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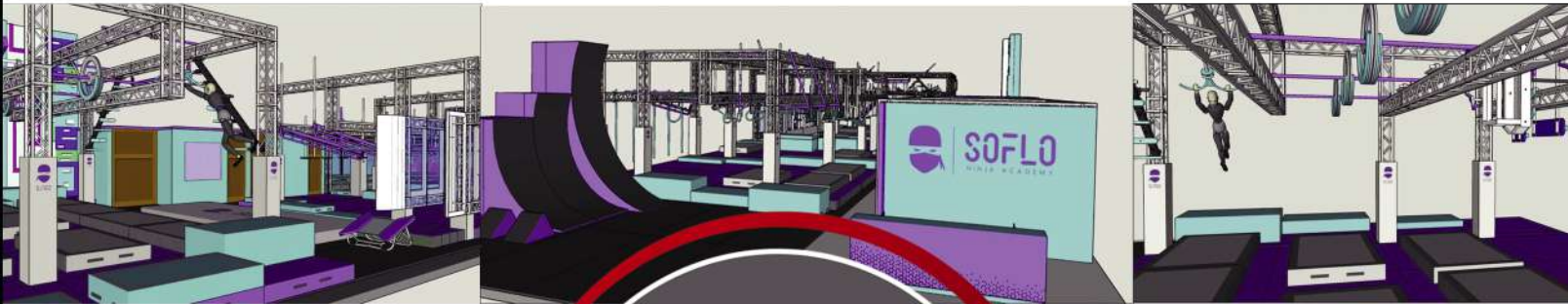
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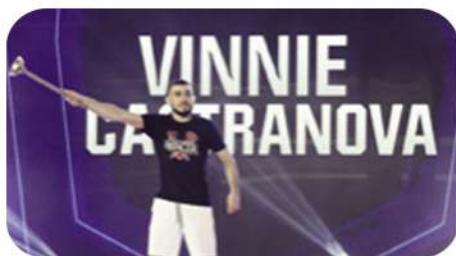
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Publishers, Shellie & Scott Farrugia

It's All About

Thanks for Everything!

We all know the theme of most November publications, but I'd like to be so bold as to avoid some of the sappy stuff and add some humor. Guess what? I'm grateful. I hope you are, too! I'd like to give thanks for things I often forget to say, and will definitely not be mentioning over turkey. Thank God that I didn't get pulled over when I missed the stop sign, my make-up wasn't on yet, and was only wearing pajamas. Thanks to those of you who didn't embarrass me by mentioning the stacks of mail, assortment of shoes (in every size and style...thanks, kids!) and unfolded laundry in our living room. Thanks to my dogs and parrots who are always excited to see me. Thank you to my amazing husband for trudging to the barn in the early morning rain to fix fences and a water main (country living at its finest) in a flooded, mucky horse stall.

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom, and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2023.

God bless your family and each and every one of our troops,

Shellie & Scott

Spectator™ Magazine

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

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Speedy-Designs
Links Media

Distributed by

US Mail &
Baron Express
954-297-0731

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On the cover: Misty Baniewicz, daughter Morgan and their dog Casey.

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Community!

Leveraging Gratitude to Become the Best Version of Yourself

By Ashley Ferraro

In the spirit of giving thanks, we would be remiss not to acknowledge one of the simplest yet sometimes overlooked practices to promote mental well-being: gratitude.

In an era marked by heightened stress and mental health challenges, gratitude has emerged as a powerful tool for nurturing mental resilience. It has also gained the attention of mental health professionals and researchers.

A 2021 meta-analysis conducted by researchers at the University of New England, Australia, found an association between increased levels of gratitude and lowered levels of depression. Research has also suggested that gratitude exercises can rewire the brain, leading to increased levels of happiness and decreased symptoms of anxiety and depression.

Therapists and mental health professionals have increasingly integrated gratitude interventions into their treatment plans. Gratitude practices complement traditional therapeutic approaches, offering patients an additional tool to manage their mental health challenges. However, just about anyone interested in making a small or even big impact in their life can consider including a gratitude practice in their routine.

