. Take care of your family. Do things you enjoy. You may have less resources, but there are many healthy options, including walking and meditation, that are free.

My team and I love what we do and helping families create new possibilities for a more peaceful future. Please call us at 954-757-5551 for a consultation. If you mention this article, you will RECEIVE 20% OFF the consult. We also do wills and Guardianships. I wish you a fulfilled future. It is possible!



Scott J. Brook, P.A. FAMILY & ESTATE LAW

FAMILY SERVICES

- DIVORCE
- ALIMONY
- DOMESTIC VIOLENCE
- GUARDIANSHIP
- TIMESHARING
- CHILD SUPPORT MODIFICATION
- PATERNITY
- PRENUPTIALS
- POSTNUPTIALS
- RELOCATION
- MEDIATION

ESTATE PLANNING

- DURABLE POWER OF ATTORNEY
- SIMPLE WILLS
- LIVING WILLS
- DO NOT RESUSCITATE FORMS
- NOMINATION OF GUARDIAN
- QUITCLAIM DEEDS

CELEBRATING 23 YEARS IN BUSINESS!

TESTIMONIALS

- "HE'S AN ATTORNEY WHO REALLY CARES AND IS COMMITTED TO HIS FAMILY, HIS FRIENDS, HIS COMMUNITY AND HIS CLIENTS."
- "HIRING SCOTT IS THE BEST DECISION I MADE."

REMOTE CONSULTS AVAILABLE BY ZOOM!

AVVO



AVVO RATING: 10

Martindale-Hubbell®



@FAMILYLAWFIRMTHATCARES

WWW.SCOTTJBROOKPA.COM
(954) 757-5551

2856 UNIVERSITY DR.
CORAL SPRINGS, 33065

SPRINGS SOCCER CLUB
TRYOUTS COMING SOON!

20 SPRINGS SOCCER CLUB 20

Joe DiMaggio Children's Hospital

NIKE SOCCER

CITY FURNITURE

Check us out online!
SpringsSoccerClub.com

THE FASTEST GROWING SOCCER CLUB IN SOUTH FLORIDA!

Facebook: Springs-Soccer-Club
 Instagram: springsoccerclub
 Twitter: @springs_sc
 Email: info@springsoccerclub.com

Joe DiMaggio Children's Hospital
 [U18] Sports Medicine

Your Sports Medicine Provider
 for the Young Athlete

[U18] Sports Medicine at Joe DiMaggio Children's Hospital Orthopedic Center is a multidisciplinary program providing comprehensive pediatric orthopedic, surgical and rehabilitation services to children and young athletes. Our team includes board-certified, fellowship trained pediatric orthopedic surgeons, sports medicine physicians, physical therapists and athletic trainers. We also partner with youth sports organizations, tournaments and schools to provide athletic training services, educational webinars/seminars, coaches clinics and special programs to help prevent and manage injuries. To schedule an injury prevention clinic or request athletic training services please email us at JDCH_outreach@mhs.net

On-Site Services

- Pediatric Orthopedic Surgeons and Sports Medicine Physicians
- Sports Physical Therapy
- X-ray & MRI
- Concussion Clinic
- Performing Arts & Dance Medicine Program
- Hand & Upper Extremity Program



L to R: Stanley Szybinski, MD; Michael Dressing, MD; Stephen Plachta, MD; Andrew Gupta, MD; Michael Aversano, MD; Matthew Fazekas, MD; Michael Jofe, MD; Neal Mc Nerney, MD; Randolph Cohen, MD; Stephen Storer, MD; Jeremy Frank, MD; Eric Eisner, MD



954-538-5500

or visit

JDCH.com/Ortho

Boca Raton | Coral Springs | Hollywood | Miramar | Wellington | Weston



Springs Soccer Club Looks Ahead To Biggest Year Yet

By Ashley ferraro

Youth sports present an enormous opportunity to enhance personal development. Springs Soccer Club has built its entire program on four core pillars: connection, competence, character, and confidence, with a mission to develop youth long-term through a supportive, player-centric environment.

SSC is the only recognized travel soccer program in the city of Coral Springs and the fastest-growing soccer club in South Florida. For its inaugural year in 2020, the club formed three teams in its competitive league. Just three short years later, SSC impressively boasts eighteen teams in its current season.

