

Spectator

August 2023

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dTalk : Registration



Back To
SCHOOL
WITH



See Article on Page 6

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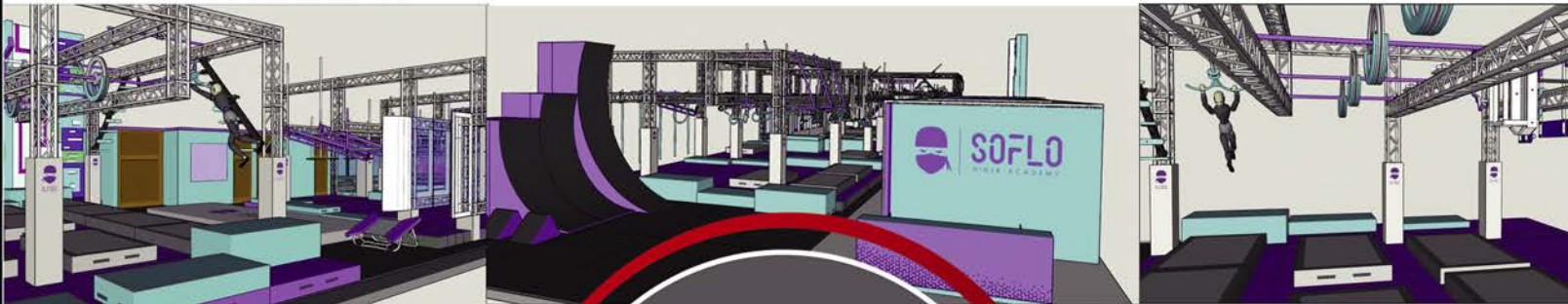
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Head coach extraordinaire **RJ ROMAN** known for "Shredding the Course" is a 7x American Ninja Warrior veteran & made it to iconic stage 4 rope climb for \$1Million!



Publishers, Shellie & Scott Farrugia

It's All About

Class Begins...

Wow! It's time for another back-to-school issue... one like we've never had before. Despite enjoying another steamy summer, schools are preparing for classes to resume and our children will have the opportunity to reconnect with old friends, and make new ones. Dealing with traditional school schedules will have everyone feeling more "back to normal," as we deal with early wake-ups and school-zone traffic.

This issue has a lot of great features and we are so encouraged that you and your family have received it. Meet a lovely local family, check out the healthy school lunch options, learn about a tremendous private school, and see some cool soccer happenings.

To prepare for the coming school year, please cut out our back cover 2023-24 School calendar sponsored by Ben Kapusta of Northwestern Mutual.

While you're getting in the Back to School groove, stay cool out there, and remember, our prayer is for every family touched by the Spectator and every home in between.

God bless our troops,

Shellie & Scott

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On the cover: North Broward Preparatory School
See page 6-7

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Community!

Back to School 2023: Maximize the Upcoming School Year

By Ashley Ferraro

Broward County goes back to school on August 21... that's right around the corner! Here are a few helpful tips and important things to remember to kick off a great 2023 school year:

Tax-Free Weekend and Other Back-to-School Sales

Take advantage of this year's tax-exemption holiday, running now through Sunday, August 6. Enjoy tax-free shopping for clothing, electronics, school supplies, and more, both in-store and online.

Many of your favorite stores are also running back-to-school sales during August. Plan ahead and try to snag any deals now before the school year starts. For example, Apple is offering \$100-150 gift cards for the purchase of select Mac or iPad products through Monday, October 2.

Health Check-Ups & Immunizations

Before attending school in Broward County (in-person or virtually) each child must provide a Florida Certification of Immunization (DH 680 form) documenting their immunization status.

To avoid last-minute stress, schedule your child's yearly physical exam in advance and ensure they are up-to-date with any required immunizations for their next grade. Immunization requirements vary based on age, so be sure to check with your child's physician or visit www.floridahealth.gov to verify the requirements.

Set Realistic Goals for the New School Year

It's important to set goals to prepare for a successful school year; goals provide motivation and direction and can boost a child's self-esteem. Encourage students to set their own goals and provide support where needed. Specific and measurable goals are better than vague ones. For instance, instead of saying "get good grades," a more effective goal could be "maintain an A average in math by dedicating 30 minutes each day to studying." Including details will help with planning, tracking progress, and celebrating small wins along the way.

