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# Spectator™

May 2023



**BROWARD  
HEALTH**  
CORAL  
SPRINGS  
The Maternity Place

See Article on Page 3

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# Special Delivery



## Doctor Couple Welcome Baby at Maternity Place

Having a baby is a life-changing experience that can be magical and joyous but also overwhelming for new parents -- even when the new parents are doctors who deliver babies themselves.

Just ask Kimberly Bernard, M.D., and her husband Luis Santiago, M.D., both obstetrician-gynecologists. They welcomed their first child in January 2023 at the Maternity Place at Broward Health Coral Springs, a hospital at which they both delivered babies for patients.

For their baby's delivery, the first-time parents decided they wanted Dr. Santiago to be able to just focus on being a Dad and supporting his wife. They knew they would be in good hands with their partner Marsh McEachrane, M.D., who chairs obstetrics and gynecology at Broward Health Coral Springs, as their doctor.

Dr. Bernard had a healthy pregnancy until she began experiencing cholestasis, causing elevated liver enzymes. This made it medically necessary to induce labor at 37 weeks. Everything went perfectly when Dr. McEachrane delivered their baby, a healthy 7-pound, 3-ounce baby boy.

"Every baby is a miracle but delivering the baby of my friends and partners was definitely a unique and special experience," Dr. McEachrane said.

While they were already familiar with the hospital, having their baby at Maternity Place gave the couple a new appreciation for the level of care and support services offered.

"Now I can truly vouch for how attentive and compassionate the nurses and staff at Maternity Place are with their patients," Dr. Bernard said. "I think I called them three times during the night after my delivery, and they were always supportive. The lactation specialist was also exceptional to work with."

Dr. Santiago added that even though they are doctors, they are new parents as well.

"We found the information and recommendations from the care team at Maternity Place to be invaluable," Dr. Santiago said. "It was a great experience."

### Maternity Place at Broward Health Coral Springs

The Maternity Place at Broward Health Coral Springs provides comprehensive and highly specialized obstetric and pediatric care, including expert care for high-risk pregnancy needs.

The staff focuses on ensuring moms and babies are as comfortable as possible. Starting with childbirth concierge services, patients are guided through maternity registration and enrollment for classes and tours. Some of the specialized in-hospital services and accommodations for patients and their families include:

- A dedicated 24/7 maternity entrance
- Private labor delivery recovery (LDR) suites
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- Lactation support
- Level II neonatal unit
- 24-hour on-site anesthesia and OB hospitalists
- Couplet care in which mother and baby stay together from childbirth to discharge. Couplet care is an evidence-based best practice that facilitates family bonding, supports successful breastfeeding and enhances the experience of childbirth.



For more information, visit

[www.BrowardHealth.org/Maternity](http://www.BrowardHealth.org/Maternity) or contact the hospital's Childbirth Concierge at 954-344-2229 (BABY) or [BHCSdelivers@BrowardHealth.org](mailto:BHCSdelivers@BrowardHealth.org).



*Publishers, Shellie & Scott Farrugia*

# It's All About

## Moms, Memorial Day, & Graduates

Moms are always appreciated, especially in the month of May! Another important time in May is honoring those who've made the ultimate sacrifice as we approach Memorial Day! Two tremendous groups of family and friends deserve every bit of positive attention we can give them!

Another group of people who deserve a GIANT SHOUT OUT are the GRADUATES OF 2023! We are so proud of you and your achievements! This historical time is one that none of us will ever forget.

This month's issue is dedicated to MOMS! I mean, where would any of us be without her?! Please look through and enjoy the various articles that serve to celebrate her, help her get organized, and honor her contributions to our families.

Finally, we pray for every family touched by the Spectator, and every home in between. Our hearts are with you,

*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

Shellie Miller-Farrugia  
Wylie Farrugia  
Ashley Ferraro  
Dr. Howard Gelb  
Dr. Rosemarie Rutecki

#### Advertising Sales

Office  
(954) 753-4300

Scott Farrugia  
(954)684-6590

#### e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator  
MySpectatorOnline.com

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# Community!

## Cherish Every Mother's Day!

By Wylie Farrugia

This past September, I became a mother. I vividly remember the pain that my body was going through to bring my son into the world. When I held his tiny body in my arms for the first time, I couldn't comprehend the love that was to follow.