Below, I've compiled six tried and true methods to practice gratitude at home:

Keep a Gratitude Journal: Dedicate a few minutes each day to jot down things you are grateful for, whether it's a supportive friend, an awesome workout, or your basic necessities such as food and shelter. Many people like to do this as their first thing when they wake up in the morning to set the tone for the rest of the day.

Express Appreciation to Others: Take the time to thank people who regularly make a positive impact on your life. Thanking others for their efforts will not only make you feel good, but it could improve your relationships.

Practice Mindfulness: Cultivate awareness of the present moment and focus on the positive aspects of your current experiences, fostering a sense of gratitude for the here and now. Mindfulness can sometimes be achieved through yoga, meditation, and prayer.

Volunteer for a Cause: Contribute your time and energy to a charitable organization or a community initiative, and appreciate the opportunity to make a positive difference in the lives of others.

Create a Group Gratitude Ritual: Establish a daily or weekly gratitude ritual with your loved ones, such as sharing what you're thankful for during family meals or before bedtime. This practice will evoke a collective sense of gratitude, which may be beneficial to each individual.

Turn Challenges into Lessons: Rather than fixating on the negative, approach obstacles as opportunities for growth and learning, finding gratitude in the lessons they provide and the resilience they help you build.

When feelings of uncertainty, insecurity, and stress seem to be competing for our attention, we might want to consider leaning on gratitude to support our overall mental well-being.

So, tell your family you love them, approach your hardships from a new perspective, and embrace your community. Thanksgiving is a great reminder to sit with these thoughts, but gratitude is something that should be ingrained into your daily life all year round.



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Meet The

Erhard Family



Coral springs has always been touted as a great place to raise a family. What a pleasure meeting another household of its residents! Bryan and Josephine Erhard are proud parents of two sons, Bryan Jr., 11, and Sebastian, 8. They are happy to have found a beautiful home, and have raised their family here for more than a decade.

For more than 15 years, Bryan has been a dedicated IT/auditor for the Broward County School Board specializing in the function of computer operations. Josephine enjoys her position as an office manager for a popular chiropractic office in the heart of Coral Springs, where she has been happily working for seven years.

Glad to have found our beautiful community, we can tell how pleased they are to be here when Josephine tells us, “We are surrounded by beautiful parks, we have access to so many choices in stores, food, etc. We have made so many life long friends through community events and sports.” Grateful to live in a supportive place like Coral Springs, the city is more than blessed to have such a close knit family adding to its charm.

Both boys play soccer for Coral Springs Soccer Club, and Travel Baseball with the Coral Springs Clippers organization. Bryan Sr. is an assistant coach on Bryan’s 12U travel baseball team, and Josephine is team mom for both boys. Josephine is also on the school PTA for both of her sons. Bryan coaches the boys in both their recreational, as well as Travel Sports.

Juggling sports, school, and fun, both boys are happy at their schools. Bryan, Jr. attends 6th grade at Coral Springs Middle School, where his favorite subjects are math and art. Sebastian is in the third grade at Parkside Elementary, and he prefers PE and math.

When it’s family time outside of sports, Bryan tells us, “We love the beach, pool time, and camping. Making memories means a lot to us.” He concludes our interview by saying, “We play hard and have fun” (a huge quote in our house, we are competitive, but you have to have fun while doing it). Sounds like the perfect mantra for all of us to live by!

The Erhards attend services at St. Andrews Catholic Church

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Coming together to Honor Emma's Legacy

The Turkey Bowl ritual was first created in 2017 by four dads, each with two sons and a strong passion for flag football. They created the event as a way to continue the fun football season, and give back to the community. However, the event was just for boys...

After seeing the success of this event over the past few years, and seeing how it can benefit the community, it was time for the girls to get involved... and take over, of course.

In 2019, four different dads of daughters, Adam Goldman, Bryan Krul, Danny Levine and Scott Blackman, who had a combined 14 Super Bowl trophies in their families, put together an event for the Girls as well.

From 2019 going forward, the Parkland Turkey Bowl will be for specially invited boys AND girls. Although the games and events are separate from each other, we are all coming out for the same thing. Football, Fun, and Family!

Besides the good time and memories made on the football field, the event also raises donations for charity.

