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Spectator

September 2025

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See pages 6 & 7 for details



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City of Parkland Community Page



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This Month's Digital Issue

It's All About

Hello September!

Alright, the kids are back in school, and life almost feels "back to normal." Not completely, but things are much more optimistic!

Please see the article on the facing page, and remind yourself and others that, although things may occasionally seem the same, or mundane, life is ever-changing! Enjoy every day "in the moment," because time is fleeting, and nothing tomorrow will be the same as yesterday.

Meet a beloved church that has been impacting families (especially their younger members) for decades using an exciting, creative touch that connects and speaks to every generation. Learn about a beautiful local family, neighborhood and International leagues, find a caring Doctor who is well-known by athletes and their families for his healing touch (see pgs. 18-19). Remember to mark your calendars for The Parkland Dash (pg. 15).

We are so blessed to be part of this community! Thank you for supporting our magazine and each of our advertisers!

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:
Church by the Glades
See Pages 6-7.

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Community!

Change is Certain

By Shellie Miller-Farrugia

Everything seems to be in motion. A baby who never makes a sound, the one everyone calls "perfect," doesn't stay that way forever. The same easygoing child can suddenly become full of energy and opinions, leaving parents wondering how their quiet angel turned into a small lawyer who argues bedtime like it's a Supreme Court case. Change always shows up, even when nobody's ready for it.

It happens in towns, too. When we first moved here, there wasn't a single stoplight to be found. Driving across Coral Springs felt effortless, like being handed your own personal racetrack. Now, traffic backs up at nearly every corner, and there are many stoplights just to remind you that you're not going anywhere fast. The sleepy city people once knew has grown into something busier, louder, and a lot more "please merge politely."

Family life shifts just as quickly. Not too long ago, going out to dinner once or twice a month felt like a treat, something worth putting on real pants for. Most nights were spent around the dining table, where the food wasn't fancy but at least you didn't have to tip anyone. Today, families eat out so often that some dining room tables double as storage space. ("Yes, that's where we keep the unopened mail, and no, don't look under the placemats.")

Even the way we spend time with our pets has changed. A generation ago, a dog got a leash, a walk around the block, and maybe a pat on the head. Now, there are dog parks everywhere, complete with separate areas for big and small breeds. Somewhere along the way, our pets became socialites with busier calendars than their owners.

Technology tells the same story. Once upon a time, the screech and hiss of dial-up internet was the soundtrack of patience, as everyone waited for a page to load. Today, a five-second delay in Wi-Fi feels like a personal insult. What was once a marvel is now taken for granted, another reminder of how quickly expectations change.

These changes aren't only about losing something. The quiet baby who grows into a strong-willed child may become someone determined and brave. The town that adds stoplights also adds opportunities, new coffee shops, and places to gather that didn't exist before. The shift from dining rooms to restaurants reflects how busy and full our lives have become, with schedules packed so tight that sitting down at home feels like a vacation.

What never changes is the speed of it all. One moment feels ordinary, and the next, everything is different. Babies grow, towns expand, families create new rhythms. And even though it can be dizzying, it's a reminder to pay attention to every beautiful moment; because nothing lasts forever, no matter how many leftovers you box up.



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Creative Genius



David Hughes, Lead Pastor

On Wednesday nights in Coral Springs, the sounds of music, laughter, and conversation spill across the grounds of Church by the Glades. What might be a quiet midweek evening elsewhere is anything but here. Students gather in groups, worship fills the air, and the campus feels alive with possibility. As Pastor David Hughes puts it, "The students take over the campus every Wednesday night." What began as a youth program has grown into the vibrant heartbeat of the church, drawing children and teens from across the community.

For Hughes, who has lived in Broward County since age three, the church's growth is both personal and spiritual. He began ministering at Church by the Glades in 1997, and what was once a modest congregation has grown into a thriving community known for its creativity and inclusion. Along the way, CBG has also expanded into the historic First Baptist Church of Fort Lauderdale, a place Hughes remembers from childhood. "When I was early in ministry, that was a very robust church, and they had a very dynamic pastor!" he recalls. For him, continuing ministry there is both nostalgic and inspiring.

Over the years, Church by the Glades has become known for boldness and renewal. "I've been blessed to be part of some church resurrections," Hughes says. "We were able to reach out to the younger generation in a more creative way without compromising who we are spiritually or biblically." For him, church cannot be stagnant. "It's life or death... Heaven or hell. We feel that it's right for the church to take chances, and reach people who are spiritual, but not religious. We do church for people who love the Lord, but we also do church for people who don't do church."

That mission comes alive in the church's youth and family ministries. Programs like United Nights, a recent four-night camp for 1,000 kids, keep the focus on fun and faith in equal measure. "We just had a great time on the church grounds playing games every night, having small groups, worship services, and more. We have a really great student ministry!"