Optimize At-Home Study Environments

The time your child spends studying at home is just as important as time spent in the classroom. A conducive study environment greatly influences a student's ability to concentrate and learn effectively. Create a dedicated space with minimal distractions, an ergonomic setup, and proper lighting to reduce physical strain and create a supportive environment.

Avoid doing homework in bed or keeping devices nearby. Setting effective study habits at a young age will benefit students in college, the workforce, and beyond.

Register for Extracurricular Activities and Sports

The start of the new school year marks the beginning of many youth sports seasons in Parkland and Coral Springs. Be sure to talk to your students about sports and check registration deadlines ASAP. Visit the respective city websites for details on specific programs.

Your student will likely have school-sponsored sports and extracurricular opportunities as well. Keep in mind you may need to sign permission slips. Visit www.browardschools.com and navigate to your child's school site to find additional information on sports and extracurriculars.



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World Class Education at North Broward Preparatory School Equals Exceptional Teachers and Outstanding Results

Every parent wants to see their child succeed and at North Broward Preparatory School, our goal is to inspire every child to achieve beyond their imagination.

High school students at North Broward Prep receive collaborative and insightful mentorship from our teachers with a vast selection of over 180 courses, 34 honors courses, 14 advanced placement courses, and 25 IB courses. By providing such a robust curriculum, students' educational experience and learning opportunities are unmatched.

As a Nord Anglia Education school, combining internationally recognized academic programs with personalized learning ensures that each student has the support they need to maximize individual achievement and discover their own interests. While offering the International Baccalaureate Diploma Program (IBDP), a pre-collegiate two-year program for students in 11th and 12th grade, North Broward Prep achieved a pass rate of 100 percent for the third year in a row. Our students achieved an average subject score of 5 - which proves that our students continue to receive exceptional learning experiences to get accepted to the world's best universities.

"I've worked with our IB students for the last three years and could not be happier that 100% of them earned their Diploma!" said Keith Lindsley, IB Core Teacher. "I am most proud of how much they learned and grew on their journey. They took on the challenges of Theory of Knowledge, pushing further their analytical and abstract thinking skills. They thrived and pushed themselves to learn new skills and serve their community. In all these ways and more, these graduates exemplify everything that is great about the IB program."

Creating an engaging learning environment is necessary for students to achieve in and out of the classroom and teachers like Mr. Lindsley are the reason students are successful. We carefully deliver a high-quality, transformative education to ensure excellent academic outcomes for all of our students. According to our parent survey, on average, 95% of parents believe their child is taught by high-quality teachers at North Broward Prep.

Our best teachers come from all around the world to bring a global outlook to education and, as a result, this accelerates the learning curve in comparison to public institutions. In addition to our quality teachers, our collaborations with The Juilliard School for our Fine Arts program, M.I.T. for our STEAM programs, and UNICEF for our global awareness, our students have the opportunity to go beyond the limits of our classroom buildings to pursue their passions.

Our students benefit from teachers who thoroughly understand the teaching approach of social-emotional learning, leadership, and critical problem-solving skills that will undeniably prepare them for the future.

Students from the Class of 2022 have been accepted to over 380 universities in 8 countries and 41 states, which include top universities such as Cornell University, Duke University, University of Michigan, and New York University (NYU), and earned over \$25 million in scholarships.

We encourage you to learn more about how our teachers create personalized learning environments for your child to experience true success.

To schedule a campus visit, call 954-247-0179 or go to www.nbps.org/visit. See ad on the opposite page.





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Meet The

Hammad Family

Gabe and Meera are thrilled to be raising their family in Coral Springs since 2014. Although both have a history in Coral Springs in their younger years, they had moved away for a time and then came back “home.” They are proud of their two sons, Aden and Leo, and have also recently welcomed a new puppy, Phoebe.

Gabe has been involved in finance and ticketing and was the Box Office Director of the Coral Springs Center for the Arts for 7 years before landing a fantastic job as the Inventory and Revenue Optimization Manager of Loud & Live, which is a Latin Based entertainment, marketing, and content development company.

Meera has been in Marketing/Advertising for 17 years; she tells us, “I started here at the Center as Marketing/Admin for Next Stop Broadway and moved to Los Angeles, CA in 2009 with Gabe where I landed a job as a Junior Talent Agent for a top 20 boutique talent agency where I specialized in managing and booking dancers and specialty acts for TV, Tours, movies, commercials, etc.”