In addition to a widely respected competitive travel program, SSC offers two development leagues: In-House and First Touch. The In-House league focuses on cultivating soccer skills in a fun, player-centric environment. The program consists of training sessions and games and is open to players of all skill levels who obtain support from professional coaches.

The First Touch program is open to children in the U6 age group and designed to introduce children to soccer with a strong foundation in skill and game knowledge. In some cases, First Touch may be the initial step in a player's development pathway. SSC recognizes the importance of instilling specific values and skill sets at a young age to set players up for a lifetime of achievement.

SSC takes an approach to player development that is both technical and hands-on, looking at each player and mapping out their development pathway to set them up for success in soccer and life. This holistic approach involves parents as it does the players, for example, engaging the adults in parent education meetings.

Supplemental to a professionally licensed coaching staff, SSC enlists Roger Thomas as Director of Methodology. In this role, Roger works alongside the coaches to develop a curriculum and instill age-appropriate training exercises to ensure players are fully supported during every step of their journey—from U6 to college preparation.

By adhering to values like integrity, respect, humility, responsibility, and collaboration, SSC focuses on the “bigger picture,” which is developing young people with traits that help them succeed beyond the field.

Springs Soccer Club is about the community as much as it is about the players. Executive Director Laurie Thomas speaks highly of the Friday evening pickup sessions and games at Cypress Park in Coral Springs. “It’s really become a big community event,” she says. “We have our concessions open, there’s music, and we have three fields full of over 300 kids from our community.”

In addition to ongoing sponsorships with City Furniture and Joe DiMaggio Children’s Hospital, SSC recently acquired a partnership with Nike Soccer. As a result of this new partnership, the SSC U10 Girls Team had a once-in-a-lifetime opportunity to walk out with Germany at the DRV PNK Stadium in Miami.

Looking ahead, In-House and First Touch leagues will start up again in early June. Tryouts for SSC’s competitive program begin the first week of May, with the season officially starting in August. In the meantime, new and seasoned players alike can look forward to summer training sessions in early June, including a day camp and summer evening clinic.

For more information on registration and tryouts, visit www.springsoccerclub.com See ad on opposite page.





It's your yard.

Reclaim It.

CREATE A SPACE FOR

Entertaining
Family Time
Playing
Enjoying Pets
Relaxing

SAY GOODBYE TO

Mowing
Weeding
Seeding
Watering

ForeverLawn®

Grass without limits.

Call 954.421.9097

for your free consultation from
a synthetic grass expert.

ForeverLawn®
GOLD COAST 

gc.foreverlawn.com



**NORTH BROWARD
PREPARATORY SCHOOL**
A NORD ANGLIA EDUCATION SCHOOL



PROVIDING A GLOBAL FOUNDATION FOR OUR FUTUREMAKERS

- We empower our children to be self-driven and the world's best problem solvers
- Students starting in PK3 through 12th grade dive into an exhilarating curriculum powered by our collaboration with MIT
- As an Apple Distinguished School, we integrate technology in our innovative courses such as programming, engineering, robotics, and much more



SCHEDULE A TOUR TODAY

www.nbps.org

954-247-0179

BOARD-CERTIFIED IN SPORTS MEDICINE



Whether you are a professional athlete, youth athlete, a sports enthusiast or a non-athlete in need of high quality orthopaedic care, our experienced medical experts will provide you with world class diagnostics and treatment. At the Gelb Sports Medicine and Orthopaedic Center, we offer a wide array of treatment.



HOWARD J. GELB, M.D.
Board Certified Orthopaedic Surgeon
Fellowship Trained in Sports Medicine

SPECIALIZING IN

ARTHROSCOPIC SURGERY OF THE
KNEE, SHOULDER, ELBOW AND WRIST
ACL RECONSTRUCTION
MENISCUS REPAIR
ARTHROSCOPIC SHOULDER
RECONSTRUCTION
PRP THERAPY

NON-OPERATIVE TREATMENT OF
PERIPHERAL NERVE INJURIES (I.E.
CARPAL TUNNEL SYNDROME),
MANAGEMENT OF OSTEOARTHRITIS,
CONCUSSION, PRE-PARTICIPATION
PHYSICALS, SPORTS RELATED SPINE
INJURIES AND OVERALL EVALUATION
OF AN INJURED ATHLETE



