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December 2023



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See article on page 3.

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COMPASS

*Wishing Everyone a
Joyous Holiday Season!*



I am so grateful to be a trusted realtor in the Coral Springs/Parkland area for 30 years and to have the opportunity to write this article for the Spectator Magazine on behalf of all of us at the Bill Sohl Luxury Homes Team.

As a leader in the luxury homes real estate market, the Bill Sohl Luxury Homes Team knows selling high-end listings and representing their owners require a very specific set of skills only acquired through years of experience and a “best in the industry” marketing system. As a result, we are always striving to find ways to better represent our customers by increasing the exposure of our listings and simplifying the selling process.

An example of our commitment to our sellers is our partnership with Compass Realty. Compass gives us access to the smartest tools built by the brightest minds across engineering, design, marketing and strategy. A combination of technology, best-in-class marketing and an advanced international network helps us ensure a home is in front of the right people at the right time. Backed by a data-driven strategy, Compass listings spend less time on the market than the industry average. Fewer days on the market means more value for our sellers.

As mentioned above, we create beautiful and effective marketing materials that are distributed throughout the world and in all languages. The Bill Sohl Luxury Homes Team's marketing plan is aggressive and targeted. Our listings appear in national and international publications such as Wall Street Journal, Robb Report, Mansion Global and more. In addition to our own marketing plan, we are supported by a team made up of marketing professionals who gained their experience from top worldwide brands such as Conde Nast, Bloomberg, Pixar, and L'Oréal, through our association with Compass.

Selling luxurious homes is not simply about marketing and exposure, it requires a solution based mindset accompanied with a high level of knowledge and an innovative support system. To illustrate our ability to remove obstacles in obtaining the best and highest price for our

sellers, let's consider the insurance dilemma. Many of us are painfully aware of how the age of a roof is impacting the availability and cost of homeowners insurance. Consequently, the age of a home's roof is currently playing a huge role on how quick a home sells and its final sale price. One way we are countering the negative impact is through our exclusive concierge program. Compass Concierge provides interest-free money upfront for services to improve the value of a home. Upon receiving the needed funds, a seller then pays Compass back once the home sells, when the listing agreement ends or when 12 months passes. This program is not just for roof replacement, our sellers can use the money for a wide range of repairs, updates, upgrades and other services.

In summary, our global reach paired with the technology Compass provides allows us to attract buyers from every corner of the globe and enables us to solve some of real estate's most complex challenges. This partnership is the future of real estate.

As always, feel free to contact me at 954-655-5097 with your real estate questions or needs.

***Happy Holidays,
Bill Sohl***



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Publishers, Shellie & Scott Farrugia

It's All About

Winter Wishes

What a special time of year! With Holiday memories to create, families are considering their favorite traditions, and the 2023 Holiday Season is FINALLY HERE! So much has changed ...let's look forward to new beginnings!

To repeat our tradition for the ninth year, please consider doing a drive-through Pay it Forward at least once this month. If you're going anyhow, why not take a moment to make someone else's day brighter? The Holidays are the perfect time to truly make a difference for someone who may be stressed over the whole "rush rush" of this time of year. So when you've arrived at the window to pay for your order, tell the cashier you'd like to pay for the car behind you and to please tell them you're wishing them the best for the Holidays! (or insert your favorite comment here...an invite to your church, an invite to 'Pay it Forward' to another unsuspecting person or a wish for them to Have a Great Day). We personally "Triple Dog Dare" you!

And after you've made a difference for a few people you may never meet or get to know, always remember to tell the people you cherish just how important they are to you. You might think it's not necessary, but your kind word can make all of the difference between a bad day and a good one.

Our prayer is for every family touched by the Spectator and every home in between. God bless you and our troops,

Shellie & Scott

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On the cover: Bill Sohl Luxury Homes Team.
Back row(LR) Fabiana Heath, Nicole Smeltzer,
Bill Sohl, Sharon Rizzo. Sitting: Shelbie Seys,
Zach Morgan. Not pictured, Valerie Drushella

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Community!

The American Holiday Experience

By Ashley Ferraro

As the holiday season begins, it brings a blend of traditions that symbolize the diversity of America. People from various backgrounds come together in every corner of the country, including right here in Parkland and Coral Springs, to celebrate and create a collection of festivities that reflect the unique character of our multicultural society.

In the United States, unlike some other parts of the world, the holidays are not limited to a single set of customs. From Hanukkah candles to Christmas trees, Diwali lights to Kwanzaa kinara, and much more, our shared celebrations showcase the inclusive spirit that defines this time of year. November and December truly highlight our country's "melting pot" origins more than any other time.

Despite having different traditions, beliefs, texts, and symbols, many of our winter holidays have a lot in common. The holiday dinner table, for example, is at the heart of many celebrations. It serves as a universal language of inclusion, infused with diverse culinary dishes. From latkes to gingerbread cookies, tamales to roast turkey, each dish represents the varied backgrounds that contribute to the American holiday experience. Even a visit to Publix store exposes us to various holiday dishes and traditions, some unfamiliar.

Almost as important as feasting is holiday decor to Americans. People from all cultural backgrounds regard their festive decorations with great importance. As early as September, we flock to stores like Home Goods, Walmart, and Home Depot to prepare for the forthcoming holiday season. Putting up festive adornments with our families is a cherished tradition, and we also enjoy admiring our neighbors' homes, regardless of the holiday they are celebrating.

