

Spectator™

October 2023



**A Pediatric
Powerhouse:
Salah Foundation
Children's Hospital**



**BROWARD HEALTH
CORAL SPRINGS**

See article on page 3.



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A Pediatric Powerhouse

BROWARD
HEALTH
CORAL
SPRINGS

MAIN ENTRANCE

Salah Foundation Children's Hospital at Broward Health Coral Springs

There are many reasons children might need hospital care, but there is only one hospital in northwest Broward County that provides comprehensive care for newborns, children and adolescents: Salah Foundation Children's Hospital at Broward Health Coral Springs.

With physicians, nurses and therapists who specialize in working with children, the hospital offers a full spectrum of services, including a dedicated pediatric Emergency Department, west Broward's only pediatric intensive care unit (PICU), and more.

"Our goal is to provide quality care in a family-friendly environment to help kids in our community to be healthy and happy," said Sabra Henry, RN, Regional Director of Women & Children's Services at Broward Health Coral Springs.

Neonatal Intensive Care Unit (NICU)

The hospital's youngest patients are its NICU babies, cared for by teams consisting of neonatologists, registered nurse practitioners, registered nurses, respiratory therapists, social workers, lactation specialists and patient care associates. These medical professionals understand the challenges and emotions experienced by NICU families and strive to provide compassionate, family-centered care.

When Kia Joseph delivered her third baby at Broward Health Coral Springs, she never imagined her daughter would need NICU care.

"It was unexpected, and I was very emotional at first," Joseph said. "But the NICU nurses were amazing, and Dr. (Eduardo) Otero and Dr. (Andres) Rodriguez were so kind and patient, walking me and my husband through every step of the process."

Pediatric Emergency Department

While the hospital's 10-room pediatric Emergency Department is just for kids, it's located within the hospital's adult Emergency Department, allowing the pediatric team to flex and expand the space they use if necessary.

All pediatric emergency physicians are trained in pediatric care, and, like the nurses and other caregivers, they are experienced in treating and interacting with children in ways that make them comfortable and less afraid.

Pediatric Intensive Care Unit (PICU) and Pediatric Inpatient Unit

Critically ill children are admitted to the hospital's five-bed inpatient PICU when they need intensive care and monitoring while recovering from surgery, illness or injury.

For other children requiring a hospital stay, the 21-bed pediatric inpatient unit provides a peaceful place to recuperate with colorful murals and kid-friendly rooms.

Pediatric Rehabilitation Services

Medical needs don't always end once a child is discharged. Broward Health Coral Springs offers pediatric physical, occupational and speech therapy for those who need additional help navigating the road to recovery.

This has been key to six-year-old Kai Bradley's recovery from surgery removing a noncancerous mass in his brain. Over the past few months, physical therapy helped him get back on his feet walking again, while occupational therapy helped with memory, hand strength and upper-body strength.

Bradley's parents are overjoyed to see their son's recovery.

"He is almost 100% back to his 6-year-old self, and we are so happy to see that," said Kai's mother, Maribel Cruz.

Childhood ailments and injuries are a part of life. When your child is sick or hurt, the pediatric caregivers at Salah Foundation Children's Hospital at Broward Health Coral Springs are ready to provide the best possible care to your child and family.

For more information on pediatric and other services provided at Broward Health Coral Springs, visit www.BrowardHealth.org/BHCS.



Pediatric Jedi

Pictured above, from left to right: From Broward Health Coral Springs, Susan Pomerantz, MS-CCC-SLP, Rehab Manager; Sissy Stephen, RN, Nurse Manager NICU; Dario Sankar, RN, Regional Manager, Emergency Services; and Tamara Souza, RN, Nurse Manager Pediatrics/PICU. Cover photo also includes Sabra Henry, RN, MS, MSN, Regional Director of Women & Children's Services.



Publishers, Shellie & Scott Farrugia

It's All About

It's That Time of Year!