BRANDON C. MAISEL, D.O.
Non-operative sports medicine physician
Fellowship Trained in Sports Medicine

HOWARD J. GELB, MD, PA

Sports Medicine and Orthopaedic Center



9980 CENTRAL PARK BLVD. N. STE 222 BOCA RATON, FL 32428
BETWEEN PALMETTO PARK & GLADES RD. ON 441/STATE ROAD 7
WWW.GELBMD.COM • 561.558.8898



Is Platelet-rich Plasma Right for You?

By Dr. Brandon C. Maisel

Over the past several decades Platelet-rich Plasma (“PRP”) has become a viable treatment option for numerous conditions. Whether you are suffering from osteoarthritis, “tennis elbow,” Achilles tendonitis or shoulder pain, PRP may be a suitable treatment option. So, what exactly is platelet-rich plasma? PRP is a concentrated source of platelets derived from your own blood. The platelets are retrieved once your blood is drawn and undergoes a process called centrifugation. The centrifuge separates the components of your blood and hyper concentrates the platelets. The platelet serum is withdrawn into a syringe and now we are ready for the injection! At Gelb Sports Medicine and Orthopaedic Center, great care is taken to ensure comfort of the patient and appropriate placement of the injection, thus ultrasound guidance may be used for the injection process.

How does PRP work? Platelets are generally known for “clotting” your blood after a cut; however, platelets as well contain growth factors that in turn trigger a cascade of cell reproduction. These new cells can now fuel healing and tissue regeneration in the selected treatment area. For example, lateral epicondylitis better known as “tennis elbow” is inflammation of tendons over the lateral aspect of your elbow. PRP aims to reduce inflammation and restore damaged tissue. Ultimately, this is a form of natural healing, therefore adverse reactions to the injection are very low.

Well-known athletes have been known to benefit from PRP, those including Tiger Woods, Steph Curry, Rafael Nadal and many others. We aim to offer the same treatment options that top-professional athletes receive. Book your appointment at Gelb Sports Medicine and Orthopaedic Center today to learn more about PRP and other treatment options for your musculoskeletal condition.

BRANDON C. MAISEL, D.O.

Board certified by the American Board of Physical Medicine and Rehabilitation

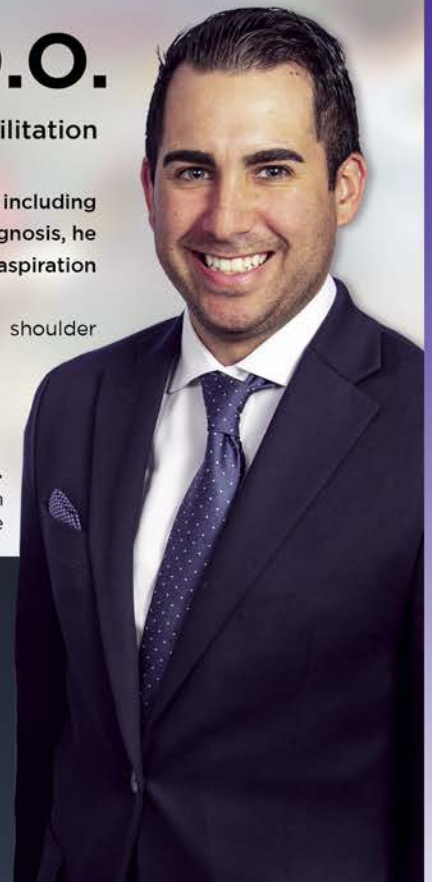
Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries. To further assist him in treatment and diagnosis, he utilizes musculoskeletal sonography and performs ultrasound-guided injections. Injections/aspiration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

- Platelet rich plasma • Viscosupplementation • Various joints including hip, knee, and shoulder
- corticosteroid injections • Trigger Finger • Morton's Neuroma • Baker's Cyst • Ganglion Cyst

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



BRANDON C. MAISEL, D.O.
Non-operative sports medicine physician
Fellowship Trained in Sports Medicine



“ 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

Coral Springs

Baseball & Tee Ball

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

WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info you visit www.csall.com, 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. See ad page 21

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

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

Lacrosse

PARKLAND REDHAWKS

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

BUZZARDS MEN'S LACROSSE CLUB

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

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.springssoccerclub.com. See ad and article on pages 12-13.