Finally, family and friends play a central role in all of our unique celebrations. Regardless of the holiday or the reason for celebrating, the holidays are a time when loved ones come together to create lasting memories. These shared experiences are what truly illuminate the season. Whether it's the laughter of children exchanging gifts, twinkling lights and dazzling fireworks displays, or big family dinners with grandma's cooking, these memories are what we will cherish for years to come.

The holidays in America are like a potluck dinner - a mixture of traditions where we all bring something to the table that represents our taste. We try different foods and learn new things from the people around us.

However, if there's one undeniable holiday experience we can all relate to, it's that of a Floridian. Us Floridians, we're living in our own little world this holiday season. Forget about snow shoveling and snowman building; we are enjoying our pools, playing in the sand, and soaking up the sun all December long.

So, while the rest of the country may be dreaming of a white Christmas, we Floridians are living our own tropical holiday dream. Who really needs mistletoe when you've got coconuts hanging from the palm trees?



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Meet The

Seys Family



This family makes overachievers look lazy! Shelbie and Darren are an accomplished power couple with three beautiful children, Von, 16, Vail, 15, and Vance, 10.

Darren has owned Peak Seven Advertising since 1999 out of Boca Raton, a creative digital ad agency that's won hundreds of awards for their creative work. From Logo design, to website and app development, Peak Seven focuses on the residential home builders, yachting industry and Business to Business.

Shelbie Seys specializes in luxury family lifestyles, and is part of the top-rated and top-selling teams in Parkland - The Bill Sohl Luxury Homes Team. She brings a unique background of experience and training to Real Estate and shares the same commitment to excellence her team is known for. Her experience as a marketing and advertising executive and former television reporter for Fox News in Fort Myers/Naples refined her attention to detail and effective communication as her top priorities.

Von attends MSD high school, has been playing ice hockey for 11 years, most of which has been travel hockey that has allowed him to travel to many states. He played for the Jr. Panthers for 6 years. Last year he joined the Florida Fury Hockey Team out of Lighthouse Point and helped win a state championship with his winning goal. He continues to play for the Fury this year. Winning the Silver Sticks tournament at the Coral Springs Ice Den last month allows him and his team to travel to Toronto, Canada in January for another tournament against Canadian teams.

Vail also attends Douglas high school and is a huge movie buff. She loves scary movies and anything Taylor Swift. When she's not TikTocking or watching movies, she's usually seen riding her electric skateboard around the neighborhood. Like her brother, she is a die-hard Panther fan. "I try to go to as many games as possible. My favorite player is Ryan Lomberg. I'm probably his biggest fan. For my birthday in October, I got the greatest gift – I got to meet Ryan Lomberg and he signed my jersey!"

Vance attends classes at Riverglades elementary, and absolutely loves football. After joining the Parkland Rangers last year and winning the Gold Coast Divisional Championships, he knew football was his sport. "When I'm not playing defense, I love playing center. I get to line up the offense and snap the ball. I'm really good at the long snaps," Vance tells us.

Darren's been playing recreational adult basketball for 20 years. He's also a distance bike rider on the levee in the Everglades behind Parkland Bay.

The Sey family enjoys visiting Colorado. Shelbie tells us, "We usually go for the GoPro Summer games and then in the Winter for skiing and snowmobiling. We've always wanted to go on a safari so we're looking forward to traveling to South Africa this summer for that adventure."

After more than 20 years, it's no wonder that the Seys love where they live. Darren says, "There's no better place in South Florida to raise your kids than Parkland. I love that it's large enough to visit different parks in the city, but small enough to still feel like a close-knit community. Because it's mostly residential, there's a family-feel wherever you go."

The Seys attend services at Church by the Glades.

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Embark on a journey of educational excellence at North Broward Prep's Lower School!

Our commitment to fostering lifelong learners begins with a unique and enriching environment. Guided by world-class educators, who believe in hands-on learning, your child is destined to soar to new heights in a setting that goes beyond traditional education - creating lessons that are not just educational but also relevant to their lives.

At the heart of everything, we cultivate a safe and caring environment where every student is not just embraced but celebrated. With a futuristic approach, we instill early global awareness, with over forty countries represented on our campus, embracing each child's unique talents and interests.

Starting in Lower School, our students embark on a cultural and linguistic journey as they learn Mandarin and play violin simultaneously. This revolutionary approach to music instruction not only ignites academic and musical success; but also develops lifelong critical and creative thinkers. The introduction of Mandarin and violin enhances fine motor skills, language comprehension, and cognitive skills like attention, working memory, and self-regulation.

As your child develops and grows, we introduce thinking maps based on research from Harvard University's Project Zero, fostering metacognition and organizing thinking visually. Our core teaching strategy involves making learning visible through design-based projects and encouraging exploration of diverse problem-solving approaches.

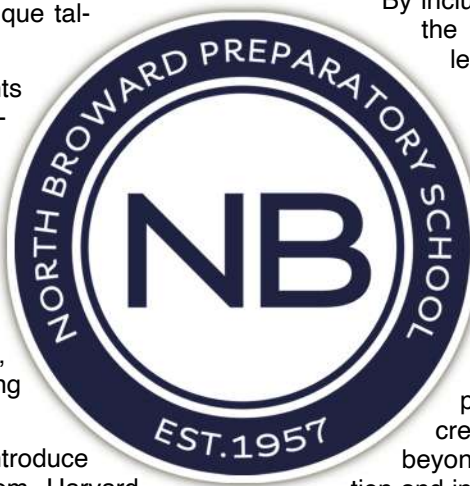
Our STEAM (Science, Technology, Engineering, Arts, and Mathematics) approach is reinforced in classroom concepts by connecting students with MIT (Massachusetts Institute of Technology) Professors, through our collaboration with Nord Anglia Education, the world's leading premium school's organization. North Broward Prep is a part of a global family of over eighty international private schools. Through MIT challenges, the students create, use critical thinking, and

collaborate with their peers to find a solution to a local, national, and international problems.