The initial moments of shock ended up lasting about a week. I was happy, but I wasn't in love right away as people describe. I couldn't believe what my body had just gone through. The realization that now I have a tiny human who depends completely on me for nourishment, safety, comfort, guidance, and love was a lot to comprehend. It wasn't until a week later, that I looked at my sweet boys bright eyes staring directly into mine that I broke. My heart felt so heavy with a love that I had never known in this lifetime. I cried for hours, joyful tears of pure happiness that I was holding the greatest gift that I had ever received.

From the first milestone of his smile, to the many others that have followed since then that same moment of breathless love hits me like a ton of bricks. Although every stage has its challenges, those toothless grins, belly laughs and silent snuggles keep me going stronger than any coffee that you can conjure up. I remember something I saw online one time it was a mother that said something along the lines of "when you're having a hard day with your baby, imagine that you are coming from the future to enjoy one last day with them while they are still just a baby." This idea brought about a new perspective of patience and understanding when dealing with the challenges of babyhood.

They say that you become a different person when you become a mother and now I know this to be true. These moments make me reflect back on my own childhood and how my own mother had felt while raising my brothers and I. She often talks about how it was, whenever I bring up a new little quirk that my son starts showing. I feel even more connected to my mother and all the women who came before me in my lineage after becoming a mother myself. Sometimes, the unsolicited advice can get irritating but I know that it always comes from a place of love and a mother's past experience that may have made a difference for her and her children.

This Mother's Day I encourage you to be patient. Take in all the joy. Take in the love. Know that this season will pass and make way for another beautiful season to enjoy. We are all doing our best, so be kind to one another, and lend a helping hand when you can to a mother who is trying hard to do her best.



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Meet The

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# Winkler Family



**This Mother's Day**, we honor single mom Annette Winkler, who is looking forward to her upcoming nuptials to one of her best friends, Joe Kohn. She has two beautiful children, Madison and Mason, who are currently nine years old and turning 10 on June 20th. They each attend the fourth grade at Heron Heights elementary. Pets Tully and Ashley complete the family circle.

Annette and her children have lived in Parkland for 4 Years. Madison stays busy with Gymnastics at American Twisters, Broadway Bound, Flag football & Soccer. Mason plays Baseball, Flag football, soccer & Tyreek Hill Flag Football in Boca Raton.

An active and involved mom, Annette is A PTO Board Member of Heron Heights Elementary School, and is a committee member with the cancer fundraising organization, not my daughter... Find a cure now! Extremely social and easy to talk to, Annette brings a familiar friendliness to every gathering.

When they are not at work or school, Annette and her family really enjoy eating Joe's fabulous cooking... He has a cookbook out there! They also love backyard pool time, traveling, and meals and holidays with family and friends.

Annette is thrilled to be located in our special corner of paradise. She tells us, "We love Parkland! It's a wonderful community in which to raise children. If our kids are not in the school classroom, you will find us on the field playing a sport while making friends and connecting with our community neighbors.

So with Mother's Day on the near horizon, Annette tells us, "I look forward to relaxing for the day with my children and enjoying quality time with them." She continues, "The best parts about being a mom – unconditional love, morning hugs, bed time tea, packing lunches, making meals together, saying I love you and I am proud of you for making the right choices, teaching them the meaning of integrity, working hard to provide for them and having them see me work hard, hearing I love you Mom. My children have taught me to be more patient."

Originally from Pittsburgh, Annette moved to South Florida more than 20 years ago, and immediately moved into a career in hospitality. With decades of experience in management, catering sales, hotel sales, and event planning, she elected to take on a new career in Real Estate at the suggestion of her fiancé. Annette tells us, "I am passionate about providing exceptional service to my clients through building trusting relationships while enjoying a seamless and positive experience together." She goes on to explain that she is exceptionally passionate about every detail.

She continues, "I am proud to be with Desare Kohn Laski Team, dedicated to guiding home buyers and sellers every step of the way. The most important goal for me is providing excellent service to clients in order to earn their trust, referrals, and repeat business." Whatever your real estate needs, Annette looks forward to meeting and working with you.



## Bringing a New Beat to Buying and Selling Homes!

**Annette Winkler** - is dedicated to guiding home buyers and sellers every step of the way. Her most important goal is providing excellent service to clients in order to earn their trust, referrals, and repeat business. Given her diverse background in hospitality, delivering unique, personalized, exceptional customer service and beyond, is what sets her apart as a Realtor.