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

- Personal Injury
- Wrongful Death
- Workers Compensation
- Personalized Attention
- Free Consultation
- 38 Years of Experience

**NO FEES UNLESS
WE WIN YOUR CASE**

Injured?

Call Now
(954) 753-0200



Law Offices of
Ricky D. Gordon, P.A.

5497 Wiles Road, Suite 206
Coconut Creek, FL 33073

Email: RDG@RickyDGordon.com
Website: www.RickyDGordon.com



sConnections

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

CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP

Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime... For more info see www.nextstopbroadwaycs.com. See ad and article on pages 6-7.

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 15.

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

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

THE FRIENDSHIP JOURNEY

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

Volleyball

SAND TURTLES VOLLEYBALL CLUB

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

Parkland P-Rec

PICKLEBALL

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

Scouting

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

i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

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

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

Important Numbers

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

****REFER A FRIEND OR FAMILY WITH WATER DAMAGE OR MOLD AND RECIEVE A \$200 GIFT CARD****



MVP
Environmental Solutions Inc.

**24 HOUR
WATER DAMAGE
SERVICE**

www.mvpmold.com

954-247-9444

MRSA1198 IICRC226428 MRSR1872

- EMERGENCY WATER DAMAGE
- MOLD INSPECTION & REMOVAL
- FIRE & SMOKE DAMAGE
- DIRECT INSURANCE BILLING

**GOT MOLD?
CALL US**

**24 HOUR
WATER DAMAGE SERVICE
WHEN ITS WET CALL US** **DON'T LET YOUR FAMILY GET SICK**
GET A COMPLIMENTARY WATER DAMAGE & MOLD INSPECTION

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. See ad page 21

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

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

Private Schools & Camps

CORAL SPRINGS CENTER FOR THE ARTS NEXT STOP BROADWAY SUMMER CAMP

Let's go to the MOVIES! This Summer...Star in your favorite films LIVE on stage at the premier performing arts summer camp! Where memories last a lifetime...
For more info see www.nextstopbroadwaycs.com.
See ad and article pages 6-7.

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 15

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

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) For more info please call 954-757-4105.

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.

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

PARKLAND FLAG FOOTBALL LEAGUE

REGISTRATION NOW OPEN



DIVISIONS FOR ALL GIRLS K-12



DIVISIONS FOR ALL BOYS K-12

PARKLANDFLAG.COM
SEASON BEGINS LATE AUGUST

REGISTRATION IS OPEN FOR PARKLAND RANGERS FOOTBALL & CHEER



PARKLAND

RANGERS

Football:
5-14 Years Old

Cheer:
5-14 Years Old

All Skill Levels
Everyone Plays

No Try-Outs
Practices at
Pine Trails Park



@ParklandRangers
FootballCheer



@ParklandRangers
PopWarner

REGISTER
ONLINE AT

ParklandRangers.com

Football Commissioner: (786) 236-0948 | Cheer Commissioner: (954) 643-5596
General Inquiries: parklandrangers@yahoo.com



Efficient Spring Cleaning:

Tips to Keep Your Home Clean and Organized Without Getting Overwhelmed



Spring cleaning can be a significant undertaking, and it's essential to approach it with a positive mindset to avoid becoming overwhelmed. Here are some tips to help you stay motivated and focused while spring cleaning:

Break it Down

Instead of tackling your entire home at once, break it down into smaller sections. Start with one room or area and focus on completing that section before moving on to the next. This will help you to stay organized and feel more accomplished as you complete each task.

Set Realistic Goals

It's important to set realistic goals when spring cleaning. Don't try to do too much in one day or weekend. Instead, create a plan that spreads the cleaning tasks out over a few weeks or even a month. Setting realistic goals will help you to avoid feeling overwhelmed and discouraged.

Take Breaks

Cleaning can be physically and mentally exhausting, so it's important to take breaks. Schedule breaks throughout your cleaning day to give yourself time to rest and recharge. Take a walk, stretch, or do something you enjoy to help you relax and stay motivated.