Various kinds of music and the arts are introduced at an early age - this empowers students to become bold creators, deeply engage with the arts, and understand the importance of creative problem-solving with our collaboration with The Julliard School. Lower School students can participate in musicals and private lessons after school, too.

By including the arts in our science curriculum, the students develop their motor skills by learning to code, incorporating high-level technology as an Apple Distinguished School. Lower School students collaborate with Upper School students too with projects and after-school activities.

Most importantly we let children be children— nurturing play, passion, purpose, and progression. A joyful atmosphere permeates our classrooms, where happiness leads to purpose. Our world-class educators create learning experiences that extend beyond the classroom, encouraging cooperation and instilling a desire for lifelong learning.



Join us at our Open House on Tuesday, December 5 starting at 9 a.m. to 10:30 a.m. Come discover how North Broward Prep's Lower School is not just an educational institution, but a nurturing community that values the growth and development of every student. The Office of Admissions looks forward to welcoming your family and students to campus for the start of their educational journey. Consider North Broward Prep as your school home. We pride ourselves for giving every student a community to soar high, like an Eagle!

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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For more info. call Coral Springs American Little League at (954) 369-4813
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REGISTER NOW for Coral Springs American Little League

By Ashley Ferraro

With springtime just around the corner, Coral Springs American Little League (CSALL) is eagerly preparing for another exciting season of baseball – Spring Ball! For over 50 years, CSALL has been a source of local pride, deeply rooted in our community. With their commitment to touching lives, nurturing young talents, and making history year after year, CSALL is held near and dear to the hearts of many.

However, CSALL believes that baseball is much more than just a game. Michelle Richard, CSALL's Sponsorship Coordinator, who has been involved with the organization for over six years as both a parent and a volunteer, emphasizes the value of the league in youth development. She states, "It teaches children important life lessons, such as how to succeed, handle failure, take direction from authority, stay active, and build lifelong friendships. For adults, it's an opportunity to give back to the community and connect with other parents."

At the core of CSALL's mission are values such as leadership, character, courage, loyalty, and teamwork. By instilling these values in players, the organization aims to develop well-rounded individuals who will not only excel on the baseball field but also in their personal and future professional lives. The goal is to create a positive and supportive environment where players can learn, grow, and thrive both as athletes and as individuals.

Registration for the upcoming spring season is now open and will continue until January 7th. Following registration, players will take part in evaluations and practices throughout February, leading up to the start of games on March 16th. The season will run until May 18th.

CSALL's Tee Ball program serves as an introductory platform for budding athletes aged four to six, focusing on developing fundamental skills in the sport. The Tee Ball season will follow the same timeline as the regular program.

Practice times vary depending on age groups. Tee Ball and 8U teams will practice at 5:30 pm during the week and Saturdays, while U11 and older teams will practice at 7:30 pm during the week and Saturdays. All practices and games will be held at Mullins Park.

CSALL welcomes Coral Springs residents aged 4-16 who reside south of Wiles Road. Boys and girls alike are invited to join the league, fostering camaraderie, forging new friendships, and embarking on what could become a lifelong passion for the game of baseball.

In addition, CSALL is actively seeking volunteers and coaches for the upcoming season. Parents are encouraged to volunteer as coaches or fill other essential roles within the organization. Michelle also mentions that CSALL offers an excellent volunteer opportunity for high school students looking to fulfill their service hours. Depending on the organization's specific needs and other factors, high school-aged volunteers may serve in various capacities, all while remaining closely connected to the game of baseball.

To register your child for the 2024 Spring Ball season, please visit Coral Springs American Little League's website, www.csall.com. For any further inquiries, please reach out to coralspringsamerican@gmail.com or call 954-369-4813. See ad on opposite page.

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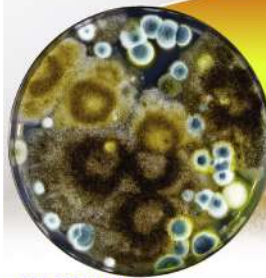
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Peripheral Neuropathy:

When A Lack Of Pain Is The Actual Problem

By Ashley Ferraro



Peripheral Neuropathy, usually affects individuals with diabetes or those undergoing cancer treatment. The term refers to nerve damage. Symptoms include numbness, tingling pins and needles, muscle weakness and more. Sometimes patients can even suffer severe pain in the affected area. Pain has a purpose. Not feeling pain is actually a very serious medical problem.

Sometimes the problem is a lack of pain or much sensation at all. "The vast majority of patients don't have pain. They have numbness; they can't feel the ground under their feet. They are very afraid of falling. Over 50% of falls in older Americans are fatal", says Dr. Rozenblum at Genesis Physical Medicine.

Treating an invisible and painless condition is not easy. After seeing their doctor or neurologist, patients don't know what to do next. Allowing this degenerative condition to go untreated is not good. It can even lead to amputation. Most physicians are not equipped to do modern testing.

