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Spectator™

July 2023



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60th Birthday Bash
July 10th!**

See Article & Ad Pages 8-9

**2023-2024
Broward County
School Calendar**

See Back Cover

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Publishers, Shellie & Scott Farrugia

It's All About

Steamy Summer

Florida is always a tropical paradise but in July, the word "Tropical" is even more emphasized! Summer heat is a force to endure and the variety of things families choose to do to cool off is always a whole lot of fun. Backyard pools, ice cream, boating, and a day at the beach with a cooler of refreshments are all essentials to keep family time at its most harmonious.

This year's Fourth of July holiday will definitely be more exciting than last, and is a great time to enjoy loved ones and friends as we celebrate our American lifestyle. This July, enjoy every minute you can with the kids, fly your flag proudly, and be very careful supervising everyone with anything that goes "pop" or "boom."

We are blessed beyond measure and owe it all to those who have gone before us with purpose and vision. Have an incredible day on July 4th and the rest of the month. Keep it cool, Florida friends!

To prepare for the coming school year, please cut out our back cover 2023-24 School calendar sponsored by Dr. Howard Gelb. Our prayer is for every family touched by the Spectator and every home in between.

Shellie & Scott

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Community!

Food for Thought: Where Your Favorite Independence Day Dishes Came From

By Ashley Ferraro

First celebrated in 1776 with parades, cannon firing, and oratory, the Independence Day tradition has come a long way. Today, we celebrate with barbecues, beach days, and picnics; however, the American spirit remains the same.

Most Americans would agree that one of the biggest parts of this yearly patriotic tradition is the food! Dishes like apple pie and hot dogs are certainly “American,” but they have deep roots in various cultures both within and beyond our borders, tracing their origins from colonial times to the emergence of American classics. Let’s explore the flavorful histories of these Fourth of July favorites:

Hot Dogs: A Symbol of American Casual Cuisine

Hot dogs have become synonymous with backyard barbecues, baseball games, and Fourth of July picnics. These sausages encased in soft buns come from German immigrants who brought their frankfurters to America in the 19th century. Over time, they adopted their American name, “hot dogs,” and evolved into a national favorite.

Hamburgers: From Hamburg to American Backyards

The origin of hamburgers can be traced back to its namesake, Hamburg, Germany, where ground beef patties were commonly served. During the late 19th century, German immigrants introduced this culinary delight to the United States, and the rest was history!

Apple Pie: A Slice of American Heritage

As the saying goes, “As American as apple pie.” This timeless dessert holds a special place in the hearts of many Americans. Apple pie’s origins go back to European settlers who brought their pie-making traditions to the New World. Over time, the humble apple pie became a symbol of American culinary heritage and a patriotic dessert.

Barbecue Ribs: Honoring Diverse Barbecue Traditions

Barbecue, a mark of the Deep South, holds a special place in the hearts of Americans. Different regions have put their own unique flare on barbeque, passing down recipes through generations and reflecting the nation’s culinary diversity. Whether it’s Kansas City’s sweet and tangy sauce or Texas’ smoky beef ribs on your plate, know that this is as American as it gets.

Corn on the Cob: An American Summertime Classic

Corn on the cob is a beloved summer treat and a popular addition to Independence Day festivities. Corn, a staple crop in Native American cultures, played a vital role in the early American diet. As European settlers adopted corn in their regular diet, it became a symbol of the American harvest and a prevalent accompaniment to outdoor grilling. However, the big yellow corn cobs we know and love today are quite different than the tiny multi-colored corn that Native Americans cultivated.

Mac and Cheese: America’s Favorite Comfort Food

The origins of mac and cheese can be traced to Italy, where pasta and cheese are part of everyday culture. As Italian immigrants settled in America, they brought along their culinary traditions, including the combination of pasta and cheese. However, in the late 18th century, Thomas Jefferson played a role in popularizing mac and cheese in America after trying it during a trip to Paris.

As we celebrate Independence Day, it’s important to remember the sacrifices made nearly 250 years ago so that we could enjoy our freedom and, of course, our food!



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Meet The

Brannen Family



Popular all over Parkland and Coral Springs, the Brannen family has lived in Parkland for seven years and has made a huge, positive impact in our community!