Get Help

Spring cleaning doesn't have to be a solo activity. Enlist the help of friends, family members, or professional cleaners to assist you with your cleaning tasks. Having someone to help you will not only make the process more efficient but also more enjoyable.

Listen to Music or a Podcast

Listening to music or a podcast can help you to stay motivated and focused while cleaning. Create a playlist of your favorite songs or find a podcast that interests you. This will help to keep your mind occupied and make the cleaning process more enjoyable.

Stay Positive

Remember that spring cleaning is a positive activity that will benefit you and your home. Stay positive and focus on the end result. Celebrate your accomplishments along the way, and don't dwell on any setbacks or mistakes.

In conclusion, spring cleaning can be a significant undertaking, but with the right mindset and approach, it can be an enjoyable and rewarding experience. Remember to break down your cleaning tasks into smaller sections, set realistic goals, take breaks, get help, listen to music or a podcast, and stay positive.

Money Available When You Need It Most

Home Equity Line of Credit



With a Home Equity Line of Credit (HELOC)¹, you can use the equity you've built in your home for major purchases, repairs and renovations, debt consolidation or other unexpected expenses. You can borrow as much or as little as you need, whenever you need it, up to an approved credit limit.

- Use for a variety of expenses
- Interest rates are often better than other credit options
- Easy access through convenience checks and Online or Mobile Banking transfers²
- Interest paid may be tax deductible³

Apply Online Today at

SouthStateBank.com/HELOC



PROMO RATE⁴

6.49% APR

for first 12 months fixed

7.75% APR

the current standard variable rate (Prime + 0)



VARIABLE RATE⁴

Rates from

8.25% APR

(Prime + 0.50%) variable rate +

100% Bank-paid closing costs option available⁵



FIXED RATE⁴

Rates from

7.00% APR

100% Bank-paid closing costs option available⁵

Sophia Rowe

VP | Branch Manager

NMLS #129417

10385 Royal Palm Blvd

Coral Springs, FL 33065

Office 954.340.1822 Opt 4

Direct 954.510.1260

Fax 954.796.7120

Srowe@SouthStateBank.com



SouthState

SouthStateBank.com

1. Primary residences only. Minimum loan amount \$10,000. Minimum advance of \$10,000 required at closing. Hazard insurance is required; flood insurance may apply. Other exclusions and limitations apply. All loans are subject to credit approval. Not all applicants will qualify for the advertised Annual Percentage Rate (APR). Borrowers may be subject to \$170 in lender fees at closing based on creditworthiness. APRs and product terms are subject to change or cancellation without notice.

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

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

4. Estimated closing costs range from \$450 to \$3,693, which includes, but not limited to, appraisal, flood determination and settlement fees. Additional fees may apply and vary based on collateral location and loan amount.

• 6.49% APR will be fixed for the first 12 months (introductory period). After the introductory period, the interest rate will be variable and based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. 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.

• 8.25% 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 7.75% as of February 2, 2023. 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.

• 7.00% 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 March 6, 2023 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 \$160, you are responsible for paying all amounts over \$160 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.

Get Involved with Parkland RedHawks Lacrosse

By Ashley ferraro

For more than a decade, Parkland RedHawks Lacrosse has been enriching our community's lacrosse culture while providing youth with remarkable development opportunities both on and off the field. Participating with the RedHawks means children practice sportsmanship, increase their self-confidence and self-awareness, and gain invaluable insight into the game of lacrosse—one of the country's fastest-growing sports.

With 380 participants this year, RedHawks Lacrosse is in the midst of a record-breaking season as far as expansion. "It's huge," exclaims Parkland Lacrosse Vice President Jamie Bayardelle. "It's one of our biggest seasons ever!"

Jamie says that retention rates for lacrosse in Parkland speak for themselves. Almost all players on any given team return for the following season, and a large portion of players go on to play travel lacrosse. "I've been involved for three or four years down here, and it's [lacrosse] grown tremendously."

The recreational league creates in-house teams that play amongst one another and travel locally to play against neighboring cities like Boca Raton, Weston, and Wellington. The Redhawks play under the South Florida Youth Lacrosse League (SFYLL), which includes eleven teams in total.