Genesis Physical Medicine has a proven treatment plan for individuals suffering from neuropathy. The first step is to conduct adequate testing. Sharp touch, vibration, cold or warm temperature sensations are all important. They all should be normal. That's why many patients schedule a nerve damage screening. However, not everyone is a good candidate for care.

"We use a thermography camera to measure the temperature of an area," says Dr. Rozenblum. Our nerves and blood vessels control the temperature of our hands and feet. This allows us to see how things are working, or not.



Those experiencing a cold feeling in their limbs can finally see proof. The images coincide with numbness and other abnormal sensations. Genesis also utilizes a nerve device to quantify how much loss of sensation.

Their approach assesses the nerve where it begins and

where it ends. For some people, the problem may be coming from the spine. Patients may have symptoms in the feet or the hands. In some cases even in both. Dr. Rozenblum determines whether the patient is a good candidate. They only accept cases that will respond well to treatment.

The innovative program consists of non-invasive therapies, moving beyond ineffective drugs. Patients schedule in-office treatment. They supplement with at-home therapy. Patients receive special equipment, special creams, and nutritional guidance are all included.

"People can start to experience results within weeks," mentions Dr. Rozenblum.

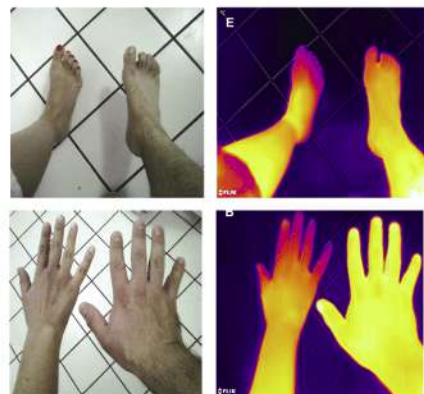
So what does success look like? Success is stopping the progression of the problem. Then restoring normal sensation and improving circulation. The target is at least 50% improvement. Out of those who pursue treatment at Genesis, an astonishing 85% find such success.

"The goal is to give them tools so they can combat the effects of this terrible condition". By providing equipment to use daily, allows for the best possible outcome. All from the comfort and safety of their own home. Benefiting patients for years to come.

Peripheral Neuropathy can be challenging to treat and does not have a known cure. For most patients, this is the only treatment option they have. Other than drugs, which tend to be ineffective, there are no other options.

Anyone suffering from numbness, tingling or burning pain should schedule a Nerve Damage Screening. This screening is not covered by Medicare or insurance. So Genesis is offering it completely free of charge through the end of 2023.

Visit genesisphysicalmedicine.com or call (954) 977-0888 to schedule your screening.



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Can Your Body Heal Itself? Orthobiologics May be the Answer!

By Dr. Brandon C. Maisel

In today's world of medicine, we have various new treatment options for patients. In orthopedics specifically, majority of ailments we see are attributed to joint or muscle pain. In general, non-operative treatment options may include, but not limited to, physical therapy, home exercise programs, anti-inflammatory medication and cortisone (steroid) injections. However, is there another way we can help treat your musculoskeletal pain?

Orthobiologics is a form of therapy which harnesses the power of the body to promote healing. This form of therapy aims to treat ailments such as "tennis" elbow, knee/hip osteoarthritis and rotator cuff injuries, just to name a few. So, what exactly is an "orthobiologic" treatment and where does it come from? Our bodies normally use our own cells and tissues to stimulate a healing process. Therefore, we are able to now extract those cells via your blood, bone marrow, fat (yes, I said fat) and inject such cells into your problem area. The specific cells we are isolating are called "medicinal signal cells." These cells once injected into the problem area begin to attract growth factors that induce healing.

Here at Gelb Sports Medicine and Orthopaedic Center we first begin with a thorough assessment to diagnose your specific problem. This will include x-ray imaging, diagnostic ultrasound and magnetic resonance imaging if required. Once, we diagnose the problem, we will discuss treatment options to help you get back to performing your favorite activities pain free. If we decide that orthobiologic treatment is the right option, you may be able to get the procedure done during the same office visit. Dr. Brandon Maisel performs all injections under ultrasound guidance to ensure treatment is placed safely and correctly into your problem area. Again, orthobiologics allows us to use your own bodies healing power, potentially delaying or even avoiding surgery all together.

Book an appointment today at Gelb Sports Medicine and Orthopaedic Center to learn more about orthobiologic therapy to treat your musculoskeletal problems!

BRANDON C. MAISEL, D.O.

Board certified by the American Board of Physical Medicine and Rehabilitation

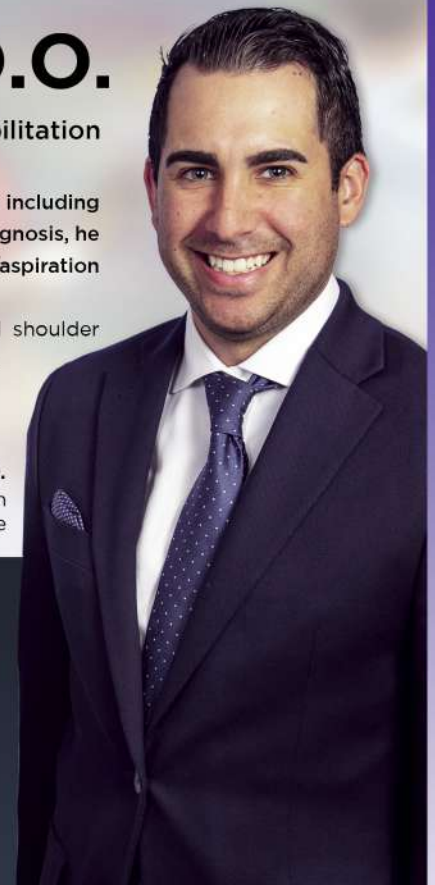
Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries. To further assist him in treatment and diagnosis, he utilizes musculoskeletal sonography and performs ultrasound-guided injections. Injections/aspiration 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
Fellowship Trained in Sports Medicine



“ 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

Coral Springs

Baseball & Tee Ball

CORAL SPRINGS AMERICAN LITTLE LEAGUE
 For more info, visit www.csall.com, or call (954) 369-4813. coralspringsamerican@gmail.com
 See ad and article on pages 10-11.

WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info, visit www.csall.com, or call (954) 369-4813. coralspringsamerican@gmail.com

CHALLENGER BASEBALL LEAGUE

Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

NORTH SPRINGS LITTLE LEAGUE

For more info go to www.northspringsll.com

Basketball

CORAL SPRINGS BASKETBALL

Year round play check for sign up dates. www.CSBCHOOPS.com or call (954) 360-1200 or Barry Popock (954) 599-6660

CORAL SPRINGS WOMEN'S 18+ BASKETBALL LEAGUE

Call or Text 954-501-4985 to Register and more info. Instagram [csbc_femalehoops](https://www.instagram.com/csbc_femalehoops)

Flag Football & Cheerleading

CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG

ULTIMATE FLAG FOOTBALL

For more info, see www.UltimateFlagFootball.org

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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

Ice Skating & Hockey

FLORIDA PANTHERS ICEDEN

The triple rink known formerly known as Saveology has programs all year long! www.PanthersDen.com or call (954)341-9956.

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com
 See ad below.

BUZZARDS MEN'S LACROSSE CLUB

For more info contact Mike at 954-540-8970 or visit www.buzzardslacrosse.org

Running

NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide

support for runners of all ages, levels and abilities.

For more info, go to www.nwbrrc.com or email jaygee725@gmail.com

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.

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 on page 19.

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.



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CYPRESS WATER PARK

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

For more information see AquaticComplex.com

Private Schools & Camps

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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 pages 8-9.

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 22.

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.challengerbaseballofbroward.com

THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org 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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Springs Soccer Club Coral Springs, FL

Parkland Connections

Parkland Little League

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

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
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 pages 8-9.

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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 22.

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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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Parkland Flag Football: Our City's Fastest Growing Legacy



By Ashley Ferraro

Parkland Flag Football recently concluded another historic season with its beloved Friday night Super Bowl extravaganza. This event allowed the top teams to participate in one final face-off and awarded four Drew Wiener Memorial Scholarships, honoring the late coach.

"It's always important to us to keep Drew's memory alive," said Parkland Flag Football President Todd Link. "So, it's always an honor to award the scholarships to those kids." The organization awarded four scholarships of \$1,000 each to deserving high school seniors to wrap up a phenomenal season. Now, Parkland Flag Football is already looking ahead to its 2024 leagues and expecting an even bigger turnout than ever before.

The 2023 season witnessed an impressive participation of over 1,200 kids across various age groups, making it the largest league to date. Todd highlights the dedication and perseverance of the board members who worked tirelessly to ensure a successful season despite the typical weather-related obstacles experienced in the late summer months. "Every board member deserves to be recognized," he said.

One notable addition to this season was the introduction of inter-conference play in response to the league's significant growth. Todd explained that splitting larger age groups into conferences allowed for a more manageable and competitive experience. The league even went a step further by awarding championship rings, adding an extra layer of excitement to the competition.

Another significant development in the organization's recent history is the remarkable growth of the girls'

divisions within Parkland Flag Football. Year after year, the organization sees record-breaking participation of young girls. Todd, who has a twelve-year-old daughter that started playing when she was six (and when there were only four girls' teams), notes a remarkable turnout of just over 400 girls in this year's league. "That's the most amazing thing to me," he added.

Earlier this year, the Atlantic East Conference announced plans to be the first NCAA Conference to offer varsity flag football for women, with an anticipated start date of Spring 2025. Similarly, the 2028 Olympic Games in Los Angeles will include flag football for both men and women for the first time, signaling a bright future for flag football players and fans alike.

While Parkland Flag Football is preparing for its regular 2024 season, it will also be introducing an NFL FLAG league starting on January 12 and running through March 8. The new league will feature a five-on-five format, involve no evaluations or drafts, and is

a great way for players to stay involved between regular seasons.

The brand new NFL FLAG league is being colloquially called "Friday Night Lights" since games will take place exclusively on Friday nights, ensuring they don't interfere with other rec sports seasons happening at the same time, such as basketball and soccer. Spaces are limited, so interested participants should register as soon as possible.

To learn more or register for the upcoming season, visit www.parklandflag.com.