Pink has become the unofficial color of October, save for the orange/black splash at the end of the month for the trick-or-treaters. Breast Cancer Awareness is a great reminder to have your annual exams and maintain your best health!

We also feature an annual event that fills the largest ballroom at our local Marriott; NOT MY DAUGHTER....find a cure now! (See pgs 6 & 7) Hundreds of area residents gather to shop a variety of vendors, network with like-minded folks, and support those on their healing journey.

Check out a great article about local Dads building meaningful bonds with their daughters, and please make sure to attend SoFlo Ninja Academy's Grand Opening www.sofloninja.com (see the ad on page 23)

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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: Broward Health Coral Springs, A Pediatric Powerhouse. See page 3.

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Community!

Doing Your Part This Breast Cancer Awareness Month

By Ashley Ferraro

October signals the beginning of fall, with pumpkin spice everything, ghouls and goblins, and hopefully a shift to milder weather. However, it's also Breast Cancer Awareness Month, a time to remember, support, and empower those whose lives have been touched by breast cancer. Even those fortunate enough to have avoided this devastating disease can benefit greatly from raising awareness, and here's why.

According to the American Cancer Society, an alarming 1 in 8 women will receive a breast cancer diagnosis in her lifetime. This statistic places breast cancer as the second most common cancer among women in the U.S. Many people around us, whether in our family or community, struggle with the realities of this disease every day.

Certain risk factors can increase an individual's vulnerability to breast cancer, such as gender, age, race, family history, reproductive history, and genetic mutations, according to the National Breast Cancer Foundation. Additional avoidable risk factors include a sedentary lifestyle, poor dietary choices, obesity, and alcohol consumption.

However, approximately 60-70% of breast cancer cases have no clear connection to these risk factors. But even those who don't identify with these factors should remain vigilant, which can be done at home through early detection. Monthly self-examinations are a simple yet effective way to detect any unusual changes in the breast. If you notice anything even slightly out of the ordinary, don't hesitate to consult your healthcare provider.

Even if you feel healthy and haven't noticed any symptoms, regular screenings should be an integral part of your healthcare routine. Mammograms, for instance, can detect breast lumps before they are palpable. According to the National Breast Cancer Foundation, women aged 40 and above should have mammograms every 1-2 years. For those under 40 with risk factors, it's crucial to discuss the necessity and frequency of mammograms with a healthcare professional.

Even then, an abnormal mammogram result isn't a cause for panic; it doesn't automatically signify breast cancer. Often, breast lumps are benign, but additional testing is essential for a definitive diagnosis. But even in seemingly worst-case scenarios, there's plenty of hope. With recent advances in technology, screening, and early detection are making new strides in saving lives.

The importance of early detection cannot be stressed enough. According to the American Cancer Society, the 5-year breast cancer survival rate is 99% when the disease is detected early and in a localized stage. Listening to your body and working with your doctors can save your life.

Breast Cancer Awareness Month started as a weeklong event in 1985 and has grown to a month-long initiative observed by tens of millions of Americans every year. Thanks to this nationwide push for the past several decades, the breast cancer mortality rate among women had declined 43% since its peak in 1989. Doing your part this month to spread awareness will be the first step toward continuing to make impactful change.

To donate to awareness and research efforts, visit komen.org, bcf.org, nationalbreastcancer.org or local organizations such as www.notmydaughter.org.



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A TUTU inspiring, entertaining, and impactful event:

**Not My Daughter...find a cure now! Annual Shopping Boutique and Luncheon
October 30, 2023**

Sometimes, to be seen and heard, real men wear pink tutus.

Spreading the awareness of breast cancer, and the importance of valuable resources to support families going through this diagnosis is what motivates Not My Daughter...find a cure now! The Not My Daughter...find a cure now! Annual Shopping Boutique and Luncheon on Monday, October 30th from 10:00AM – 2PM at the Heron Bay Marriott, Coral Springs 11775 Heron Bay Boulevard, Coral Springs. Not My Daughter...find a cure now! is bringing all of the important elements to enjoy an outstanding event for a very important cause: 40-vendor shopping boutique, silent auction and raffle prizes, delicious luncheon, and a pink tutu-wearing featured speaker, Bob Carey, from the Tutu Project. All event proceeds fund breast cancer research and provide valuable resources through the Not My Daughter Patient Support Centers at UHealth Sylvester Comprehensive Care Centers.