Parkland RedHawks Lacrosse supports players by providing a knowledgeable coaching staff, some with collegiate coaching experience. The staff works to instill core values like confidence and sportsmanship while building a sense of camaraderie amongst the players and their parents. Jamie, who has two children who participate with the RedHawks, notes that the lacrosse community in Parkland is exceptionally tight-knit and that the families experience as much of a sense of community as the players do.

To further this mission, the league has created the Beginning Players Clinic, a free program for youth ages five to fourteen from all athletic backgrounds, designed to introduce children to the game of lacrosse. The clinic is open to both Parkland residents and non-residents, with the next sessions being held over the summer.

At the clinic, players become accustomed to basic drills and techniques, as well as make new friends. Children are not required to bring equipment to participate; any gear needed is provided at the time by the RedHawks. The program is grateful for the help of local volunteers who make the clinic possible at no cost to players and their families.

"We provide everything," says Jamie. "They can just come out and see if they like playing." He continues, "They're able to learn basic skills and play mini games and get a feel for what it's [lacrosse] like."

The RedHawks practice and play between Pine Trails Park and Terramar Park and may travel locally to play at fields of other SFYLL participants. While the RedHawks Lacrosse 2023 season will be wrapped up this month, seasoned players can look forward to travel lacrosse via Stealth in the fall, while newer players can get involved with the summer clinic.

Registration and additional information on the next Beginning Players Clinic can be found at www.parklandlacrosse.com





**Suffering with
Chronic Knee Pain?**
**Tired of All the Drugs and
Want to Avoid Surgery?**

Chronic Knee Pain Breakthrough!

FREE SEMINAR On How To Correct Knee Pain

**YOU NO LONGER
NEED TO
SUFFER FROM:**

- Trouble with stairs!
- Painful walking!
- Poor sleep due to knee pain!
- Stiffness!!
- Afraid of knee giving out!
- Not enjoying activities

*Presented by
Dr. Mike Rozenblum*



GENESIS
PHYSICAL MEDICINE &
CHIROPRACTIC

In this seminar, you will learn

- **WHY** you have knee pain
- The reason why most current treatment has not helped you
- Known risks with current treatment for knee pain
- Cutting edge, non drug, non surgery treatment to **CORRECT** chronic knee pain
- Simple steps to regain your life!

FREE Lunch Provided!!!

(You must RSVP. Seating is limited to the first 15 callers)

DATE: Wednesday, April 19th @ 12:00 pm - 1:00 pm

WHERE: Genesis Physical Medicine
2925 W. Cypress Creek Rd. Suite 101
Ft. Lauderdale, FL 33309

COST: FREE!! Lunch will be served.

RSVP: By Monday, April 17th

CALL: (954) 977-0888

www.genesisphysicalmedicine.com



Broward County is the Place to Be!

By Michael Udine, County Commissioner for District 3

Seasons may be changing, but Broward County continues to have plenty to do. From our libraries to parks, you can truly do it all. This month, Broward Parks will host nature walks, and even twilight hiking tours. If you are looking for that next good book or even free help with your tax return, be sure to check out Broward Libraries! Visit Broward.org for all the events happening throughout Broward County and District 3!

April is a great month to get outside and explore all that Broward has to offer. It is also Earth Month and there will be many events hosted throughout the County at parks and different locations. In District 3, we will host EarthFest at the Sawgrass Nature Center which is in the Coral Springs Sports Complex. The event will take place on April 22nd from 9am-12pm. It will feature nature displays, community garden exhibits, raffles, and a plant giveaway. Best of all the event is free. I hope you will come out and enjoy this great opportunity for the whole family.

Anchors away! Broward County will welcome our nation's sailors from April 23rd-30th at Port Everglades. Ships representing the United States Navy, Coast Guard, and a group from the United States Marine Corps will all be in attendance. Ship tours, concerts with the Navy Band of the Southeast, and even a competition of ship versus ship Olympics will all happen during this great week that honors our service members dedication and

service to our country. For more information visit browardnavydaysinc.org.

In March, Broward County held its annual strategic planning retreat. Priorities ranged across the spectrum from affordable housing to public safety and everything in between. The Broward County Commission also made a commitment to work hand in hand with the cities in areas of mutual concern. My focus has always been how Broward County can create sustained economic growth for all citizens and provide the best public safety possible. Working together is the best way for all goals to be accomplished, and I look forward to working with District 3 cities as we continue to grow and make Broward County the place to be.