Originally from Pittsburgh, Annette moved to South Florida two decades ago, and is passionate about providing exceptional service to her clients through building trusting relationships, while enjoying a seamless and positive experience together.

With a focus on every detail, don't hesitate to allow Annette to assist you with your real estate needs, whether buying, selling or leasing.

### **ANNETTE WINKLER**

954-599-3373

Annette@AnnetteWinklerRealEstate.com

**Joe Kohn** - is a distinguished real estate attorney who has made a lasting impact on the South Florida legal landscape with a career spanning more than two decades.

Joe has dedicated himself to providing unparalleled legal services in real estate law, incorporating unwavering commitment to excellence and client satisfaction. His impressive track record includes representing a diverse clientele, ranging from first-time homebuyers to seasoned property investors.

Joe's expertise encompasses a wide variety of real estate matters, and he brings all of his experience to you. Whether you are buying or selling your home, his skills and experience clearly set him apart from other real estate agents in south Florida.

### **JOE KOHN**

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## Have You Heard About One of the Fastest Growing Sports in America?

Pickleball is named after fermented vegetables, but despite the questionable moniker, its popularity has increased by almost 160% in the last three years. There are almost 37 million players in the United States, and if you're ready for a laugh, tell your friends that your favorite new sport is Pickle Ball!

Parkland resident Lonny Anger decided to expand his licensed construction company to include the installation of custom home Pickleball courts. He tells us, "I was approached by my friend (now partner) Jason Piccinnini (also a Parkland resident) about opening up a pickleball court building company. At first I was hesitant, but after realizing the continued growth of the sport and the need for more pickleball courts, we opened. There has been tremendous demand ever since!"

Both the city of Coral Springs and the city of Parkland have been busy creating more Pickleball courts because of resident demands. Coral Springs mayor Scott Brook says, "I LOVE pickleball! I especially enjoy the social aspect! I've met so many wonderful people at Cypress Park. Pickleball is great for the body, the mind, and for connecting! I'm so glad we have over 22 courts in the City and more to come."

It appeals to both men and women of all age groups with 18-34 making up the largest percentage at almost 30%. 55-64 is 12%, and 65+ is 18%. The South Atlantic Region – which consists of six states and DC make up the largest number of total participants.

Because the size of a pickle ball court is much smaller

than a tennis court, many families are opting to have their own built in their yard! Lonny tells us, "You need a minimum of 30'x60' space. Many people opt to make it a multi court by using a portable net and adding a basketball hoop with lines. If you are an avid player and don't want to wait for your local courts to have availability, this is a great option for the entire family to enjoy."

Fun, sunshine, camaraderie... and LOVE; Pickle ball offers so much! A close personal friend recently met the love of his life... playing pickle ball! A sportsman and athlete, Steve Williams played a doubles match one day and an opposing player was the lovely Christianne London St. Philip. After an exciting round, Steve asked Christianne for her number so they could play again sometime... She turned him down cold, as she had no interest in turning her favorite outside activity into something more complicated.

A short time later, Steve and another partner went to a completely different Pickleball court, and who was there? This happened several times over the next few months, and the conversation got a little more personal. Realizing that they both share the same faith, had children from previous relationships, and held similar morals and values, Steve finally got on one knee 10 months later and she said yes! Guess where? On a pickle ball court!

So whether you're in it to get in shape, make new friends, become a champion, or fall in love, Pickleball is the sport for you! To find out more about the game or having a court of your own installed, see Custom Pickleball Courts ad on opposite page for more information.



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## Stress Fractures

By Dr. Howard Gelb

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.