In 2019 the Girls game provided over 80 pairs of pajamas and 30 board games for the Pajama Program. www.pajamaprogram.org.

In 2020 the game took an even more personal note as the game raised donations for the Joe DiMaggio Children's Hospital in the name of Emma Sorensen, an MSD student who lost her battle with cancer earlier in the year. Emma was a friend to many of the players in the games and it is an honor for us to be able to #spreadsparkle and help others who need it in her honor. - www.facebook.com/EmmaStrong.

In 2021 the game again took on an even more personal note as this time 1 of the teams would be named in honor of Emma, with the formation of the Emma's Sparkle Team. This team was coached by girls who have aged out of the Turkey Bowl, but still want to be a part of the game. The first team had the honor of being coached not only by 2 parkland girl legends in Morgan Goldman and Rebecca

Stember, but Morgan was also one of Emma's best friends. This is truly an honor for us to carry on Emma's legacy and spirit! Again, the game was able to raise donations for the LiveLikeEmma foundation and Joe Dimaggio Children's Hospital and donated numerous lego sets and comfy socks for the children to enjoy.

2022 was the biggest year yet as we had an amazing 62 girls play in the games. Although each team had 15 or 16 players, the coaches did a great job of getting all involved and making sure everyone had a great time. Again the coaches included some girls that have aged out as Emma's Sparkles was again coached by PFFL Legends Morgan Goldman and her assistant Savannah Tenore. Another Legend, Rebecca Stembe and Blake Backman helped assist Scott Backman with the Backman's Buffets. The other head coaches were Todd Light, who due to travel schedule had to have Interim coach Mike Rachimi and Bryan Taylor handle the duties, and former NFL star Laurant Robinson. Robinson along with his assistant Evan Gerard would guide his first year team to the championship over the Buffets. Besides the great games which included 2 OT games, the event raised over \$1,000 for #LiveLikeEmma as well as thousands of dollars in donated puzzles, board games and art supplies.

Win or lose, just being invited, playing the games, and supporting a great cause is the real reward here.

Of course, we wish we could invite everyone, and for those not invited but wish to participate in the future, please contact us at parklandgirlsturkeybowl@gmail.com

This event is NOT AT ALL affiliated with Parkland Flag Football. The event is for the purpose of family fun and to support a great cause.

The 2023 Turkey Bowl takes place on November 23rd from 8am to 11am at Pine Trails Park. Come out and encourage these talented young women.



Emma Sorensen

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CORAL SPRINGS Oktoberfest

The City of Coral Springs' Annual Oktoberfest event held Saturday, October 14 at the City Hall Lawn (9500 W Sample Road, Coral Springs.) Thousands of Coral Springs residents and South Floridians attended and enjoyed Bavarian food, German beers, music by the Swinging Bavarians, food trucks, and a variety of entertainment. Winners were crowned in the stein race, stein holding, and yodeling contests. The perky pup, Milo, was crowned winner of the second annual Weiner Dog Race, which had a record of 14 contestants. Children enjoyed free Skee-ball, inflatable axe-throwing, a strong-man game, and toddler play area. In celebration of its 60th Anniversary this year, Coral Springs sold limited edition merchandise at the event, including hats, scarves, and t-shirts that pay homage to Coral Springs history. Oktoberfest is held in Coral Springs annually as one of many free, family-friendly signature events held throughout the year in the city. Residents interested in learning more about upcoming city events are encouraged to go to CoralSprings.gov/Events for a full list of events. More information about Oktoberfest can be found at CoralSprings.gov/Oktoberfest.