Finally, I would like to wish all who celebrate a Happy Easter, Passover, and Ramadan. Celebrating these holidays shows the diversity of our great community. Happy holidays to all.

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. In addition, we are available to meet by appointment at Coral Springs City Hall. On social media you can find me at [facebook.com/CommissionerMichaelUdine](https://www.facebook.com/CommissionerMichaelUdine) and [@MichaelUdine](https://twitter.com/MichaelUdine) on Twitter or Instagram to receive important updates and see what is happening in our community. Let's connect!



CAFÉ ♦ RESTAURANT ♦ BAR LOUNGE

DÉJÀ BLUE

A MEDITERRANEAN CULINARY JOURNEY



BOOK WITH US YOUR 2023

PRIVATE EVENT

ANNIVERSARY-BIRTHDAY-MITZVAH-COMMUNION-WEDDING-CORPORATE & MORE



SOPHISTICATED SIMPLICITY THAT FEEL LIKE HOME

IN PARKLAND

WEDNESDAY IS LADIES' BOGO, 2x1 ♦ DJ ON THURSDAY

HAPPY HOUR TUE-FRI 4-6PM ♦ BRUNCH ON SUNDAYS

WWW.DEJABLUERESTAURANTS.COM - (954) 345-0128





Courtesy The City of Coral Springs



Rescue Rings Installed at Coral Springs Parks to Honor a Hero

The City of Coral Springs has partnered with the Aden Perry Good Samaritan and Scholarship Fund to install more than 70 rescue rings near bodies of water in city parks, both as a safety enhancement and to honor the memory of a heroic teen, Aden Perry, on Saturday, March 25.

The first set of rescue rings were installed at Cypress Park (1301 Coral Springs Drive) in Coral Springs following a ceremony with Sarah Perry (or “Aden’s Mum” as she likes to be called) along with Coral Springs city officials who placed the first apparatus near the body of water closest to the roadway. Teams of city park employees, Coral Springs-Parkland Firefighters and EMTs, and Coral Springs Public Works Staff, Park Rangers, and more worked together to install additional rescue rings throughout the park.

Aden Perry was a 17-year-old high school student who tragically lost his life in April 2022 while trying to save another teen who had just accidentally driven his car into a lake. He heroically dove into the water

where the car had careened to provide aid to the driver, but sadly, both young men died.

Following her son’s passing, Aden’s mum has devoted her life to ensuring that lifesaving Rescue Rings are now available near bodies of water.



Aden Spencer Perry

The Coast Guard-regulated rescue rings are attached to a rope and are meant to allow anyone in the public to assist during a potential water emergency, without needing to enter the water themselves. To honor Aden’s memory, most rescue rings will feature a photo of Aden and a “Hero Message” that says: “A hero is a person of distinguished courage and ability, admired for their brave deeds and noble qualities in spite of overwhelming obstacles.”

In addition, Perry’s heroic actions have resonated nationally. He was recently the recipient of the Carnegie Hero Fund Medal, North America’s highest honor for civilian heroism.





EspinosasPlus

CABINETRY + RENOVATIONS



IS IT TIME FOR A REMODEL?

We make your DREAM kitchen, a reality!

DON'T BE LEFT WAITING!
QUICK TEARDOWN AND INSTALL TIMES!

START TO FINISH CUSTOM

If you can dream it, we can make it

COST OPTIONS!

We work with your budget!

REMOVAL & INSTALL

Quick turnaround times

ABOUT US

We are a family owned and operated custom cabinet and home remodeling company with over 30 years experience! Our goal is to make your remodeling dream come true!