GRAND OPENING

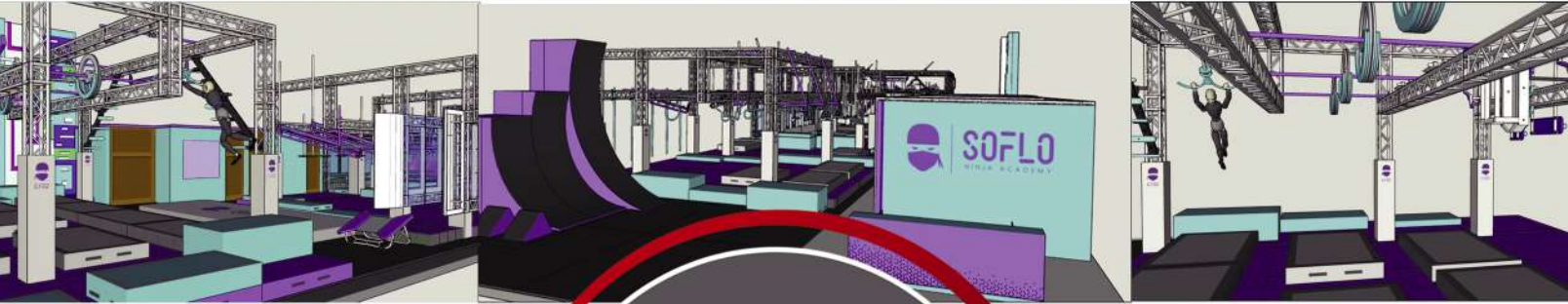
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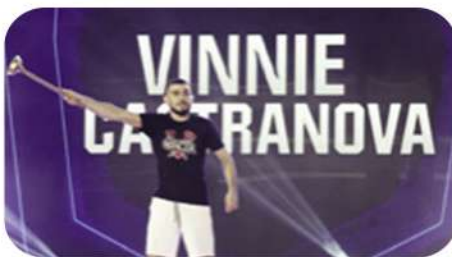
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CONVIVA

Avoid the Holiday Blues with Activity and Social Interaction

By Francisco Javier Maldonado-Díaz, M.D., Conviva Pembroke North University

For many, being lonely is not something that occurs just during the holidays. As a physician that specializes in geriatric care, I find that loneliness is part of a complex problem. It's not just a holiday problem, but it's a condition associated with multiple other things such as dementia, depression, a lack of mobility, and poor family support. These issues can eventually become overwhelming and increase the risk of morbidity.

Seniors don't corner the market on loneliness; it can happen to a person at any age. However, with age it is increasingly important that the family be aware of the needs of their senior member and have someone close to them they can relate to and share their thoughts. To that end, video calls have proven to increase many a senior's sense of worth, while others find comfort with animal therapy. Reading is also very important, as it keeps the mind active, improves memory, and increases the boundaries of one's imagination.

Tips For a Healthy Holiday

The Centers for Disease Control says it's important to understand the needs of seniors. One of the first criteria is activity level—especially during the holidays. It's a time when most people tend to add extra pounds, and for seniors, moderation is key. We all have traditional foods during the holiday season we like to eat, but maybe you could help your senior loved one with intake control and make vegetables and fruits a part of their daily diet. This helps keep their weight manageable and reduces risks of hypertension and heart disease. A great source of activity is walking indoors at a local mall or taking a daily jaunt out-

doors early in the morning before the heat intensifies. In terms of activity, caregivers should know everything they can about their patient and encourage them to be mobile, stay healthy, and enjoy the little moments.

The most important thing in fighting loneliness is staying active. Conviva provides seniors with wellness centers where they can participate in numerous activities and engage with others with similar needs. It has been proven that the more social seniors are, the more they decrease the chances of mortality.



Warning Signs of Depression

A preference to remain isolated rather than interacting with others, even family, is often a warning sign of depression. Other signs include weight gain or loss, fatigue, and a lack of sleep or sleeping too much. Fatigue and a lack of ambition are observable signs as to the state of mind of seniors who insist on remaining alone rather than enjoying activities they once enjoyed.

I encourage seniors to get their vaccinations, so they can be comfortable being among others during the holidays. When fully vaccinated, the more physical activity they engage in, the better seniors will be able to have a fulfilling holiday season.

Seniors are encouraged to consult their doctors if they have questions or concerns about their physical or mental well-being.

For more information, or to make an appointment with Dr. Maldonado-Díaz, call 954-420-8479.

ABOUT DR. MALDONADO-DIAZ

Dr. Francisco Javier Maldonado-Díaz is a family and geriatric medicine specialist. He gained a Fellowship in geriatric medicine at Cleveland Clinic-Weston, FL, and was named chief resident of family medicine at Mayaguez Medical Center in Mayaguez, Puerto Rico. Dr. Maldonado-Díaz earned his medical degree from the UAG School of Medicine at Guadalajara, and placed among the top 10 in his class. He achieved a B.S. degree in human biology from the University of Puerto Rico. Dr. Maldonado-Díaz also moderated the 65th annual Congress of the Puerto Rico Academy of Family Physicians, and has presented research at various scientific conferences. His goal is to improve patient quality of life and to serve the community. He was a volunteer member of a medical team that provided care for people affected by Hurricane Maria and the earthquake in Puerto Rico.

ABOUT CONVIVA

Conviva is part of CenterWell, a leading health care services business focused on creating integrated and differentiated experiences that put our patients at the center of everything we do. The result is high quality health care that is accessible, comprehensive, and, most of all, personalized. As the largest provider of senior-focused primary care, one of the leading providers of home health care, and a leading integrated home delivery, specialty, hospice, and retail pharmacy, CenterWell is focused on whole health and addressing the physical, emotional and social wellness of our patients. CenterWell and Conviva are part of Humana Inc. (NYSE: HUM). Learn more about what we offer at CenterWell.com and ConvivaCareCenters.com.