Robert and Valeria (Val) are proud of the accomplishments of their eight children and two grandchildren! Camila Ochoa is 25, Sara Ochoa is 22, Sebastian Ochoa is 21, Valentina Holley is 14, Daniel Mayor is 30, Heather Brannen is 37, Troy Brannen is 29, and Tara Brannen is 26.

Robert is a Licensed Contractor with a focus on Outdoor Living.

Valeria has been a golf Instructor for over 15 years, has an amazing sporting résumé, and is also in charge of Business Development and Operations in their Outdoor Living Company as well as other ventures. She tells us, “We are enjoying life and work. We work only because we love the grind, but we are in a position to choose the amount and kind of grind we want, but work is in our blood.”

Sporting is in this family’s DNA, And Robert goes on to tell us, “All our kids are athletes both in high school and college. Their sports are: Football, Beach and Indoor Volleyball, Golf, Baseball, Softball, Rugby, Lacrosse. Our youngest at 14 is following in everyone’s footsteps playing travel softball with Parkland Power 14U.”

They got their talent from Mom and Dad for sure. In talking with Val, we learned that she and Robert are a formidable team. She says, “We are both Athletes and play too many sports to list. I’m a former professional golfer, and was on a reality show called Big Break, and was recently on the show Holy Moley. We play golf every week at Coral Springs Country Club.” And if that isn’t enough, she goes on to let us know that she and Robert are currently training to do a IRONMAN in Maine in July. She continues, “So we swim, bike and run all week. We are part of a group called Race Junkies that have approximately 160 Coral Springs and Parkland resident tri athletes. We train together in all 3 sports during the week for races and competitions.” The couple also plays in Parkland Adult softball & kickball leagues that are super fun.

Robert currently sits on several boards in Parkland and Broward County and is announced and running for Parklands District 4 commissioner.

Robert says, “We love Parkland’s small town feel, meaning the community is pretty tight. Coral Springs is a wonderful town the fills in the blanks for us in Parkland. Great folks, great restaurants, sports, etc... Too much to list, but couldn’t ask for a better area to live in.”

When it comes to the Fourth of July, the Brannens are looking forward to Fireworks, Family reunions, concerts, barbecues, baseball games. “It’s a reminder of the value of freedom! It is a very special day that is close to our hearts with so much thanks to those that fought for our liberation,” Val says gratefully. “A day to appreciate how lucky we are to be Americans. It exemplifies sacrifice, hard work and gratitude. Something we should appreciate and recognize every day. I love my Country and we fly the flag in front of our house proud!”

Robert and Val own Mr. & Mrs. Outdoor Living. Val says, “We only do makeover big projects for backyards. From Pools, pergolas/louvers, outdoor kitchens, decking/pavers/turf, etc.”

The Brannens attend services at Coastal Community Church.

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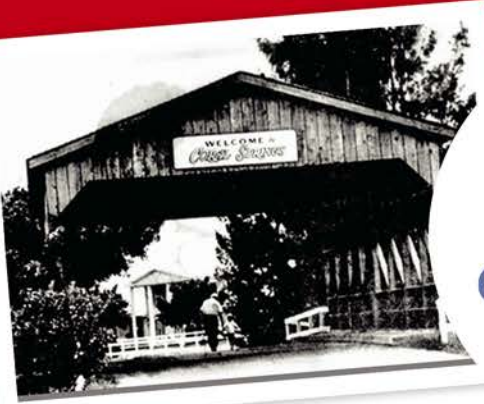
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Coral Springs Celebrates 60 Years Under the Sun

Coral Cheers for 60 years! The City of Coral Springs is celebrating its 60th Anniversary in style with a series of events and special opportunities throughout 2023, with more planned throughout the summer and fall months.

Our History

Growing from a master-planned “city in the country” to a thriving suburban hub, Coral Springs was first incorporated in 1963 as “the last piece of gold on the gold coast” and has since become home to more than 134,000 residents. Known for celebrating milestone years with a big bash or an attention-grabbing spectacle, city staff Coral Springs has established a long-standing tradition of celebrating its anniversary years with signature events and activities. For its 25th Anniversary in 1988, the city set a Guinness World Record by cooking the World’s Largest Hamburger. At the 40th Anniversary, a giant iced tea was prepared. For its 50th Anniversary, Coral Springs hosted a Campapalooza with the city's largest Zumba class.