### Howard J. Gelb, MD

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## Soccer

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## Special Needs

### PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://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](http://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](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://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](http://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](http://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](http://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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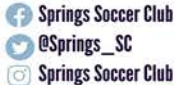







Joe DiMaggio Children's Hospital

**PRE-REGISTRATION IS REQUIRED:**  
[SPRINGSOCCERCLUB.COM](http://SPRINGSOCCERCLUB.COM)

Tryout Dates	Birth Year	Team	Time	Cypress Park Field
<b>BOYS</b>				
Monday, May 1st & Wednesday, May 3rd				
2016		Boys U8	6:15 pm - 7:30 pm	5
2015		Boys U9	6:15 pm - 7:30 pm	5
2014		Boys U10	6:15 pm - 7:30 pm	6
2013		Boys U11	7:30 pm - 8:45 pm	5
2012		Boys U12	6:15 pm - 7:30 pm	7
2011		Boys U13	7:30 pm - 8:45 pm	7
2010		Boys U14	6:15 pm - 7:30 pm	8
2009		Boys U15	7:30 pm - 8:45 pm	8
2008		Boys U16	7:30 pm - 8:45 pm	6
2007		Boys U17	7:30 pm - 8:45 pm	6
2006-2005		Boys U18-U19	7:30 pm - 8:45 pm	6
<b>GIRLS</b>				
Tuesday, May 2nd & Thursday, May 4th				
2016		Girls U8	6:15 pm - 7:30 pm	5
2015		Girls U9	6:15 pm - 7:30 pm	5
2014		Girls U10	6:15 pm - 7:30 pm	6
2013		Girls U11	6:15 pm - 7:30 pm	5
2012		Girls U12	7:30 pm - 8:45 pm	5
2011		Girls U13	6:15 pm - 7:30 pm	6
2010		Girls U14	6:15 pm - 7:30 pm	8
2009		Girls U15	7:30 pm - 8:45 pm	8
2008		Girls U16	6:15 pm - 7:30 pm	7
2007		Girls U17	6:15 pm - 7:30 pm	7
2006-2005		Girls U18-U19	7:30 pm - 8:45 pm	7

GOALKEEPERS ATTEND AT THE SAME TIME

All tryouts held at CYPRESS PARK: 1301 Coral Springs Drive Coral Springs, FL 33071 • Contact Us! (954) 282-5215 • [info@springsoccerclub.com](mailto:info@springsoccerclub.com)

# Parkland Connections

## Parkland Little League

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

## Basketball

**PARKLAND REC BASKETBALL**  
[www.parklandbasketball.com](http://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](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

### PARKLAND FLAG FOOTBALL

For more info, see [www.parklandflag.com](http://www.parklandflag.com) See ad and article.

## Lacrosse

### PARKLAND REDHAWKS

For more info go to [www.parklandlacrosse.com](http://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](http://www.parklandsoccer.net)

### PARKLAND TRAVEL SOCCER CLUB

For more info, call Roger Thomas 754-368-7138 [www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com)

## Private Schools & Camps

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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](http://www.NBPS.org) See ad page 21

### SUMMIT ACADEMY CHARTER SCHOOL

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

## Parkland P-Rec

### PICKLEBALL

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## Special Needs

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## THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://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](http://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](http://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

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**DIVISIONS FOR ALL BOYS K-12**

**PARKLANDFLAG.COM**  
**SEASON BEGINS LATE AUGUST**





## Parkland Flag Prepares for Record-Breaking 2023 Season



By Ashley Ferraro

Registration is now open for Parkland Flag Football for the 2023 season! The season will officially begin with evaluations on August 20th, but interested players should register as soon as possible. Due to the rapid growth and overwhelming interest in Parkland Flag, the league has placed a cap on registration for the forthcoming season.

Following player evaluations is a draft, in which players are assigned to teams and then participate in two weeks of practice. After that, it's game time! Teams typically play once or twice per week during the regular season, followed by double-elimination playoff games. Finally, everyone involved looks forward to the Super Bowl games to close out the season, which is accompanied by food trucks, carnival games, and more fun for the entire family.

Children and parents alike are encouraged to get involved with Parkland Flag. The league is always seeking out coaches to join the program and is prepared to fully support new coaches so they feel ready to set their young players up for a season of success. "I coached my son and my daughter. It's always extremely rewarding," says Todd Link, Parkland Flag's president.

It's safe to say Parkland Flag has sparked a cultural shift in the community and has grown tremendously since its inception. Most notably, flag football has exploded in popularity amongst young girls. Parkland Flag recently introduced a brand new division to the program, Girls High School.

Previously, girls participated in the sport

through CoEd teams. To accommodate the growing interest in flag football, the program has introduced more girls' divisions. It's not just Parkland Flag seeing more girls interested in flag football. The sport is blowing up nationwide; it's now a college scholarship sport for girls and is being promoted by the NFL. Flag football for men and women is even being considered for the 2028 Summer Olympics in Los Angeles.