Six Steps to Managing TRANSITIONS

By Shellie Miller

For my family and many others, this time of year is a great time to celebrate, but also a period of reflection and planning for the future. Often times, we seek positive changes, but are unsure, or have lost confidence regarding tomorrow's direction. It's not unusual to face change with a little bit of trepidation, but with the right people around you, and a confident attitude, you can achieve practically anything!

Why is it that you often are overwhelmed by fear and anxiety as you face yet another transition in your life? The answer may lie in how you feel about change. Typically I hear people talk about transitions as a negative experience as they are leaving their state of normal and moving into the unknown. Their fear of an uncertain outcome often chains them to the past.

What if the new destination, job, relationship, or challenge is the doorway to a new, more improved you? Would you look at that kind of opportunity as negative? My bet is that you would see this transition with great anticipation, eager for what new things will be revealed to you.

Take the transition/situation you are in today and apply these six steps to it. Give yourself the time and opportunity to make this transition one that will forever change how you perceive challenges.

- 1. Define the transition** you are going through on paper. Decide what your goal is, then focus in on your goal and build a game plan to achieve it.
- 2. Don't be afraid** to say no to commitments that will take your focus off your goal (one way to honor and respect yourself).
- 3. Tell a friend**, colleague or coach your goal, asking them to help you stay on track (accountability).
- 4. Maintain balance** in your life. Any goal you have should not require you to sacrifice the most important things (your overall health and your family) Balance...
- 5. Expect the unexpected.** Don't be surprised with the events and situations that pop up and seem to deter you from your goal. Have a plan for how you will deal with and overcome the curve balls that life will ALWAYS throw at you.
- 6. Always end your day with an evaluation** of how you did. Don't be overwhelmed with the mistakes you made, but examine the mistake and determine what you WILL do differently next time to ensure you don't allow yourself to be sidetracked.

To live a life that embodies peace and happiness, simple proactive techniques will allow you to end your day quietly and truly recharge your battery for the next day.

"A person can change his future by merely changing his attitude." Earl Nightingale

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BROWARD COUNTY FLORIDA



PEACE

Broward County is the Place to Be!

By Michael Udine, County Commissioner for District 3

Are you looking for holiday festivities throughout District 3? From parades to tree lightings, and even events

for man's best friend like Paws and Claus in Tamarac, you have many options to make great family memories! Our Broward County Libraries offer many holiday events and workshops, including craft classes for those who would like to gift something handmade this holiday season. For another great tradition, be sure to check out the Holiday Fantasy of Lights at Tradewinds Park! This annual display allows you to drive through and be immersed in a South Florida winter wonderland. All the details for these great events can be found at broward.org or your local city's web page.

Whether you are staying home, flying to family across the country or world, or just taking some well-deserved time off, Broward County is here to help. The Fort Lauderdale-Hollywood International Airport has an abundance of flight options this season, or if you prefer the open seas, check out cruise opportunities at Port Everglades. The amenities at FLL are expanding as well. In November we cut the ribbon for the brand-new Bonefish Grill location in Terminal 3! This upgrade is in addition to many other eateries and bars throughout the airport. Wherever your travels take you, I hope you have a great trip!

Speaking of our Greater Fort Lauderdale Convention and Visitors Bureau, you may have noticed something on the most recent Florida Panthers game broadcast. In October the County Commission approved an agreement between the CVB and the Florida Panthers

to put a helmet sticker on the teams' helmets for the entire season. Not only is this great advertising, but every time another team watches our Florida Panthers take to the ice and march towards a Stanley Cup, they will also see our communities branding. Go Panthers!

In November I was proud to present a check for \$10,000 from my Fiscal Year 2023 office budget to Big Brothers Big Sisters of Broward County. This one-time contribution will help to fund programming for children in our community that need a mentor in their life. Kids involved with the organization are less likely to skip school, perform better on schoolwork, and are more likely to meet their goals by having a great support system that they may not have access to already. I am proud to support this great organization and look forward to seeing the expanded programs in Broward County.

Finally, my family and I would like to wish everyone who celebrates a Merry Christmas, Happy Hanukkah, and Happy Kwanzaa. No matter which holiday you celebrate I hope you enjoy a nice break, and time with those you care about. See you in the New Year!

The top priority in my office is that we stay in contact with the residents of District 3 and Broward County. We are available by phone, email, and social media. Reach me at MUdine@Broward.org or at my office at (954) 357-7003. In addition, we are available to meet by appointment at Coral Springs City Hall. On social media you can find me at [Facebook.com/CommissionerMichaelUdine](https://www.facebook.com/CommissionerMichaelUdine) and [@MichaelUdine](https://twitter.com/MichaelUdine) on X or Instagram to receive important updates and see what is happening in our community. Let's connect!

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2. Internet service provider and/or message data rates may apply.

3. Please consult your tax advisor about the deductibility of interest.

4. Estimated closing costs range from \$450 to \$3,693, which includes, but not limited to, appraisal, flood determination and settlement fees. Additional fees may apply and vary based on collateral location and loan amount.