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Knee Injuries: The ACL

By Dr. Howard Gelb

Anterior cruciate ligament (ACL) injuries are increasingly common in younger athletes, especially in female athletes. The ACL is one of four major ligaments that stabilize the knee. Its main function is to prevent injury to the knee cartilage (meniscus-cushions and articular surface). Without an ACL, the knee becomes unstable with twisting turning sports. Injury to the ACL is usually associated with a non-contact twisting injury. ACL tears are usually diagnosed by a combination of history and physical exam. In a majority of the cases, the patient reports planting the foot while twisting the knee and falling to the ground. Most people recall hearing a pop in the knee at the time of injury. Usually the patient cannot return to the sport the same day as the initial injury and the knee swells within the first 24 hours. The Lachman test is the most important physical exam finding that aids in the diagnosis of a tear. There can be associated injuries to other ligaments as well, such as the MCL. An orthopedic surgeon trained specifically in sports medicine is usually more experienced and accurate in this diagnosis. MRI can be useful to confirm the diagnosis and assess the meniscal cartilage. The meniscus is damaged almost 50% of the time in association with an acute ACL tear. Treatment of an ACL tear is patient specific but includes reconstruction of the injured ligament using one of several arthroscopic surgical techniques. It is essential that the meniscus be repaired if possible in the young athletic patient in order to prevent future damage to the knee. Certified in Sports Medicine, Dr. Gelb specializes in the treatment of ACL injuries in both adult and pediatric patients.

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CITY OF CORAL SPRINGS

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| Riverside Elementary | Maplewood Elementary | Ramblewood Middle |
| Ramblewood Elementary | Parkside Elementary | Forest Glen Middle |
| Westchester Elementary | Coral Springs Charter | Sawgrass Middle |
| Coral Springs Elementary | Saint Andrews | JP Taravella High |
| Forest Hills Elementary | Coral Springs Christian | Coral Springs High |
| James Hunt Elementary | Coral Springs Middle | Coral Glades High |

• Multiple Player Discounts Available! •

Online Registration Only Nov. 1st - Jan 5th

• T-Ball... \$150 • Coach Pitch & Older... \$195

Please check our website for additional info.

www.CSALL.COM

Proof of Residency Required

For more info. call Coral Springs American Little League at (954) 369-4813
 or email CORALSPRINGSAMERICAN@GMAIL.COM

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 on pg 17.

Soflo Ninja Academy

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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U7 - U19

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Nov. 20-21-22, 2023

December Holiday Camp
Dec. 26-27-28, 2023

New Year Camp:
Jan. 2-3-4, 2024

All camps:
Cost: \$135
Time: 9:00 am - 1:00 pm

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Email: info@springssoccerclub.com

SPRINGSSOCCERCLUB.COM

Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com. See ad and article on pages 18-19.

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

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

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL
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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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SUITE 140	• Otoralyngology (ENT) • General Surgery • Physical Medicine and Rehabilitation	954-265-1616 954-265-0072 954-276-1600
SUITE 207	• 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



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Experience our extraordinary community of leaders by exploring our Lower School. Interact with students and teachers, and learn more about our academic programs.

Tuesday, December 5th, 2023 | 9:00am - 10:30am

RSVP: www.nbps.org/openhouse



Parkland Little League Prepares for Spring 2024 Season

Parkland Little League Baseball is gearing up for its 33rd season this spring and what's expected to be the league's biggest year yet. This past spring, the league had a record-breaking enrollment of 525 players, followed by 325 players in the fall. Overall, Parkland Little League has been riding serious momentum, and organizers are excited to watch the numbers grow in 2023.

"We're the fastest growing, second largest Little League in Broward County," says President Rob Travinski. Rob has been President for eight years now and a board member since 2011. All board members, coaches, and staff entirely consist of volunteers and Parkland residents.

Parkland Little League is open to children ages four through sixteen of all skill levels. For children under six, the league offers an excellent Tee Ball program. Divisions split children by age group with many older divisions preparing them for high school baseball.

Teens who have graduated from Little League but would love to stay involved should consider the junior umpire program. Parkland Little League established a junior umpires program last year with compensating volunteers with service hours or pay, depending on the individual's preference. The league holds regular umpire clinic to ensure their junior umpires have the necessary knowledge and skills to perform their duty during the game.

In addition to developing top-notch baseball players, Parkland Little League is focused on evolving the players beyond the field. Rob emphasizes the importance of sportsmanship and other important personal traits. "Parkland Little League creates an environment where kids can not only learn the game but learn how to be part of a team. They will learn life lessons about character they can use for the rest of their lives".