She continues, “We moved back to Coral Springs in 2014 where Gabe and I came right back to the Center. He started working in Box Office and I became the Marketing Director for the Center in 2016. I’ve been here ever since and now have been promoted to Interim General Manager, helping the City with the transition from PFM over to the City of Coral Springs – with hopes to continue as General Manager after the transition in October!”

Both of their sons enjoy sports; including the city Basketball team as well as swim at the Aquatics center, but both Aden and Leo have found their passion at Next Stop Broadway Summer Camp. Meera says, “They are loving every aspect of the performing arts – singing, acting, dancing, writing, directing, you name it.”

Gabe and Meera actually met when they started teaching at the Coral Springs Center for the Arts. Meera was the choreographer for shows and Gabe was the director for the shows. “We continued to teach until 2009 when we trekked across the country to LA,” Meera says, “and then resumed teaching in 2014 for another two years until our first son was born. We are active volunteers for our son’s school, Parkside Elementary School.

When they aren’t in the theater or playing outside, Mom says, “We are very much into creating lasting, wonderful core memories with our boys, and one thing we do frequently is “Movie Sundays” where we take the boys to the movies on Sunday mornings (we usually surprise them with the movie). We also like to make different types of food together as a family. We each have an apron, and for example, we will take fresh dough and give everyone the ingredients and we all make our own pizza.”

Leo will be starting Kindergarten in the fall and my Aden will be entering 2nd grade – both at Parkside Elementary. Both exceptionally smart, Leo loves reading, and Aden loves both Math and Reading.

When asking Gabe about his feelings for coral springs, he tells us, “I love that Coral Springs and Parkland continue to be communities that put families first.” Meera shares, “Growing up in this town and returning after many years to find the same local stores and restaurants are still thriving is such a wonderful feeling. My husband and I constantly tell our kids “back when we went to this school...” or “I used to perform at Our Town on that stage right there” and although it may be annoying to our children, it offers a sense of nostalgia and love for our town.”

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Springs Soccer Grows Again!

Personal development for each athlete has always been a criterion goal of Springs Soccer Club. SSC 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 35 teams in its 2023-24 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 has worked for 22 years alongside coaches worldwide, and holds the USSF Academy Director license and an A license. Roger has developed a curriculum to 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 400 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 are currently in motion. SSC's competitive program begins the season starting in August, with sign ups continuing through September.

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



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Sticky Fingers? Trigger Finger may be the Culprit!

By Dr. Brandon C. Maisel

Trigger finger is a common medical condition seen in orthopedic offices across the country. Over time, one or multiple fingers may become “sticky,” no longer opening and closing smoothly. Trigger finger is most seen in those over the age of 50 and/or are diagnosed with diabetes. Additionally, individuals who are manual laborers and perform repetitive movements with their hands are prone to trigger finger.

In medical terms, trigger finger is caused by stenosing tenosynovitis of the A1 pulley system in the hand. As Dr. Maisel describes it, “The rope that allows you to bend your fingers has a knot in it and is getting caught on another piece of tissue.” Symptoms include clicking, catching and pain at the base of the fingers. Unfortunately, trigger finger may slowly progress over time and can become physically locked in a flexed position. Thankfully, at Gelb Sports Medicine & Orthopaedic center we offer many treatment options.

During your visit, you will undergo a thorough evaluation of your hand and fingers. Occasionally, you may be suffering from other conditions such as rheumatoid arthritis, calcific tenosynovitis or carpal tunnel syndrome that will be evaluated during the office visit. An x-ray of the hand will be taken and reviewed with you at the bedside. If you are indeed suffering from trigger finger, a comprehensive plan will be developed. Treatment options include occupational therapy, finger splinting, prescribed anti-inflammatory medication, ultra-sound guided A1 pulley cortisone injection and even percutaneous release of the A1 pulley as well under ultrasound guidance. To elaborate further, percutaneous release of the A1 pulley is an office-based procedure that will free up space for the flexor tendon to glide smoothly and no longer get “caught” on another piece of tissue. Since local anesthesia will be used, you may drive yourself home after the procedure!

As you can see there are many treatment options that can ultimately resolve your trigger finger issues. Call for an appointment today to discuss treatment options for your hard-working hands!

BRANDON C. MAISEL, D.O.