Parkland Flag is a non-contact league. "I think that the other reason that flag is growing is because the safety that you get while playing flag is different," adds Todd. "You still get football, the product that everybody loves, but you're getting it in a much safer format that doesn't include all the hits and the blocks and the concussions in football."

Todd has more than three decades of flag football experience under his belt, including playing and coaching, in addition to leading and developing in other capacities. Todd has been on the Parkland Flag Football board of directors for four years and is thrilled to enter his first season as the program's president.

Parkland Flag Football is open to Parkland residents as well as non-residents. Todd urges interested players and families to register as soon as possible. Once registration has reached its maximum capacity, the league will compile a waitlist for kids who would still like the opportunity to play.

**For more information or to register your child for the 2023 season, visit [www.parklandflag.com](http://www.parklandflag.com) or email [parklandflagfootball@gmail.com](mailto:parklandflagfootball@gmail.com).**



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Sophia Rowe,  
Branch Manager



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Since the 1930s, SouthState's guiding principles – soundness, profitability and growth – have been the foundation of how we run our business. In addition, our core values reflect how we intend to fulfill our vision and meet our guiding principles through our interactions with each other, our customers and the communities we serve. Our core values include Local Market Leadership, Long-Term Horizon, Remarkable Experiences, Meaningful and Lasting Relationships, and Greater Purpose. Through these values, we aim to support the communities we serve, encourage decision-making by local bankers close to the customer, prioritize soundness over short-term profitability and growth, make customers' lives better by anticipating their needs, communicate with candor and transparency, and encourage team members to pursue their ultimate purpose in life.

These principles, values and the stability of SouthState – a regional bank that serves more than a million customers in six Southeastern states – are part of what Sophia Rowe, new Branch Manager in Coral Springs, values most about the company.

Rowe manages the location at 10385 Royal Palm Blvd. She has been with SouthState for more than 17 years and has been in the banking industry for more than 30 years.

"I love spending time getting to know my customers," Rowe says. "At SouthState, we believe the relationship is more

valuable than the transaction. We know our customers have a choice when it comes to banking, and we appreciate customers trusting us with their banking needs."

SouthState is deeply committed to our team members and the communities we serve. We know the people, the families, and the businesses in our local markets because we live here, too. As friends and neighbors, we're committed to doing everything we can to help our team members, customers and local economies thrive. That means playing an active role in community life, always operating with integrity, and finding new ways to invest in and give back to our communities.

We're proud to say our team members increased their volunteer hours in 2022. We also supported communities through donations, grants and affordable lending mortgage programs.

National recognition received by SouthState includes top honors from Forbes and Coalition Greenwich. SouthState ranked number 35 in Forbes' America's 100 Best Banks listing and receiving five Greenwich Excellence and Best Brand awards for small business banking. SouthState has also earned Forbes' "Best in State Banks" designation in Florida and in South Carolina, making SouthState one of only nine banks in the country to earn the designation in two states. Additionally, S&P Global named SouthState one of the Top Public Banks in America.

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### Sophia Rowe

VP | Branch Manager

NMLS #129417

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Coral Springs, FL 33065

Office 954.340.1822 Opt 4

Direct 954.510.1260

Fax 954.796.7120

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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.

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# Finding Your Ideal Diet: Why There's No One-Size-Fits-All Approach to Eating and Nutrition

By Dr. Rosemarie Rutecki



**When it comes to eating and nutrition, there is no one-size-fits-all approach.** Different diets work for different people, and what may work for one person may not necessarily work for another. Some people thrive on a ketogenic diet, while others feel their best on a vegetarian or plant-based diet. It is essential to find what works best for you and to listen to your body's needs and signals.

One of the most popular diets in recent years has been the ketogenic diet, which is high in fat and low in carbohydrates. The idea behind this diet is that by limiting carbohydrates, the body will enter a state of ketosis, burning fat for energy instead of glucose. This can lead to weight loss, improved energy levels, and decreased inflammation.

However, not everyone does well on a ketogenic diet, and some people find that it makes them feel sluggish, tired, and low on energy.