The church's annual "trunk or treat" is another community favorite. "We start the celebration on the weekend before Halloween," Hughes explains. "The kids get a chance to dress up, get candy, and give families a fun, safe alternative

to trick or treating in random neighborhoods." Themes like Monsters Inc. and Disney's Haunted Mansion have turned the event into a spectacle of imagination, always pointing back to "God's creativity and His love for everyone, regardless of their current religious affiliation."

That same spirit guides their weekend services. "We have kids who DRAG their parents to church on the weekends!" David laughs. "The first thing we learn about God is that he is creative. We like to reflect that creativity. We want church to be interesting, surprising, and predictably unpredictable," Hughes says. "Jesus talked in parables about things that were relevant to his time. Kings and kingdoms, farmers and their fields, fisherman and their fish. At Church by the Glades, we traffic in parables. My job is to lead people straight to the gospel, but we do it in a way that reflects God's creativity."

That creativity shows up in unexpected ways. Recent services featured a stage transformed into a giant Monopoly board for a teaching series called Family Game Night. "People may not know where the book of Ephesians is, but they've played Monopoly before, so we make it relatable," Hughes explains.

For Hughes, ministry in South Florida is both a challenge and a joy. "I love doing ministry in this area! I love the other pastors that are leading churches! This is the best place to do ministry in the world!"

At Church by the Glades, the mission is clear: be bold, be creative, and welcome everyone into a community where faith feels alive.

To find out more about Church by the Glades please visit www.churchbytheglades.com. See ad on opposite page.



THINK CHURCH IS SUPPOSED TO BE DULL?
FIND OUT THIS FALL! MYSTERY SERIES STARTING
AT CHURCH BY THE GLADES SEPTEMBER 13TH/14TH



Meet The

Rifkin Family



The Rifkin family has made their home in Parkland, where Brad, Gaby, Ellie, and Noah enjoy the warmth of small-town connections and the vibrancy of family life. Though their roots stretch from Hollywood, Florida to Argentina, Chicago, Philadelphia, and Rochester, they have planted themselves firmly in South Florida, balancing busy careers, school, and family adventures with a sense of joy and community.

Brad grew up in Hollywood, while Gaby was born in Argentina and raised in the suburbs of Chicago. Their children, Ellie, 9, and Noah, 6, attend Riverglades Elementary. Ellie, a fourth grader, thrives in reading and has a growing passion for musical theater. She shines in piano, tennis, and singing, but the stage at Next Stop Broadway seems to be her favorite place. Noah, a first grader, loves physical education, swimming lessons, and building with LEGO bricks. He dreams of becoming a builder one day and adds plenty of energy and curiosity to the family mix.

Brad is allergic to many pets, though the kids remain persistent in their hopes for a turtle, gecko, or axolotl someday. For now, laughter around the dinner table is the family's favorite shared activity. They make it a point to sit down together every evening, using that time to connect and enjoy each other's company. They also love family movie nights, complete with blankets, popcorn, and plenty of laughter, as well as spirited rounds of Mario Kart on the Switch. Traveling together is another passion, and the children especially enjoy the fun of pools, kids' clubs, and lazy rivers when staying at hotels.

Gaby is a comprehensive ophthalmologist at Palm Beach Eye Specialists in Delray Beach and also owns Bella Vista, a boutique medical spa in Coral Springs that she launched last year. Her career reflects both her medical expertise and her artistic side, as she is equally passionate about aesthetics, painting, and writing. Brad owns CMIT Solutions of Coral Springs, a managed service provider that supports small to medium-sized businesses with IT solutions, including cybersecurity, secure AI, and data backup. His prior experience in data analytics shapes his approach to helping clients navigate technology challenges.

Both Brad and Gaby describe themselves as family-focused, grateful to live in a community where neighbors know one another, where their children can safely play outside, and friendships form naturally. As Brad puts it, "We love meeting people and making new friends. At the end of the day, we just try to be nice and treat others with respect and courtesy." Gaby adds, "Family, friends, and community mean everything to us. Over the past few years, Parkland has truly become our home – and we couldn't be happier to be raising our kids and growing our businesses right here in the community we love."



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COMPASS

By Bill Sohl

Parkland is Number One!

At the Bill Sohl Luxury Homes Team, we have the privilege of guiding Parkland buyers and sellers through every step of the real estate process with honesty, expertise, and care. Also, as a longtime Parkland resident and Realtor for almost 3 decades, I've seen firsthand why Parkland is such a special place to call home, and I'm grateful for the trust this community continues to place in me.