Board certified by the American Board of Physical Medicine and Rehabilitation

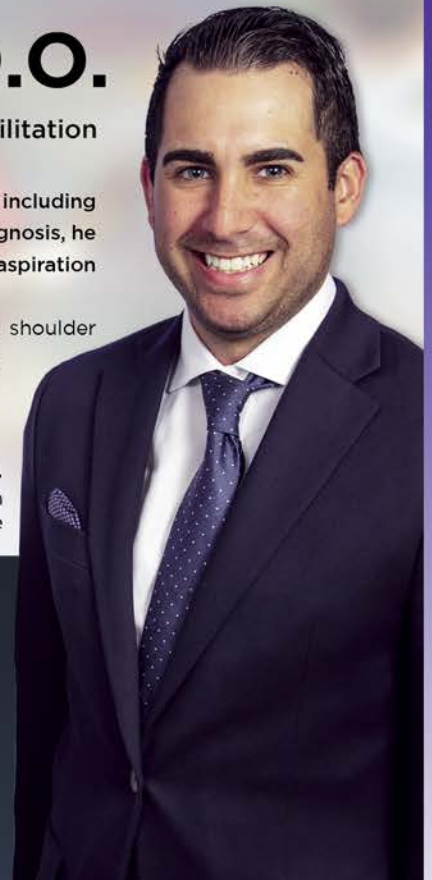
Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries. To further assist him in treatment and diagnosis, he utilizes musculoskeletal sonography and performs ultrasound-guided injections. Injections/aspiration 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
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“ Dr. Maisel trained at one of the top sports medicine programs in the country. His expertise using ultrasound guided injections, professionalism, and commitment to providing the best quality care makes him a great addition to our team.

—Dr. Howard J. Gelb

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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 10-11.

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.



**Joe DiMaggio
Children's Hospital**

Pediatric Services
in Coral Springs



5830 Coral Ridge Drive
Coral Springs, Florida 33076

JDCH.com

Staffed with highly-trained pediatric specialists and support personnel, our facility is designed to provide uncompromising outpatient care to the Coral Springs community and beyond in a compassionate and child-friendly setting.

Suite	Pediatric Services	Contact
SUITE 110	<ul style="list-style-type: none"> MRI Services 	954-575-8201
SUITE 120	<ul style="list-style-type: none"> Rehabilitation Services Physical Therapy Occupational Therapy Speech Therapy Feeding Therapy 	954-575-8962 JDCH.com/Rehab
SUITE 140	<ul style="list-style-type: none"> Otoralngology (ENT) General Surgery Physical Medicine and Rehabilitation 	954-265-1616 954-265-0072 954-276-1600
SUITE 207	<ul style="list-style-type: none"> Orthopedics, Spine and Sports Medicine Hand and Upper Extremity Program Hip Preservation Program Sports Physical Therapy Concussion Clinic Performing Arts and Dance Medicine Program 	954-265-6300 JDCH.com/Orthopedics

sConnections

Swimming

AQUATIC COMPLEX & FITNESS CENTER

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

MULLINS PARK POOL

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

CYPRESS WATER PARK

1300 Coral Springs Drive • Coral Springs, 33071
• 954-345-2109

For more information see AquaticComplex.com

Private Schools & Camps

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.

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 pages 6-7.

SoFlo Ninja Academy

GRAND OPENING SEPTEMBER 2023!

Discover The Excitement Of American Ninja Training At Our Fitness Center For All Ages and fitness levels!

For more info. See SoFloNinja.com or call

954-876-1378. See ad on page 3.

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.challengerbaseballoffbroward.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

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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.

Flag Football

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

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 below and article on opposite page.

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

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or www.NBPS.org See ad pages 6-7.

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Discover The Excitement Of American Ninja Training At Our Fitness Center For All Ages and fitness levels!
For more info. See SoFloNinja.com or call 954-876-1378. See ad on page 3.

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Special Needs

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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 SOCCER

2023-2024 RECREATIONAL PROGRAM

REGISTRATION NOW OPEN!

Visit: www.ParklandSoccer.net

ALL PLAYERS MUST HAVE:

- 2 Proofs of Residency Required
- Birth Certificate or Passport (New Registrants Only)

FOR MORE INFORMATION
Please Visit: www.ParklandSoccer.net

• COACHES & TEAM SPONSORS ALWAYS WELCOMED





Parkland Soccer:

Where Fun, Growth, and Community Come Together

By Ashley Ferraro

Parkland Soccer is the oldest and most trusted youth soccer club in our community. Since 1987, the league has been nurturing young players into skilled athletes and outstanding individuals. As Parkland Soccer gears up for its 36th season, they are expecting a turnout of more than 1500 players.