Founded in 1939, Little League takes the title of the world's largest organized youth sports program. The organization is at the heart of many communities and strive to teach life lessons that build stronger individuals and communities. The same is true here in Parkland. Parkland Little League saw impressive success in 2021 and 2022, with their 11u and 12u All Stars went to back-to-back state tournaments.

This past year, four out of five tournament teams made it to the finals. Our 13u, 12u, 10u and 8u all were runners-up in the Florida District 10 Little League tournaments.

Parkland Little League practices and plays at Pine Trails Park and Terramar Park. The registration fee is \$220 and can be completed through www.parklandlittleleague.com. Sibling discounts are available.

Registration for the spring season is open now through November 30th. Evaluations will be held in mid-January to divide youth into teams properly. Practices will begin on February 3rd, and opening day will take place on March 2nd. The regular season is scheduled to run through April, with playoffs starting in May.

To register for the upcoming season, visit parklandlittleleague.com. Players must be Parkland residents or attend one of the Parkland schools. Anyone interested in working as an umpire can contact Rob directly at president@parklandll.com or 954-604-2442. See ad on opposite page.





2024 Spring Baseball

**NOW REGISTERING
FOR OUR SPRING SEASON
(February - May)**



REGISTER ONLINE AT*
www.ParklandLittleLeague.com

TO BE ELIGIBLE FOR PARKLAND LITTLE LEAGUE:

All players must provide proof of age (birth certificate) and proof of residency prior to being assigned to a team. Paperwork requirements are specified on the registration form and must be submitted before the registration deadline. All players must participate in an evaluation for their age division, except the Tee Ball division.

**Evaluation are held in mid-January and the dates and locations
for your player will be sent to you after registration.**

• REGISTER ADDITIONAL CHILDREN & RECEIVE A \$20 SIBLING DISCOUNT!

* There will be a \$50 late fee for any registrations after 11/30, and placement is not guaranteed if registered after this date.



The Underrated Pillar of Health: Sleep

By Rosemarie Rutecki

Let's talk about one of the most overlooked aspects of holistic health - sleep.

Now, if you're rolling your eyes and thinking, "I've heard it all before," stick with me. There's more to sleep than just hitting that 8-hour mark.

First things first, when we skimp on sleep, it's not just dark circles we're sporting the next day. Our body and brain go into a mini-crisis mode.

Chronic lack of sleep can lead to hormonal chaos. Think cortisol on overdrive, messing with our gut, mood, and even our weight.

Speaking of the gut, my favorite topic, did you know that our gut has its own internal clock? Disrupt sleep, and you disrupt the gut rhythm. This could spell trouble for digestion and absorption of nutrients.

And it's not all doom and gloom.

I've got you covered with a few game-changing sleep rituals:

- 1. Eat for Sleep:** While certain foods can promote sleep, it's also crucial to avoid eating 2 hours before hitting the sack. This ensures digestion doesn't interfere with your rest.
- 2. Digital Detox:** That late-night social media scroll? It's messing with melatonin - our sleep guardian. Commit to screen-free time at least an hour before bedtime.
- 3. Embrace Aromatherapy:** A sprinkle of lavender essential oil on your pillow? Magic. Its calming scent tells your brain, "Time to wind down."
- 4. Move that Body:** Regular movement, especially outdoors, can be a game-changer. That feeling post-workout? It's nature's sleep inducer.
- 5. Soak up the Morning Sun:** Our circadian rhythm thrives on natural light. Morning sun exposure helps



regulate our internal clock, signaling our body when it's time to be awake and when it's time to rest.

6. Mindful Moments: A bit of deep breathing or meditation before bed can settle your mind, prepping you for a peaceful slumber.

7. Room Darkness and Temperature: A dark room signals your brain it's time to sleep. Blackout curtains can be immensely helpful. Also, keep your room comfortably cool; around 65°F (18°C) is ideal for most.

So, radiant souls, before you think of burning the midnight oil or binge-watching that new series, remember the sacredness of rest. Embrace sleep, and let your body and mind revive. Because, honestly, there's nothing like that fresh, vibrant feel after deep, nurturing rest.

Sleep tight and radiate from within!

If you've diligently tried these sleep-enhancing techniques and you're told everything is fine after consulting with your primary care physician, it might be time to dig a bit deeper.