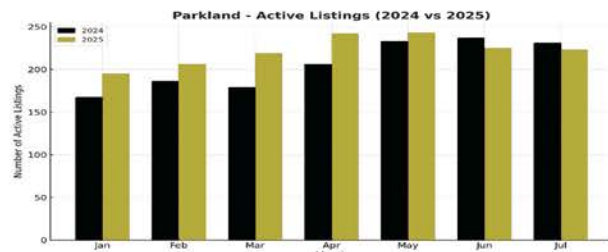
It's no surprise that Parkland continues to rank among the best places to live in Florida. As a matter of fact, U.S. News recently named Parkland the #1 City to Live in Florida. Families, professionals, retirees and more all find a welcoming home, supported by world-class services and inviting residents. Below are a few qualities that make Parkland a desirable place to call home.

- **Lifestyle:** Life in Parkland means serenity, nature, outdoor enjoyment and, neighbors who feel like family.
- **One of Florida's Safest Cities:** With very low crime rates compared to neighboring areas, residents can enjoy all of Parkland's offerings with peace of mind.
- **"Park Like" Community Design:** Parkland was intentionally designed as a "park-like" community with a small town atmosphere. It has over 9 public parks, sports fields, playgrounds, and an equestrian park for residents to enjoy.
- **Excellent Schools:** A-ranked schools are a major draw for families and a strong contributor to property value stability.
- **Beautiful Neighborhoods:** Thanks to Parkland's thoughtful zoning and landscaping, neighborhoods are beautifully maintained with a true "green city" feel, complete with tree-lined streets and inviting outdoor spaces. Many communities also feature resort-style amenities.
- **Recreation and Enjoyment for All:** The city of Parkland provides a wide range of sports leagues, programs, and classes for all ages and abilities. One of the city's most beloved programs is Parkland Buddy Sports, which offers organized athletic opportunities for children and young adults with special needs.
- **Strong Real Estate Market:** Homes in Parkland historically hold their value well, supported by the community's schools, safety, and lifestyle amenities. Purchasing a home here is not only a sound financial investment but also an investment in your overall quality of life.

Parkland Real Estate Market Update

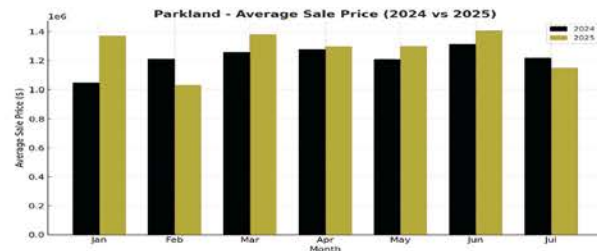
Although today's market is challenging, Parkland remains more stable than many areas in South Florida, thanks to its positive reputation. While the pace has slowed, inventory has grown, and buyers are more cautious, prices have held

somewhat firm. The graphs below (sourced from Beaches MLS) highlight Parkland's real estate activity in 2025 compared to 2024.



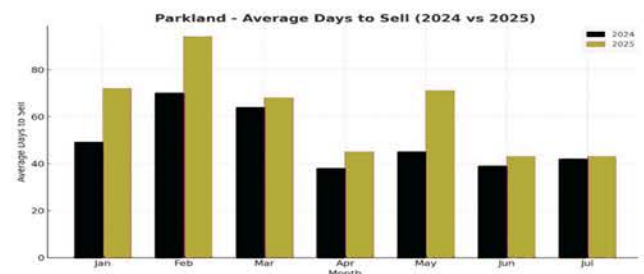
More Inventory in 2025

Active listings were higher for most of 2025 compared to 2024. Buyers have more choices.



Volatile Trends and Higher Peaks

The 2025 market has seen sharper ups and downs compared to 2024.



Lingering Listings

Although demand is still present, many homes have stayed on the market longer in 2025.

Thank you for allowing me to share what makes Parkland so special and my knowledge of its real estate market. If you're buying, selling, or simply looking to learn more about Parkland, The Bill Sohl Luxury Homes Team looks forward to sharing their knowledge and passion for Parkland with you.

Please visit www.BillSohlSellsParkland.com for more information



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WINTER BASEBALL & T-BALL

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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/csbcb_femalehoops)

Coral Springs Flag Football

CORAL SPRINGS FLAG FOOTBALL CLUB

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

Tackle Football & Cheerleading

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

Running

NORTHWEST BROWARD ROAD RUNNERS

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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

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.

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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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

Dance

DANCE THEATRE

Discover your passion for dance with convenient locations in Parkland, Heron Bay. We offer excellence in dance education with diverse range of dance classes for all ages and skill levels. For more info. call the Parkland studio at 954-427-7217 or the Coral Springs Studio at 954-340-1544. Please visit www.DanceTheatre.net.