"I've been doing this for more than 20 years, and every year has been better than the one before," says Doug Cole, president of Parkland Soccer.

Beyond honing soccer skills, Parkland Soccer's mission is to build self-esteem, promote physical fitness, instill respect, and celebrate achievements.

Important to Parkland Soccer is effective communication with parents. That's why they've partnered with a mobile application called TeamSideline, which acts as the parents' primary point of contact once the season ramps up. From weather alerts to game cancelations, the app keeps parents in the know at all times.

As soccer becomes more popular nationwide, Parkland Soccer wants to ensure every kid at almost every age has an opportunity to get involved. Young girls especially are taking a greater interest in soccer, and the program wants to ensure this group of kids feels supported.

Historically, Parkland Soccer has kept U6 and U7 divisions coed. However, for the first time, U6 and above divisions are now separated by boys and girls. The program has added three brand new divisions to accommodate this change. "We want to encourage more girls to play," adds Doug.

Also new for the 2023-2024 season is a mandatory evaluation initiative. Players in the U9 and above divisions will be required to attend evaluations to ensure all teams are created equally, setting the league up for a fun and fair season. Two separate dates in September will become available to accommodate evaluations. Parents will be notified via e-mail once those dates are finalized.

In addition to an incredible recreational league, Parkland Soccer's travel side of the club boasts impressive growth. Over 500 players have registered this year, and management changes have allowed a newfound focus on strengthening community bonds and developing new avenues for players to reach their potential. Supporting this initiative is enlisting a College Pathway Consultant working to assist high school players as they consider bringing their passion for soccer to college with them.

Registration for the 2023-2024 rec season is now open and runs through August 31. The season kicks off in mid-October, with pre-season practices and games beginning in early November. The games will run through February 24, 2024, finishing up with the beloved end-of-season celebration and picnic.

The celebration will include trophy distribution along with carnival-style rides, a DJ, stations from sponsors, and other activities for the entire family. Last year, Parkland Soccer awarded \$9,000 in scholarships to graduating seniors. Doug says he looks forward to continuing the tradition this year.

Parkland Soccer is always looking for coaches, referees, and sponsors. Check out their ad on page 16 for more information.

Visit www.parklandsoccer.net to learn more or register.
Like & follow Parkland Soccer on Facebook at
www.facebook.com/parklandsoccerclub.

www.MySpectatorOnline.com





Get Organized in Time for School

By Carmen Johnson,
CEO of The Organized Concept



Kids' workspaces are sometimes really enjoyable to work on, and sometimes... they are not. That's usually because I never know what I am going to get with a kids' homework space, since each one is so different. Kids learn differently and their spaces for homework, creativity, and exploration should reflect that. So, when gearing up to organize a student's space, I approach it with apprehension, then either breathe a sigh of relief or brace myself for a long day ahead.

As we prepare to go back to school, it can become overwhelming to purchase the school supply list and then your own school supplies for homework... and then there's the organizing it all so you can find what you need when you need it. Here are some tips that may help make the task a little less daunting!

A School Supply Drawer



Just when we thought we had a single spot to ourselves – we remembered we are parents and there is no such thing. Sound familiar? You might as well make room for the supplies everyone in the house constantly asks for and save yourself the time and energy of tracking them down. Find a drawer at home – in your home office, in a bedroom or even the kitchen – to dedicate to school supplies:

1. Separate compartments for pens, highlighters, pencils, a pencil sharpener for when the pencils break, and mechanical pencils for those moments when everything else fails because homework must still get done.
2. Organize crayons by shade family to easily find the color you need.

School Supply Wall

If you want a dedicated school supply space, but do not have your own office or room, you can easily create one using an open wall! All it takes is an attached unit and a little bit of room. For this makeshift space, you can take a section in a bedroom or kitchen. Choose a wall unit that includes built-in desktop and extra shelving. You can add acrylic organization solutions to see all the supplies and have your students easily find what they need.



A Supply Cabinet

Not everyone has the space for an office closet, let alone an office. But scissors, supplies, and extra printer paper have to live somewhere. When you are short on space, remember to maximize your cabinets. You can turn any empty cabinet (even one in the kitchen!) into a supply station for your family.