ESPINOSAS_PLUS @ f



Espinosasplus.net



FOR A FREE ESTIME CALL
SAM AT 954-415-5425



Up & Coming

Parkland Farmers' Market - Sun, April 2nd and 16th

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 Open Play Chess - Wednesday, April 05

From 6:00 PM to 08:00 PM at Sartory Hall, 10150 NW 29th St, Coral Springs, 33065. Cost Free. The city's Parks and Recreation Department is hosting a 7-month open play chess program for all ages. It is free to participate and registration is not necessary. For more info. Contact Parks and Recreation Dept. by email at bxbrader@coralsprings.gov

Parkland Autism Awareness Day - Saturday April 8th

From 9:00 a.m. - 12:00 p.m. at the Pine Trails Amphitheatre. Join others as we create a safe, fun environment as we create awareness and provide resources and activities for the autism community. For more information, please visit the City's website at <https://cityofparkland.org> or call 954-757-4107

Bubble Truck Foam Party - Wednesday, April 12

The Bubble Truck is coming! April's Family Fun Night will be held outside (in the South Parking Lot) where families are

sure to have a sudsy good time! Kids can enjoy playing in fluffy clouds of bubbles while enjoying music and games. The Bubble Truck will also add some magical coloring and create a rainbow of colors. Don't worry – it washes out of clothes! Goggles and water-friendly shoes are recommended. This will be held at the Coral Springs Gymnasium (2501 Coral Springs Drive) in the South Parking Lot. This free event is for Coral Springs residents. Pre-registration IS required for attendees. For more info please email bxbrader@coralsprings.gov

Juice Box Jam - Thursday, April 20

From 10:00 AM to 12:00 PM. At the Coral Springs Gymnasium, 2501 Coral Springs Dr. A parent and me program designed for toddlers ages 1 to 4 years old to enjoy an indoor play area while parents meet other parents. Upon entry, each toddler will receive a juice box and snack. No registration, first-come, first-served basis. For more info. Call 954-345-2200 or email: bxbrader@coralsprings.gov contact ParklandEvents@cityofparkland.org.

Coral Springs EarthFest - Saturday, April 22

The city will celebrate Earth Day and Arbor Day by hosting an EarthFest celebration. From 9am to 12 pm at Sawgrass Nature Center, 3000 Sportsplex Dr. Activities include: Nature exhibits, Community Garden Information, Raffles including a rain barrel, Local vendors, Plant Giveaway. For more info contact Casey Lee at 954-344-1117

 calvary chapel parkland

EASTER AT CALVARY

YOU'RE INVITED TO CELEBRATE EASTER AT CALVARY! COME AND SEE HOW THIS STORY HAS ALWAYS BEEN AN INVITATION TO DISCOVER GOD'S GOOD PLAN FOR YOUR LIFE.

GOOD FRIDAY SERVICE

APRIL 7
6PM

EASTER SERVICES

APRIL 9
9:15AM & 11:15AM

4690 N. STATE ROAD 7, SUITE 107A
COCONUT CREEK, FL 33073

Looking to Make Moves?

Whether **BUYING, SELLING** or **LEASING** - partner with the **SELL SOUTH FLORIDA TEAM** at Blue Realty!

Listings receive a staging consultation & budget towards all recommendations, on us. Proven strategies are supported by the best available technology & 60+ Blue Realty Agents working to sell your property.

Buyers receive the full benefit of our experience & skills in negotiation, as well early insights to upcoming properties- since working with one Blue Realty Agent earns you the efforts of our whole brokerage.

Landlord or tenant- you'll be served with care. As investors ourselves we understand how to navigate market fluctuations to your advantage.

We have rave reviews from hundreds of happy clients and invite you to...

Win with Us!



Noel Figueroa, Realtor® Sell South Florida Team
Laurin McDermott, Realtor® Sell South Florida Team
Ashley Baillio, Broker Owner Blue Realty & SSFT
Stephan Bronson, Realtor® Sell South Florida Team
Tanya Murcia, Broker Sell South Florida Team

www.sellSouthFlorida.org
561.609.2391

The SELL SOUTH FLORIDA *Team*



7504 Wiles Road Coral Springs, FL 33065

EASTER

AT COASTAL COMMUNITY CHURCH

SERVICE TIMES

FRIDAY, APRIL 7
7 PM*

SATURDAY, APRIL 8
4:30 PM* & 6:15 PM

SUNDAY, APRIL 9
9 AM, 10:15 AM
11:30 AM & 12:45 PM

COASTALCOMMUNITY.TV/EASTER

*ADDITIONAL SERVICE TIMES FOR EASTER ONLY

PARKLAND
6800 N UNIVERSITY DR