Keep with tradition of implementing larger-than-life plans for celebrating the 60th year, the city hosted a successful, first-ever Campout in January and a lively Community Concert in February. Additional signature events and opportunities to show Coral Springs pride are planned for the coming months.

Upcoming Events

From soft-serve to crafted gelatos, in a cone or in a cup, the Coral Springs Birthday Ice Cream Bash

pop-up event will serve summertime treats with a sprinkle of Coral Springs history -- taking place on the date that our city was officially chartered – Monday, July 10. Residents may visit select city parks to enjoy pop-up entertainment and snag a free ice cream treat while supplies last. Details will be released on Coral Springs social media accounts leading up to the event.

Mamma Mia! Local pizzerias will be invited to join forces, feed the masses, and compete for awards and bragging rights as part of the City’s Largest Pizza Party, taking place in November 2023. From the healthiest pie to the highest dough toss, and the longest cheese pull, this celebration will aim to serve scrumptious slices and create community camaraderie.

Show Your Coral Springs Pride

Limited Edition 60th Anniversary merchandise is now on sale to commemorate our milestone year. Available items include t-shirts, hats, travel mugs, shoe charms, and even serving trays made from reclaimed pieces of the Coral Springs Covered Bridge murals. Items can be purchased by visiting one of our upcoming pop-up shops at events and city facilities.

The City of Coral Springs 60th Anniversary events and initiatives are sponsored by Broward Health, Al Hendrickson Toyota, Blue Stream Fiber, Amazon, FPL, and Paragon Theaters.

Event details and how to be a part of the Anniversary celebrations can be found at www.CoralSprings.gov/60





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CONVIVA



Summertime Skincare:

Protect Yourself Against Harmful UVA and UVB Rays

By Norma Barbosa Rivera, M.D., Conviva Care Centers

Mindful healthcare requires multiple kinds of annual checkups. And while skincare should be a perennial part of one's wellness routine, it is during the summer months that this all-encompassing body part should be a focal point.

The heat is on, and the sun's effects are at their most potent from late May to early September, fueling the harshest emissions of Ultraviolet A (UVA) and UVB rays and, ultimately, ushering the most harmful effects to skin quality and health.

Among the worst of these: Skin cancer. It is the most common type of cancer in the nation. By the numbers, an estimated 9,500 people are diagnosed daily, and one in five Americans will develop skin cancer in their lifetime.

A daily regimen of proper skincare is the best protection from the pervasive disease as well as from more superficial sun damage like aging and wrinkles. That goes for all skin types – even dark tones with increased amounts of melanin, a protective pigment that serves as a natural skin barrier to extreme sunburn.

And that also means even on cloudy days. A major misconception is that sunscreen is not necessary during overcast weather. UV ray wavelengths—albeit diminished—can still penetrate clouds and cause damage.

Sunscreen Protection

Within the UV spectrum, UVA and UVB represent the two types of solar rays that harm the DNA in your skin cells. Specifically, UVA rays cause skin damage, skin aging and wrinkles; UVB rays cause sunburn.

I recommend routinely using a sunscreen with an SPF (sun protection factor) of 15 or higher. (The SPF number refers to the amount of UVB protection included.) Additionally, choose products that feature "broad spectrum" on the label, as it indicates the ingredients for both UVA and UVB protection.

Since the UV rays are strongest between 10 a.m. and 2 p.m., consider holding outdoor activities before or after this four-hour timeframe if possible.

Depending on how long you are in the sun, be sure to reapply your sunscreen every two hours. Wearing a long-sleeve shirt, long pants, and a cap or large hat is also helpful in staying safe. And always stay hydrated and keep yourself covered from direct sunlight. When it's too hot outside, stay indoors and keep cool.

Seniors in the Sun

The senior population is particularly prone to skin cancer, because of the accumulation of damage from exposure to the sun over the years. The older a person gets, the more likely he or she will see the results of sun damage from UVA and UVB rays.