“We are thrilled to have Bob Carey, of the Tutu Project, join us as the keynote speaker for Not My Daughter...find a cure now! Bob will share the empowering story of the Tutu Project and it will surely be a highlight of this very impactful Not My Daughter...find a cure now! event,” says Jody Sternfeld, co-chair, Not My Daughter..find a cure now! Bringing attention to the cause of breast cancer is what motivates Not My Daughter..find a cure now! And, sharing hope to the day of fun and inspiration, is featured speaker Bob Carey of The Tutu Project. Bob, who proudly dons a pink tutu, raises awareness and funds to bring support for women, men, and their families with breast cancer diagnoses. Adding to this special day, enjoy a performance by Dance Theatre of Parkland, and find fashion, jewelry, services, handbags and so much more in the shopping boutique!

“Breast cancer affects women and men and impacts their families and friends. Having a strong support system is so crucial for the patient – and their loved ones. Not My Daughter...find a cure now! is truly a reflection of the love and care that goes on and helps to get through this difficult time...together,” says Denyse Hostig, founder and chairwoman of Not My Daughter...find a cure now! “The support of my family and friends truly inspired the mission of this organization that continues to bring together community and a common goal to prevent the next generation from breast cancer.”



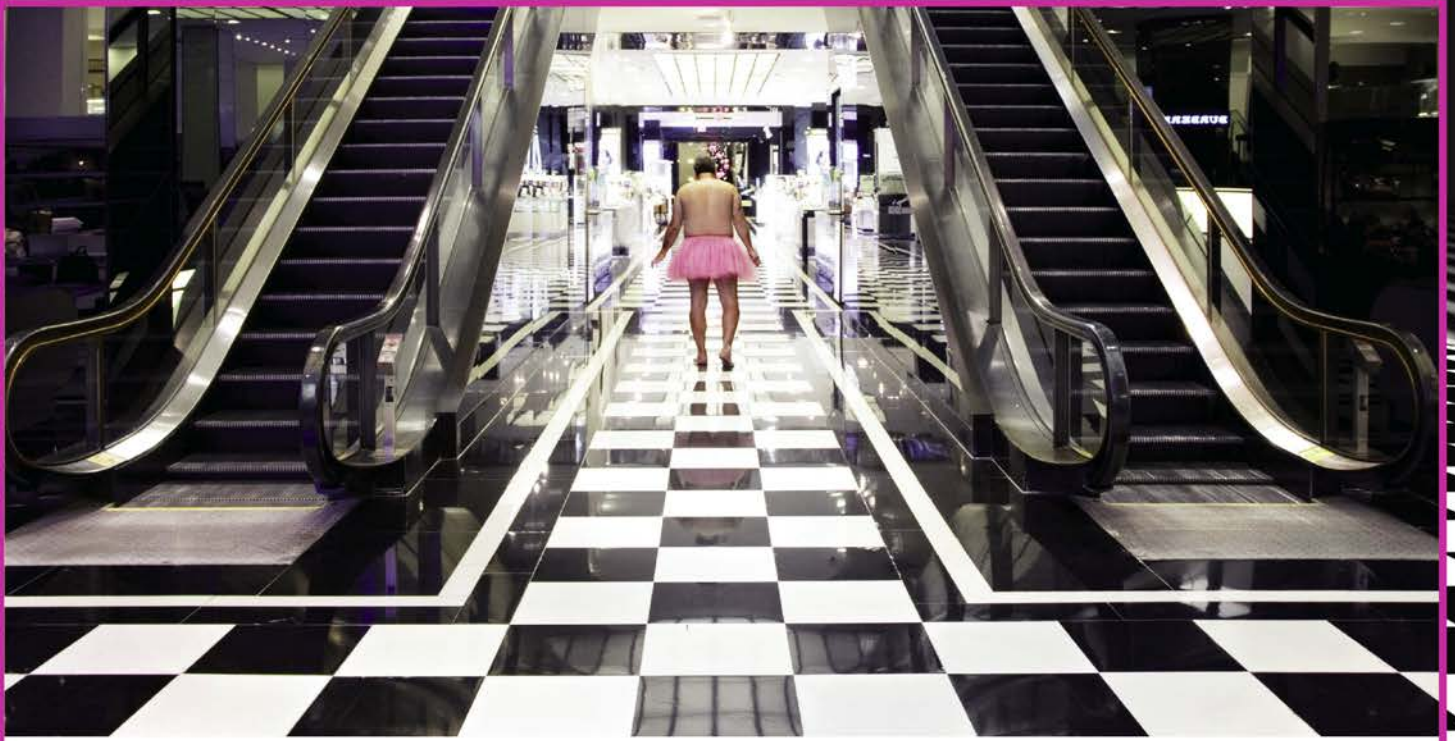
Founder, Denyse Hostig with daughter Avery