Another popular diet is vegetarian or plant-based, emphasizing whole, unprocessed foods and eliminating animal products. This diet is rich in fiber, vitamins, and minerals. It can help reduce inflammation, improve heart health, and lower the risk of chronic diseases. However, on a vegetarian or plant-based diet, some people may need help to get enough protein and essential nutrients, such as iron and vitamin B12.

For many, a balanced diet that includes protein, carbohydrates, and healthy fats is best. This diet can provide the body with the nutrients it needs to function optimally while allowing for flexibility and variety in food choices. A balanced diet can also help with weight management, improving energy levels, and reducing inflammation.



A recent study showed that a diet high in protein was better than a heart-healthy diet in helping people lose weight. Protein has a thermogenic advantage over carbs and fats.

However, it's important to note that some foods should be avoided, regardless of your diet. Processed foods, gluten, alcohol, and seed oils are all foods that can negatively impact your health. Processed foods are often high in sugar, salt, and unhealthy fats and can contribute to weight gain and chronic diseases. Gluten can cause digestive issues, fatigue, and inflammation in some people. At the same time, alcohol can disrupt hormones, impair liver function, and increase the risk of liver disease. Seed oils, such as corn and soybean oil, are often highly processed and contain unhealthy trans fats.

In conclusion, there is no perfect diet that works for everyone. What is ideal for you depends on your individual needs, and what works for one person may not. A balanced diet that emphasizes protein while including healthy fats and carbohydrates, and

avoids processed foods, gluten, alcohol, and seed oils, can be a great starting point.

If you need help finding the right nutritional plan to support your energy, digestion, hormones, body composition, and overall well-being, schedule a free consultation with Dr. Rosemarie Rutecki. She's a Functional Medicine Pharmacist who can provide personalized guidance and support.

**Follow Dr. Rosemarie on Instagram**  
**@drrosemarie\_rutecki.**  
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## Coastal Community Church Opens its Doors to Stunning New Renovations

By Ashley Ferraro

This month, Coastal Community Church is thrilled to share with the Parkland community one of its most significant projects to date: a massive new building with a stadium-style auditorium that seats 1000 guests. The new facility will more than triple the capacity of the previous auditorium.

In addition to the state-of-the-art auditorium with cutting-edge technology, the new building features large lobbies with a coffee bar and other exciting amenities. The existing spaces on the campus will be transformed into children’s areas. Pastor TJ shares that he is eager not only for the bigger auditorium space but for the new resources that can now be allocated to children and youth programs.

“We value families so much, and we value the next generation so much,” says Pastor TJ. “We’re going to build a lot of great spaces for adults, and we’re going to be able to provide an even better experience for the kids and students than we currently are.”

Coastal Community Church has come a long way since opening its doors nearly fourteen years ago. Today, they have two campuses, one in Parkland and another in Lighthouse Point, which emerged in 2021.

Pastor TJ and his wife, the church’s Director of Ministry, Shayla, founded Coastal after relocating from the Sarasota area to Coconut Creek. In 2018, the church officially opened its doors in Parkland, nearly doubling attendance overnight and offering a beacon of light to the community. Despite challenges faced throughout the pandemic, the church reemerged with an even greater audience. Now, Pastor TJ, Shayla,

and their church family are eager to share these stunning renovations at their Parkland campus with the community.

These monumental updates will open new doors for Coastal to expand its reach in the community, the foundation in which its built upon. “We’re in this journey together. We believe that God can move in our lives and is constantly changing us. As a church, we’re loving God, we’re loving people, and we’re showing it,” says Pastor TJ.

In the past, the church held five different weekend services to accommodate the rapidly growing congregation. Beginning May 21st, the church will host two services every Sunday at 9:45 am and 11:30 am.

Students groups of sixth through twelfth graders meet Wednesday evenings at 7:00 pm. Children meet for kids ministry on the weekends during the adult services. Throughout the week, various groups meet at the church, coffee shops, restaurants, and homes.

Pastor TJ emphasizes the importance of weaving the relationship-building element into the church’s mission. “This is a place where, while we might not be blood family, we become like family in this community.

All are invited to join the grand opening of the new facility on May 21st. “Everyone’s welcome because nobody’s perfect, and anything’s possible,” adds Pastor TJ.

**For more information about Coastal Community Church, please visit [www.coastalcommunity.tv](http://www.coastalcommunity.tv) See back cover for additional details.**





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