Signs of sun-damaged skin may be dormant until later in life when seborrheic keratosis and actinic keratosis appear. The former is a non-cancerous skin growth that appears anywhere on the body; the latter is a rough, scaly patch on the skin, normally found on the lips, ears, forearms, scalp, neck, or the back of the hands. If untreated, a patient runs a 5% to 10% higher risk of his/her actinic keratoses turning into a type of cancer (squamous cell carcinoma).

Reaction to Medications

Some medications react adversely to sun exposure. That is why it is important for seniors to check with their physicians on the sun's impact on the medications they are taking. For example, seizure medications and some antibiotics can make the skin more sensitive and more likely to burn.

The cons of excessive sun exposure are obvious and plentiful. But at the same time, sunlight, especially after 3 p.m., offers some benefits – among these, Vitamin D.

Just always remember: Stay safe and apply sunscreen, early and often. Seniors concerned about the potential for skin cancer should consult their doctor.

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The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.

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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

i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

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

www.i9sports.com

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

Important Numbers

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



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Please Visit: www.ParklandSoccer.net

• COACHES & TEAM SPONSORS ALWAYS WELCOMED




Parkland Connections

Parkland Little League

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

Basketball

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

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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

Flag Football

PARKLAND FLAG FOOTBALL
For more info, see www.parklandflag.com
See ad below.

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com

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
See ad on page 15.

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

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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

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Have an Accident? No thanks, already had one BUT, what do I do now? Call Attorney Ricky Gordon at (954) 753-0200

By Ricky D. Gordon, Attorney at Law

If you are involved in any type of accident, it is essential that you secure as much evidence as possible at the early stages. Examples in motor vehicle, and accidents on someone's property are:

Motor Vehicle Accidents:

(1) Call the police immediately. Don't let the at-fault person suggest handling it without the police or insurance getting involved.

(2) Take photographs of the accident scene, visible injuries, vehicle damages, the at-fault person's license tag, driver's license, insurance information, etc.

(3) Get the Drivers Exchange of Information or a business card with the case number from the investigating officer.

(4) Get the names and contact information of any witnesses.

(5) Write down any statements made by anyone, and be careful what you say.

(6) Seek necessary emergency medical care and follow-up treatment.

(7) Call Ricky Gordon at (954) 753-0200 before giving any statements to anyone!

(8) Report the accident to your insurance company and get a claim number to provide to your medical providers.

Slip and Fall Accidents:

(1) Photographs of hazardous conditions are most important. Take close-ups of the hazard and shots with the background, address, etc. to identify the precise location. Also photographs of visible injuries.

(2) Get the names and contact information of any witnesses.

(3) Report the accident at the scene of the incident. Get the person's name, business card, etc. to whom you report the accident, and a copy of the incident report.

(4) Write down any statements made by anyone.

(5) Seek necessary emergency medical care and follow-up care.

On March 24, 2023, the Governor signed a new law that has significantly restricted injured persons' rights to present a claim and obtain competent, experienced represen-

tation. To preserve clients' rights under the old law, 280,000+ lawsuits were filed in Florida in March prior to the passage of the new law. Some of the crucial changes are:

(1) Time Limitations. There are time limitations associated with presenting a claim known as the statute of limitations. The new law reduces the time from 4 years to 2 years within which to settle your case or file a lawsuit to preserve your interests. We anticipate that more lawsuits will be filed because it can take more than 2 years for severe injuries to heal.

(2) Comparative Fault. In a negligence action, the new law states that any party found to be greater than 50% at fault for his/her own harm, may not recover any damages. Example in a motor vehicle accident: Under the old law, if both parties claim they had a green light and there are no independent witnesses, that would have traditionally been a 50/50 liability situation where both parties could recover 50% of their damages from the other. However, under the new law, no one would recover anything in this scenario.

(3) Multi-Family Residential Property Safety, Security and Presumption Against

Liability. The new law states that a presumption against liability is created if a multi-residential property owner provides security and crime prevention measures. If property owners take even bare minimum measures, they are presumed not responsible if someone is a victim of a crime on their premises.

Ricky and his family have lived in Parkland since 1989 where he dedicated 13 years of his life as a City Commissioner and Vice Mayor.

If you are in accident, Call Ricky Gordon, your hometown attorney. (954) 753-0200

Website: www.RickyDGordon.com

Email: rdg@RickyDGordon.com



It's Time To Laugh...