With Not My Daughter...find a cure now! hope and motivation account for a community of support, giving voice and resources to those who need help, and the power and promise of a better tomorrow. Since 2010, this grassroots volunteer organization has raised over \$1million to fund vital research and bring resources for breast cancer fighters. Not My Daughter...find a cure now! is bringing vital support services, high risk screening, funding research for a cure, and awareness to this important cause. And, that is a message that resonates and motivates across generations. With high school students helping spread the word through their work on the Not My Daughter Teen Advisory Committee, the impact of this inspiring organization is committed to seeing a future without breast cancer.

Tickets are available to join the fun for the Annual Not My Daughter...find a cure now! Shopping Boutique and Luncheon on October 30th. Enjoy a wonderful day of shopping, community, and connection. AND, inspiration from a real man in a real pink tutu.

Details of event:

Join us...Tickets are \$125 per person or \$200 for VIPink. Purchase tickets online at www.notmydaughter.org



We are tutu excited
for this year's keynote speaker,
Bob Carey from *The Tutu Project*


Not My Daughter...
find a cure now!

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Help raise awareness and much needed funds for the NMD Patient Support Services Center at the University of Miami Sylvester Comprehensive Cancer Center



For more information email us at:
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Proceeds donated directly to Sylvester Comprehensive Cancer Center and other breast cancer research-based not-for-profit organizations



Meet The Washington Family

Carlton Washington and his wife, Trina Maso de Moya, are thrilled to be living for three years in Parkland, with their three children and dog named Future. The eldest daughter Mecca Washington is 22, her brother Cannon is 12, and the youngest sister is Storm, seven years old.

Energetic and a joy to spend time with, Carlton is the co-founder and “chief evangelist” for 4ever Young Anti-aging Solutions, founded in 2014. 4ever Young is a local business developed to help individuals live their best life—no matter where they are in their journey with highly customized anti-aging regimens designed to address a range of concerns with the goal of patients looking and feeling their best. In addition to his gym and work regimen, Carlton spends time working with organizations such as Kids in Distress, Suits for Seniors, Boys and Girls Club, and many other community organizations.

Trina, a tremendous force of nature in her own right, is a Vice President of Quality and Security Operations for a government contractor. She is a former college athlete that still enjoys games of pick-up soccer and volleyball, whenever she can find a game/match. Outside of that, she stays in the gym to keep up with the kids for as long as she possibly can.

Mecca is in her senior year at Florida Atlantic University and enjoys physical fitness, working, and doing marketing for 4ever Young.

Storm participates in Parkland soccer, flag football, and volleyball.

Cannon has played travel basketball for BCA “Building College Athletes” through the Basketball Alliance since he was 6 and is now one of the top players nationwide in his class.