1. Stack copy paper and color paper on stacked, open bins.
2. Use oversized clear cups to house scissors, markers, and pencils.
3. Use school caddies to keep school supplies and art supplies tidy.

Let's start off the new school year organized and ready to tackle any homework project!

Carmen has worked as a home organizer in Coral Springs since 2020. Organization is her love language. As a mom of three boys, she understands life can get chaotic at times and wants to help create systems for parents who need to **control the clutter to make life a bit easier. Please follow Carmen on Instagram @carmenorganizes**



YOUTH FISHING DERBY

SATURDAY

~~June 10th~~

~~July 8th~~

August 12th

8:00-10:00am

**Pine Trails Park
Fishing Pier**

Ages 3-12 • FREE EVENT

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www.cityofparkland.org/fishing
(954) 757-4107

Special Events Hotline Recording
(Updates/Cancellations) • (954) 757-4215



7 Harmful Ingredients Hiding in your Kid's School Lunches

By Dr. Rosemarie Rutecki



How do you know if what you are packing for your kids is healthy and nourishes their bodies? Let's take a look at the hidden ingredients.

1. Glyphosate: It's a herbicide spray on corn (tortillas, chips), soy (edamame), oatmeal, wheat (pizza, pasta, bread), and other crops. It destroys your gut microbiome, an endocrine disruptor (affects your thyroid, sex hormones, etc.). It is linked to cancer, neurological disorders, autoimmune disorders, autism, and many more. Please be sure to look for Organic and no GMO options.

2. Added Sugars: To reduce the risk of obesity, heart disease, and increased blood pressure, the American Heart Association recommends children consume no more than six teaspoons of added sugar per day. The National Cancer Institute found that kids between 4-8 years old eat, on average, 21 teaspoons of sugar and 14-18 years old consume 34.3 teaspoons of sugar! Hint read the labels; sugar is added to juices, yogurt, cereal, granola bars, etc.

3. Artificial Sweeteners: have been linked to allergies, obesity, depression, and an increased risk of cancer. Look for ingredients like sucralose, aspartame, and saccharin. Where do they hide? Beverages, candy, gum, sugar-free items, etc.

4. Phthalates: an endocrine disruptor linked to cancer and cardiovascular conditions. Where can you find it? Mostly in plastic, water bottles, and during the manufacturing process of foods. How to solve it? Get your child a stainless steel water bottle and prepare most of the food at home. Use a stainless steel lunch box or Thermos.

5. Heavy metals/Toxins: have been linked to autoimmune issues, cancer, obesity, and cardiovascular disease. Where can you find it? In water and packaged, highly processed foods. The best thing you can do is to get a water distiller/filter and send your kids to

school with a stainless steel water bottle.

6. Trans fats: have been linked to obesity, cancer, and cardiovascular disease. Where can you find it? In fried foods (think about potato chips and pretzels). Check the trans fats' ingredients list for "partially hydrogenated oils" in processed foods. Also, seed and vegetable oils are horrible for your health; choose better options like ghee, avocado, and coconut oil.

7. Food additives: have been linked to cancer, asthma, and nervous and digestive disorders. Look for artificial colors, nitrates, nitrites, BPA, MSG, high fructose corn syrup, artificial flavors, etc.

We have seen an epidemic increase in childhood obesity, autoimmune disorders (like celiac disease and type 1 diabetes), autism, asthma, allergies, cancer, and many more.

For example, in 1970, 1:10,000 children developed autism, and in 2020 1:36 children. We are expecting by 2035 to see 1:3 of children will develop autism!

As parents, the best thing we can do is to protect our children by giving them the best food we can afford, avoiding toxins/chemicals, and having them move around (less screen time). We can start by cooking at home and preparing lunches with healthy protein, fruit, and vegetables.

You can follow Dr. Rosemarie Rutecki on Instagram @drrosemarie_rutecki to continue learning.

For more information, visit her website www.functional-pharmacy.com.





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2023-2024 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

AUGUST				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

SEPTEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

OCTOBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER				
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DECEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
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25	26	27	28	29

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JANUARY				
M	T	W	T	F
1	2	3	4	5
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FEBRUARY				
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MARCH				
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APRIL				
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29	30			

MAY				
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27	28	29	30	31

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