Mental Wellness Networking Alliance Presents:

Let's Get Nuts Comedy Spectacular

By Jeb Niewood



On Thursday evening, July 13 at 7:30 PM at the Boca Black Box Center for the Arts, 8221 Glades Road, Boca Raton, 33434, The Mental Wellness Networking Alliance (MWNA) will present the Let's Get Nuts Comedy Spectacular! This will be a comedy show like no other featuring Rich Aronovitch, a mystery comedian and will be hosted by first time comedy sensation, Jerry Callo Jr. The VIP Ticket includes reserved seating, an artist meet and greet at a private event with catered delicacies, one free house drink ticket and cash bar.

MWNA was founded by Coral Springs Mayor Scott Brook after the Stoneman Douglas tragedy and the death by suicide of two Stoneman Douglas students. The mission of MWNA is to:

- #breakthestigma of mental illness;
 - #breakthestigma of talking about mental illness;
 - #breakthestigma of getting help for mental illness; and
- Promoting mental wellness in the same way that we promote physical wellness.

MWNA has community meetings on the first Tuesday of each month at 6:00 PM at Keller Williams Realty Consultants, 3301 N. University Drive, Coral Springs 33065. These meetings, which often have guest mental health professional speakers, are safe, inclusive, caring gatherings where each person is free to speak their truth or listen to others speak theirs. You can follow us on the Mental

Wellness Networking Alliance Facebook page and can learn more about us at our webpage: www.mentalwellnessnetwork.org.

One of the great therapies for mental wellness is laughter. Come laugh with us on Thursday evening at 7:30 at the Boca Black Box and answer the question Who Is Jerry Callo Jr.? Any questions, please contact Jeb Niewood at: Jeb@mentalwellnessnetwork.org

Tickets can be purchased at:
www.bocablackbox.showare.com



All proceeds will go to MWNA to Break the Stigma of Mental Illness

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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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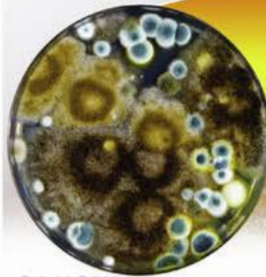
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Adults at Play!

By Shellie Miller

Parkland is an amazing place to raise a family, surround yourself with like-minded friends, and enjoy our fabulous South Florida lifestyle. Always geared toward activities that include the entire family, it's easy to find a league for children to learn team skills and dedicate their extra time to a favorite activity. Thankfully, Parkland Parks and Recreation re-created a softball league for adults that has players crowing about the fun!

"My husband and I are thrilled to be part of Parkland's Adult Co-Ed Softball league and a fantastic team," says Sherri Sada Sklar. "It's been a great way to enjoy time together, have fun with friends, and meet new people in the community while being active and enjoying good sportsmanship with other teams." She continues, "It has brought life back into the field for a lot of us that truly enjoy the sport!"

Active for a few years now, the latest Parkland softball league has become a big hit in the community. My family was involved in Parkland Softball back in the early 90s, and it's so refreshing to see it making a popular comeback!

Parkland's mayor, Rich Walker, is also pumped about the league. "Our Co-Ed softball league has had a great start. This gives adults within our community another opportunity to bond. Having children fill the stands watching their parents play is a tremendous sight to see. I'm looking forward to watching the program grow."

"Going into the first season, I was on a team with players I had never played softball with, let alone never met," said Jessica Isrow. "But we became an amazing team and better yet, friends. We surprise each other every Sunday with how well we play, motivate each other and just have fun. Our Parkland softball league is filled with a great com-

munity and I am so happy I was able to experience our first co-Ed softball year!"

Parkland, parks and recreation coordinator, Nick Williams says, "Our adult softball league, in its fifth season, and has been a great avenue for Parkland adults to get out, exercise, socialize, and enjoy friendly competition in our community. There are also adult leagues for kickball and basketball.

Parkland resident Leo Gordon is really enjoying their Sunday games. He tells us, "I enjoy playing adult softball, because it allows me to stay active, challenge, myself, and build meaningful connections with fellow players in a fun and competitive environment."