When it comes to time together, Carlton tells us, “With our busy schedules, we find it important to carve out family time when we can. 99% of the time you will find our entire family at the gym on a Saturday morning to start our weekend. When not watching one of the children play their respective sports, we enjoy going to the movies, the beach and concerts together or just hanging around the house in the pool or yard.”

In addition to Mecca’s current college attendance, Cannon enjoys the sixth grade at Westminster Academy, and Storm is in the second grade at River Glades Elementary.

When reflecting on the city they’ve chosen to call home, Trina tells us, “We love Parkland because it reminds us of the types of communities, we were raised in. Both of us grew up in the 80s and 90s when kids could be told “go outside” to play with little to no worries. We were looking for that kind of environment for our kids, where they would have the space and latitude to explore in a safe environment.”

Carlton adds, “We also like that the community we live in still feels a little bit like we are in the country with its bumpy roads, wildlife sightings, and bright starry nights.” He wraps up our interview with, “On top of that, we are a Work Hard Play Hard Family that is trying to soak up every bit of this short life we are blessed with.”

The Washington family attends Church by the Glades in Coral Springs.



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Daddy/Daughter Bonding

By Randle Ferrari

In today's fast-paced world, the relationship between fathers and daughters is often cherished as a source of guidance, support, and love. Recognizing the importance of fostering this bond, many communities have embraced unique initiatives to strengthen the connections between fathers and their daughters. One such initiative that has gained popularity is the Indian Princesses Daddy-Daughter program, which not only strengthens familial ties but also imparts valuable life lessons.

The Indian Princesses Daddy-Daughter program is a special opportunity for fathers and daughters to spend quality time together, engage in various activities, and create lasting memories. Inspired by Native American traditions, this program is rooted in the idea of building strong father-daughter relationships through shared experiences. It goes beyond mere entertainment, aiming to instill essential values, boost self-confidence, and create lifelong connections.

One of the program's primary goals is to empower young girls by providing them with a safe and supportive environment to learn and grow. Participating in activities such as camping, crafting, and community service allows daughters to explore their interests, develop new skills, and discover their strengths. These experiences promote self-assurance and independence, helping girls build the foundation for successful futures.

For fathers, the program offers an invaluable chance to actively participate in their daughters' lives. In a world often dominated by work commitments and digital distractions, the Indian Princesses program provides a structured platform for fathers to engage with their daughters on a deeper level. Through shared adventures and challenges, fathers can model essential values like teamwork, respect, and perseverance, leaving a lasting impact on their daughters' lives.

Furthermore, the Indian Princesses program emphasizes the significance of cultural understanding and respect. Participants have the opportunity to learn about Native American traditions and history, fostering a sense of appreciation for diverse cultures. This exposure encourages open-mindedness and empathy, qualities that are vital for young minds to navigate today's interconnected world.

One of the program's unique aspects is its focus on storytelling. Fathers and daughters often exchange stories around campfires or during activities, promoting effective communication and emotional bonding. These heart-to-heart conversations create a space for daughters to express their thoughts, fears, and dreams while fathers provide guidance and reassurance. This practice not only strengthens their relationship but also equips daughters with the communication skills they need to navigate complex interpersonal relationships later in life.

As the Indian Princesses program continues to gain traction, its impact extends beyond individual families. Communities that support and engage with such programs benefit from stronger family units and enhanced social connections. The shared experiences and values cultivated within the program often spill over into the broader community, creating a positive ripple effect.

In conclusion, the Indian Princesses Daddy-Daughter program exemplifies the power of intentional bonding between fathers and daughters. Through a blend of adventure, education, and shared experiences, this initiative offers a transformative journey that shapes the lives of both parties involved. By empowering girls, fostering meaningful connections, and promoting cultural awareness, the program contributes to the well-rounded development of future generations. As we navigate the complexities of modern life, initiatives like the Indian Princesses program stand as a testament to the enduring importance of strong family ties and the transformative potential of quality time spent between fathers and daughters.