Dr. Rosemarie believes persistent sleep challenges might root back to underlying imbalances – hormonal, related to the gut microbiome, adrenal function, toxins, or other factors.

She's dedicated to helping you uncover the actual cause of your sleep disturbances. She's got you covered with a range of resources to suit various budgets – from affordable online courses to more in-depth 1:1 consultations.

Dive deeper into the world of holistic healing at drrosemarierutecki.com and connect with her on Instagram @[drrosemarie_rutecki](https://www.instagram.com/drrosemarie_rutecki) for daily insights and guidance.



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Xylitol

Poisoning

The Hidden Threat: Why Xylitol is a Silent Killer for Dogs



We love our furry companions, often considering them an integral part of the family. It's only natural for us to want the best for them, from healthy food to occasional treats. However, there's a silent threat that many dog owners may not be aware of: xylitol. This sugar substitute, found in numerous sugar-free products, can be extremely dangerous for dogs, and understanding its risks is crucial to keeping our four-legged friends safe. What is Xylitol?

Xylitol is a sugar alcohol commonly used as a sugar substitute in various products such as sugar-free gum, candies, baked goods, and even some peanut butter brands. For humans, it's considered a safe and beneficial alternative to sugar, as it has fewer calories and doesn't cause the same spike in blood sugar levels. However, for dogs, xylitol can be a silent killer.

The Dangers of Xylitol for Dogs

When dogs ingest xylitol, it triggers a rapid release of insulin from the pancreas, causing a severe drop in blood sugar levels, known as hypoglycemia. This can happen within 30 minutes to an hour after ingestion. Symptoms of xylitol poisoning in dogs include vomiting, loss of coordination, seizures, and in severe cases, coma. Left untreated, xylitol poisoning can be fatal.

Parkland resident Renee Porter's dog Ace grabbed a package of Mentos gum that was on the car dashboard. She told me, "Ace swallowed a large quantity, and it only took a couple of hours for his liver to start failing. Luckily, I knew the danger of Xylitol and knew that getting immediate treatment was his key to survival. Ace is fully recovered due the vet inducing vomiting until his stomach was empty and prescribing a liver recovery medication."

The effects of xylitol are not dose-dependent, meaning that even a small amount of this sugar substitute can be toxic to dogs. It's essential to be vigilant about products containing xylitol and keep them out of your dog's reach.

Common Sources of Xylitol

Xylitol can be found in many household items, some of which might surprise dog owners. Here are some common sources of xylitol:

- Sugar-Free Gum and Candies: These products

often contain high levels of xylitol. Dogs can quickly grab a piece of gum or a candy left unattended, putting them at risk.

- Some sugar-free cookies, muffins, and other baked goods can contain xylitol. Be cautious when sharing human treats with your dog.
- Peanut Butter: While many peanut butter brands are safe for dogs, some sugar-free varieties contain xylitol. Always check the label.
- Toothpaste and Mouthwash: Dental hygiene products designed for humans can be hazardous if ingested by dogs. Make sure to store them securely.
- Certain Medications: Some liquid medications, especially those used for children, might contain xylitol as a sweetener. Check with your vet to ensure any prescribed medications are safe for your dog.

Here are some steps you can take to protect your furry friend:

- Read Labels: Carefully read product labels, especially on sugar-free and diet products. Look out for xylitol in the ingredients list.
- Keep Products Secure: Store xylitol-containing items out of your dog's reach. Dogs are known for their curiosity, and they may explore areas they shouldn't.
- Educate Family and Friends: Inform everyone in your household about the dangers of xylitol and the importance of keeping it away from your dog.

If you suspect or know that your dog has ingested xylitol, don't wait. Contact your veterinarian or an emergency pet clinic immediately. The faster your dog receives treatment, the better their chances of recovery.

Xylitol is a hidden danger that every dog owner should be aware of. While it's safe for human consumption, it's a lethal threat to our canine companions. Vigilance, education, and responsible pet care are the keys to keeping our dogs safe from xylitol poisoning. By understanding the risks and taking proactive steps, we can ensure that our beloved pets continue to be a part of our lives for years to come.





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