• 6.49% APR will be fixed for the first 12 months (introductory period). After the introductory period, the interest rate will be variable and based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

• 8.25% APR is variable, includes a .50% margin and subject to change based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

• 7.00% APR is a fixed rate for 60 month term. Maximum term available 120 Months (35 month maturity option available in the state of Georgia). APR quoted is accurate as of March 6, 2023 and is subject to change at any time. Interest only payments with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

5. We may pay some or all of the third party fees you must pay in connection with opening this Credit Line (collectively "Closing Costs") based on creditworthiness, the amount and term of the Credit Line, and the property location. Closing costs vary by state. In Georgia, for Credit Lines of \$250,000 or less with a 35 month term, we will pay all Closing Costs; otherwise, we will pay Closing Costs up to \$750. For Credit Lines of \$250,000 or less in AL, FL, NC, SC and VA, we will pay all Closing Costs. However, for all Credit Lines of \$250,000 or less, if the appraisal cost exceeds \$160, you are responsible for paying all amounts over \$160 for the appraisal. For Credit Lines greater than \$250,000, we will pay Closing Costs up to \$1,800 in Florida, up to \$1,300 in Virginia, up to \$800 in Alabama, and up to \$750 in Georgia, North Carolina and South Carolina. Should you close your Credit Line within 30 months from the anniversary date of the Credit Line closing, you must reimburse us for all Closing Costs paid by us on your behalf. The requirement to reimburse us for any Closing Costs paid by us on your behalf shall be waived if you keep your Credit Line opened for at least 30 months. The reimbursement of Closing Costs provision does not apply to Credit Lines originated by North Carolina residents. We will not pay any amounts towards Closing Costs for any renewal, extension or refinance of the Credit Line.

Member FDIC. Equal Housing Lender.



Christmas with Calvary

at Pine Trails Park

Free Event

Saturday, December 9, 5-8pm

10555 Trails End, Parkland, FL 33076

It's the greatest time of year, so let's celebrate the Christmas season at Pine Trails Park! This free, family-friendly community event will have everything you need for a great night out. Bring your friends and family to enjoy music, games, food trucks, hot chocolate, and a Christmas message.

 calvary chapel parkland

CalvaryFTL.org/Christmas



 calvary chapel parkland

you're invited to

christmas eve at calvary

Celebrate the joy of this season at one of our special candlelight services.



Sunday, December 24

9:15am & 11:15am

CalvaryFTL.org/Christmas

Up & Coming

Holiday Fantasy of Lights- Now until January 1

For your seasonal entertainment, a drive-thru wonderland of animated light displays is on full display at Tradewinds Park. Holiday Fantasy of Lights in 2023 is 6 p.m. to 10 p.m. The event features 65 larger-than-life displays, complete with animal and 3D feature. It stretches 3.5 miles. Rates are \$26 per vehicle, with a higher cost for buses or anything transporting more than 12 people. www.holidaylightsdrivethru.com

Parkland Holiday Home Decorating Contest 2023

Apply by December 8. All Parkland Residents are welcome to sign-up for the Holiday Home Decorating Contest. Judging will begin on December 11th. Awards will be given to top places in each the following categories: - Most Lights - Most Creative Winners will be announced on December 14th at "Snowfest". Applications are due by December 8. To sign up, go to cityofparkland.org/holiday. For more info, call 954-757-4107.

Coral Springs Holiday Mile - Wednesday, December 13

Just before the annual Holiday Parade, at 6:15 PM, runners of all ages and ability can participate in the Coral Springs Holiday Mile Run along the parade route. All runners must pre register and wear a bib. Participants are encouraged to wear holiday attire. There is no cost! Don't miss the fun! For more info. See www.itzevents.com

Coral Springs Holiday Parade – Wednesday, Dec. 13

From 7 to 9 PM, come out and enjoy a great time with family, friends, and neighbors! Experience the magic of Coral Springs as local schools and organizations share their creativity and holiday spirit for the city's annual holiday parade. This year's theme, Magical Memories: A Ride Down Memory Lane, aims to evoke fond memories of holidays past and present. We are currently at capacity for parade participants. If you are interested, please email holiday-parade@coralsprings.gov to be added to a waitlist. For more info, call 954-344-1058.

City of Parkland Snowfest - Thursday, December 14

The chilly fun happens from 5 to 8 PM at the Parkland equestrian center. This event is open to Parkland residents only, and registration begins at the Parkland P rec building at 9 AM on December 1. Food trucks, snow, slides, crafts, and lots of fun will be had by everyone! Cost is \$15 per child over the age of two. For more information, call 954-757-4107.

Free entry for Margate Winter Festival – Friday, Dec. 15

South Floridians enjoy a taste of the frosty season with Winter Festivals, including some with snow. Margate Winter Festival in 2023 is 6 p.m. to 10 p.m. with free entry. Snow slides and snow piles are featured. Event venue is the fair-ground on Margate Boulevard and State Road 7. Parking is free. For further info, phone 954-972-6458



**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"> • Otoralyngology (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

CHRISTMAS

AT CHURCH BY THE GLADES

SAWGRASS CAMPUS

400 LAKEVIEW DRIVE
CORAL SPRINGS, FL 33071

DECEMBER

SATURDAY 23RD

5:30 & 7 PM

SUNDAY 24TH

10 & 11:30 AM
1, 4, 5:30 & 7 PM

church
by the
glades.com



@CBGLADES
@PASTORDHUGHES
954.755.7767

CHRISTMAS EVE

AT COASTAL COMMUNITY CHURCH

DECEMBER 24TH

PARKLAND

6800 N UNIVERSITY DRIVE - PARKLAND

10:30 AM

12 PM

2 PM

4 PM

6 PM

LIGHTHOUSE POINT

3901 NE 22ND AVE - LIGHTHOUSE POINT

1 PM

3 PM

5 PM

 **COASTAL
COMMUNITY** CHURCH



[COASTALCOMMUNITY.TV/CHRISTMAS](https://coastalcommunity.tv/christmas)