To get involved, see www.SeminoleNation.org





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Hip Pain Got You Down?

By Dr. Brandon C. Maisel

Hip pain tends to be a reoccurring common complaint in Orthopaedic offices across the country. Here at Gelb Sports Medicine and Orthopaedic Center we aim to correctly diagnose the source of the pain, develop an appropriate treatment plan, and get you back to performing your favorite activities pain free.

"Doc, my hip started hurting out of the blue," is a common statement heard by Dr. Brandon Maisel in the office. What may be the underlying cause of such pain? The hip joint is a mobile ball and socket joint surrounded by strong musculature such as the quadriceps and glutes. In general, the source of pain is either intra-articular (inside the joint) or extra-articular (outside of the joint). When you come to our office, we will begin with x-ray imaging that allows us to gather more information about the hip joint. We can see if you are suffering from osteoarthritic changes inside the joint or potentially other ailments such as greater trochanteric bursitis or gluteal tendonitis outside of the joint. Next, Dr. Maisel will perform a thorough examination to further develop a cause of your pain.

"What can we do about it?" is the next question we get and depending on the condition we have several treatment options we may offer. In general treatment options may include, but not limited to, anti-inflammatory medications, physical therapy, corticosteroid injections and platelet rich plasma injections. Platelet rich plasma otherwise known as "PRP" is a type of orthobiologic treatment that allows the body to naturally heal itself. Dr. Maisel performs these injections under ultrasound guidance to ensure precision needle placement into the problem area. In addition, here in our office we offer top-notch physical therapy services led by Dr. Jay Itzkowitz, who may assist in your recovery.

Occasionally, certain injuries or hip "problems" will require further interventions. In order to further evaluate in these situations, Dr. Maisel will order magnetic resonance imaging (MRI) to get a three-dimensional image of the hip joint, muscles, and soft tissues. This will allow us to create a more detailed treatment plan to heal your pain!

Ultimately, there are many causes of hip pain that will not require surgery! Book an appointment today at Gelb Sports Medicine and Orthopaedic Center to learn more about your non-surgical options for hip pain.

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:

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Soccer

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CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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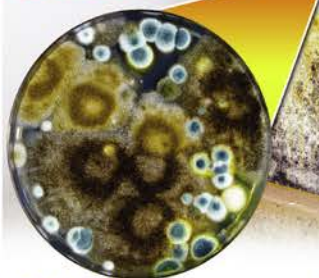
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For more information see AquaticComplex.com

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NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or www.NBPS.org See ad on pg 11.

SoFlo Ninja Academy

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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 helo@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
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Parks Field Conditions	(954)344-1187

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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
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Lacrosse

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

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

Soccer

PARKLAND REC SOCCER
For more info, visit www.parklandsoccer.net

PARKLAND TRAVEL SOCCER CLUB
For more info, see www.parklandtravelsoccer.com or email Info@parklandtravelsoccer.com

Private Schools & Camps

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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