Before implementing the league in 2018, the City of Parkland put together their parks and recreation master plan, and sent out a survey. The responses showed that people wanted more adult leagues like basketball and softball. Since there was already some adult pick up basketball going on, the parks and recreation team started a softball league! More than 70 people responded, wanting to be part of the fun. Two teams came in already complete, and the people who had signed up were all placed into four teams, making it a total of 6 teams when the league began. Growing exponentially in the last five years, the softball league is in great shape, and the players, now 11 teams, are having a fabulous season! Parkland is committed to keeping its families busy! With many adult sports available, the city is also excited to be building more Pickleball courts, which is a fast growing sport throughout the US.

For more information please see cityofparkland.org





Former Parkland Mayor Making Integral Changes at the State Level

By Christine Hunschofsky, Member of the Florida House of Representatives

constitutional officer's and municipal officers.

HB 655: Suicide Prevention This bill adds to the bill I sponsored in 2020 that established the Commission on Mental Health and Substance Abuse. The bill extends the life of the Commission to September 1, 2026, and broadens the scope of the Commission to analyze the current capacity of Florida's National Suicide Prevention hotline (988 system) and make recommendations to improve crisis response services in the state.

HB 845: Collegiate Purple Star Campuses This bill sets guidelines for a Florida College System institution, state university, or career center to join the Collegiate Purple Star Campuses program to help military families acclimate to a new educational environment. At a minimum, the program requires a participating FCS, SUS, or career center to designate a staff member as a military liaison, and maintain a student-led transition program that assists military students in transitioning to the institution.

HB 1125: Interstate Education Compacts. This bill creates an Interstate Teacher Mobility Compact (ITMC) which authorizes teachers licensed in one-member state to become licensed in another member state. Once the ITMC is ratified by 10 states, it becomes effective; at which time the designated commissioner of each member state will coordinate implementation of the policies and procedures necessary to effectuate the ITMC.

HB 1127: Public Records and Meetings/Interstate Teacher Mobility Compact - companion bill to HB 1125.

Several tax holidays were also approved this 2023 Legislative Session. To view them all and see the effective dates, please visit www.floridarevenue.com/pages/salestaxholidays.aspx.

As always, my staff and I are here to help in any way we can. Please feel free to reach out to my office at 954-956-5600 or HDist095@myfloridahouse.gov if we can ever be of assistance.

While there were several controversial bills during the 2023 Legislative session, I am honored to have sponsored/co-prime sponsored nine pieces of legislation that passed unanimously. All but one have been signed by the Governor so far.

HB 33: Psychology Interjurisdictional Compact. This bill allows Florida to become a compact state for psychologists which will give psychologists in the State of Florida the ability to continue to care for their patients (remotely or up to 30 days in person) who move or travel to a compact state. This licensure reciprocity will allow for a continuum of care for our students, seniors, and all Floridians. To see a list of the other PsyPact states, please visit www.psycompact.org/mpage/psycompactmap

HB 35: Public Records and Meetings /Psychology Interjurisdictional Compact - companion bill to HB 33.

HB 111: Flooding and Sea Level Rise Vulnerability Studies. This bill requires that any publicly financed infrastructure projects located in an area at risk due to sea level rise undergo a SLIP study to take the effects of sea level rise into account before construction. The bill also expands the Resilient Florida Grant Program to provide funding to municipalities and counties for feasibility studies and permitting costs for nature-based solutions that reduce the impact of flooding and sea level rise.

HB 165: Controlled Substance Testing. This bill will decriminalize the purchase and sale of fentanyl testing strips allowing them to be purchased and used in the State of Florida. These test strips are a harm reduction tool that will help save lives.

HB 199: Ethics Requirements for Officers and Employees of Special Tax Districts This bill clarifies that certain conduct is still prohibited regardless of the exemption, and requires elected local officers of independent special districts to undergo four hours of annual ethics training. The amount of training, content, and schedule for the training is the same as current law for





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AUGUST				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
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SEPTEMBER				
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M	T	W	T	F
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JANUARY				
M	T	W	T	F
1	2	3	4	5
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JUNE				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

- Employee Planning (no school for students)
- Schools & Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First & Last Day of School

Hurricane Make-up Days: 10/23/23, 1/19/24, 3/21/24, 5/24/24, 6/10/24