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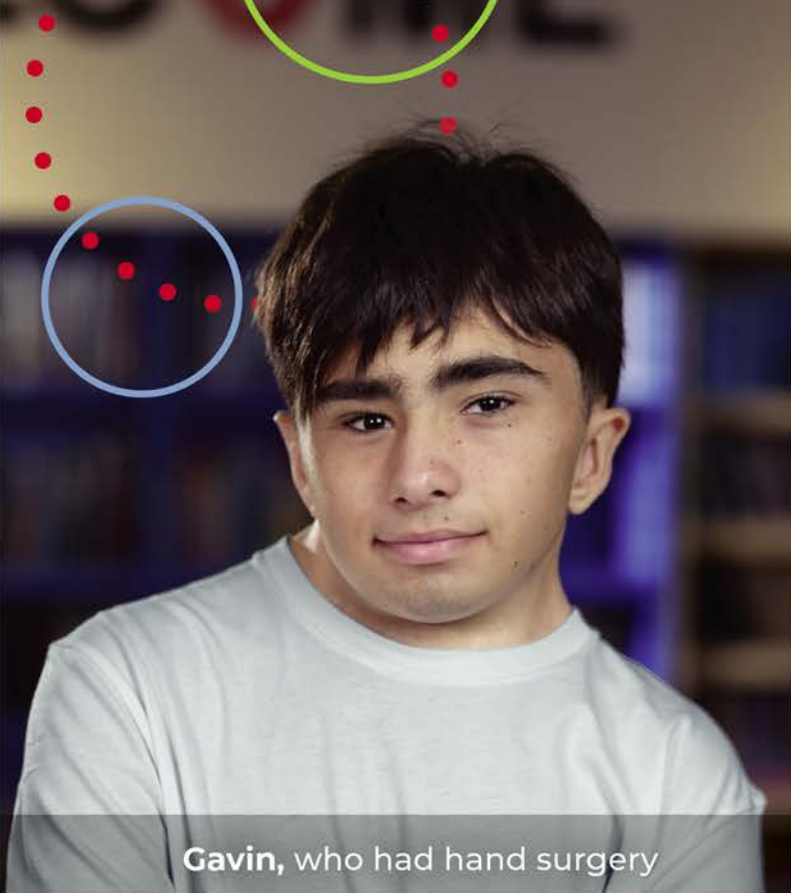
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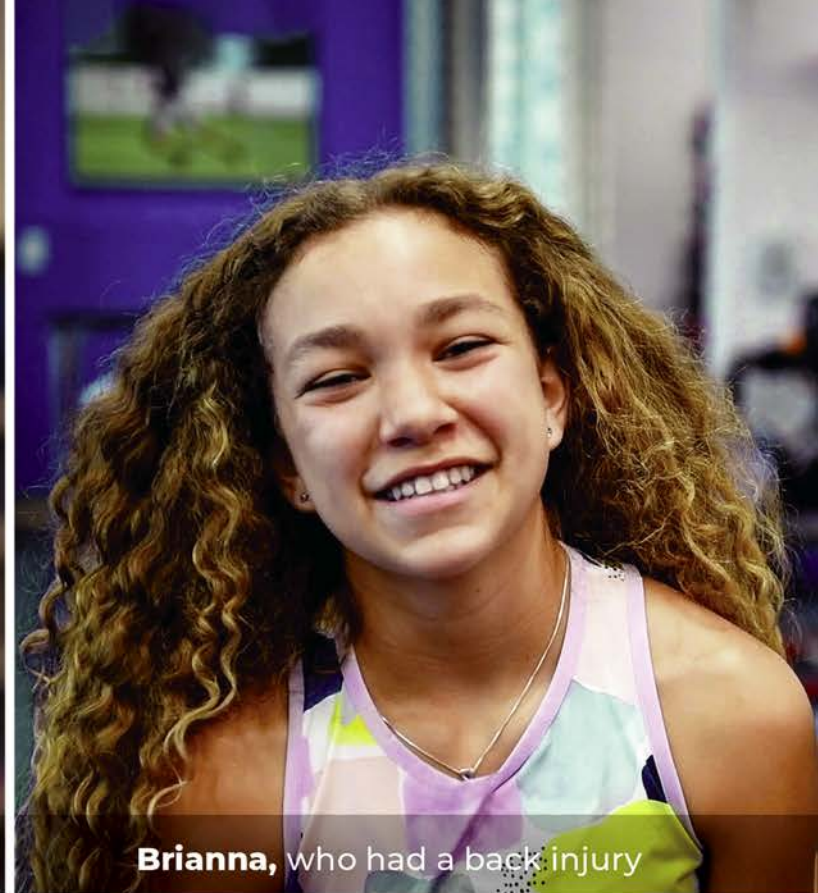


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Gavin, who had hand surgery



Brianna, who had a back injury

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The "What's Up" on Reclassification

By Heather Sohl

What is reclassification you ask? While not many know, it has been around for years and only become popular within the last decade. Reclassification or "reclassing" is when a student chooses to change the year of graduation for the benefit of athletics and/or academics.

I have a son who plays on a very advanced basketball team. On one of our tournament trips, he told me about this reclassing. Honestly, I didn't believe him. I couldn't grasp why someone would hold their kid back for sports. To me, it was putting athletics above academics thereby creating no backup plan. So, I asked one of the coaches about it. Why do people do this? Since not many know about it, don't the kids get picked on as if they failed academically? I just didn't get it.

He explained to me the reason people do this is to let maturity/puberty hit for late bloomers, in an athletic sense. In holding them back, it gives their bodies an extra year to grow into themselves. So, why is that important? It is important for those that are looking to get into college on a scholarship, most importantly, a Division 1 college. Rather than being the "low man on the totem pole" so to speak, for their age group, they become the "high man on the totem pole" giving better chances of being recognized by a scout.

The same is true academically. So many kids fell behind with the Corona virus pandemic that parents are reclassing their kids to make up for the fundamentals they lost while participating in online school. If a child isn't athletic but looking for an academic scholarship, this too, is an option. Same principle, position them to be the highest at their grade level.

Now, what are some of the cons? Since not many are educated on the subject of reclassing, like I was not, the child could face bullying issues. A lot of children that are reclassified end up moving to a different school to avoid such issues. In some sports, I feel it doesn't

make an even playing field for those kids who just want to play because they love the sport.

I've spoken about reclassing down. Now, let's talk about reclassing up. Yes. You can. Reclassing down is best done before high school. That year is not a freebee. It is a year to work hard and take classes that haven't already been taken. There are very strict guidelines from the NCAA on reclassification up or down. When reclassing up, a certain amount of academic credits must be met. Where reclassing down gives a maturity advantage, those that are "ready" can reclass up which gives them a better scout/draft pick opportunity.

Regardless of the decision to reclass up or down, it is imperative that a family educate themselves on the requirements for eligibility, have a realistic sense of the possibilities or lack thereof, and be willing to accept whatever outcome.

I like to end with motivational quotes, so I'll close with this...

I am in competition with no one. I run my own race.

I have no desire to play the game of being better than anyone. I just aim to improve, to be better than

I was before. That's me, and I'm free.



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• 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.

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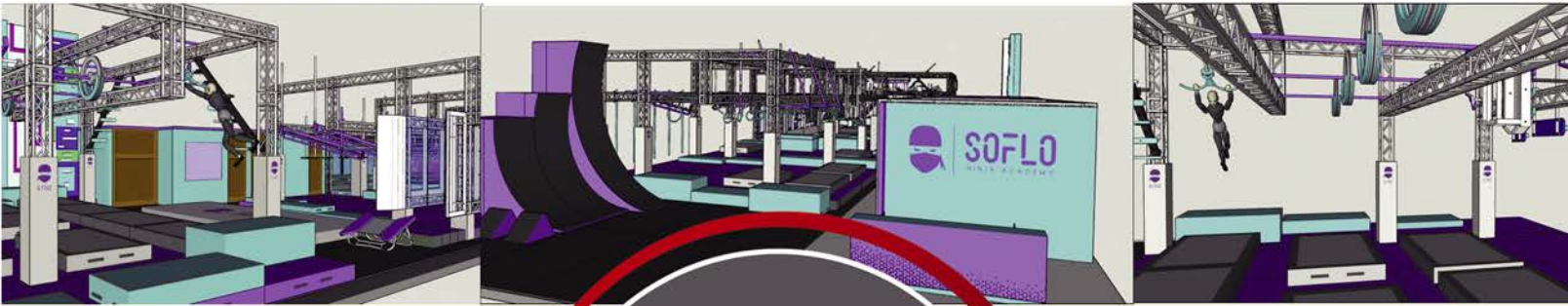


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