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

Seminole Nation

Father-Daughter Program for fathers and daughters ages 5-10 serving the northern quarter of Broward County, Florida. For more info. please visit big5@seminolenation.org or email big5@seminolenation.org

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Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
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Tackle Football & Cheerleading

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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

Soccer

PARKLAND REC SOCCER
For more info, visit www.parklandsoccer.net
See ad below on page 12

PARKLAND TRAVEL SOCCER CLUB
For more info, call (754) 240-9005 visit www.parklandtravelsoccer.com or emailinfo@parklandtravelsoccer.com.
See article and ad on pages 16-17.

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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

Adult Softball

For more info. contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

Important Numbers

Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
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Lace Up for the Parkland Dash

October 12, 2025

Parkland, get ready to hit the ground running. The Parkland Dash kicks off at 7:00 a.m. on Sunday, October 12, 2025, at Pine Trails Park, 10555 Trails End. This year we're running with purpose, benefiting RUN 4 BEIGEL, a non-profit organization that honors the life and legacy of Scott J. Beigel — a beloved teacher, cross-country coach, and camp counselor.

The Parkland Dash is for everyone – runners, walkers, and spectators - with a 1-mile walk, 5K run, or 5-mile run. Expect a morning of energy, encouragement, and community spirit, as we all push toward the finish line together.



Each registered participant will receive a commemorative race T-shirt and a finisher medal (while supplies last). Awards will be given to the top three male and female finishers in both the 5K and 5-mile races, so bring your A-game or cheer on those who do.

RUN 4 BEIGEL uses proceeds to send underserved children affected by gun violence to sleepaway camp, giving them a chance to learn, grow, and just be kids.

Registration is open now at www.cityofparkland.org/dash. Lace up, sign up, and take part in a run that propels you forward while inspiring you to give back. On October 12, let's fill Pine Trails Park with determination, high-fives, and the reminder that together, Parkland runs stronger. See ad below.

The Parkland Dash

October 12, 2025

RUN 4 BEIGEL

Sunday, October 12 • 7AM
Pine Trails Park • 5K | 5 Mile | 1 Mile Fun Run

Register at www.cityofparkland.org/dash





Parkland Travel Soccer Club's Participation in FIFA's Referee Cup

By Luis A. Valente, Director of Coaching and Soccer Operations

In a sport defined by margins and momentum, Parkland Soccer Club proved once again that age is just a number—and that club values are the ultimate foundation.

This summer, as the global spotlight turned toward the 2025 FIFA Club World Cup—and the incredible runs by Paris Saint German and Chelsea—a humbler and quieter story was taking shape. Parkland Soccer Club emerged as one of the most compelling underdog stories when it was selected by FIFA to participate in the Referee Cup and assist in FIFA's official referee training program—an integral part of preparing match officials for the game's highest level.

For most clubs, such an invitation would have been the headline. But PSC didn't just show up to support. They showed up to compete—and to make everyone take notice.

With a roster made up in large part of high school juniors and seniors, the PSC squad approached the event with maturity, unity, and a drive that reflected the club's long-standing culture of commitment and high standards. Against rosters filled with semi-professional players, college athletes, and former pros—many with international experience and average ages well above 24—PSC thrived. Game after game, they brought intelligent, fearless football that left opponents reeling and observers impressed.

They didn't just keep up—they took over.

Playing with energy and tactical sharpness, PSC pressed intensely, transitioned quickly, and managed game situations like seasoned professionals. Their chemistry on the field reflected years of shared effort and mutual respect off it—key elements of the club's development approach.

The run ended in the quarterfinals against Miami United FC, a battle-tested team competing in the United Premier Soccer League (UPSLL). With deep experience and physicality, Miami United ultimately prevailed—but not without having to compete hard against a PSC side that refused to back down.

While the loss stung, the respect earned was undeniable. PSC was praised not only for the quality of their play, but also for their discipline, composure, and the high-level challenge and environment that allow for referees to train and prepare to participate in the upcoming Club World Cup Games. It came as no surprise, then, when PSC was invited to participate again in a new Referee Cup—this time in preparation for next year's FIFA World Cup. The message was clear: this team brings more than just talent.

It brings focus. It brings humility. It brings belief.

In the end, Parkland Soccer Club didn't just assist in preparing referees. They redefined what a youth team is capable of when it's built on the right foundation: a clear identity, a growth-oriented mindset, and a shared commitment to something bigger than the scoreboard.

They didn't need a locker room full of pros to face the challenge—they simply needed each other.

And ultimately, those players made their teammates, families, Community, and the game itself proud.

To find out more about Parkland Soccer Club visit, [www. parklandtravelsoccer.com](http://www.parklandtravelsoccer.com) and see the ad on opposite page.

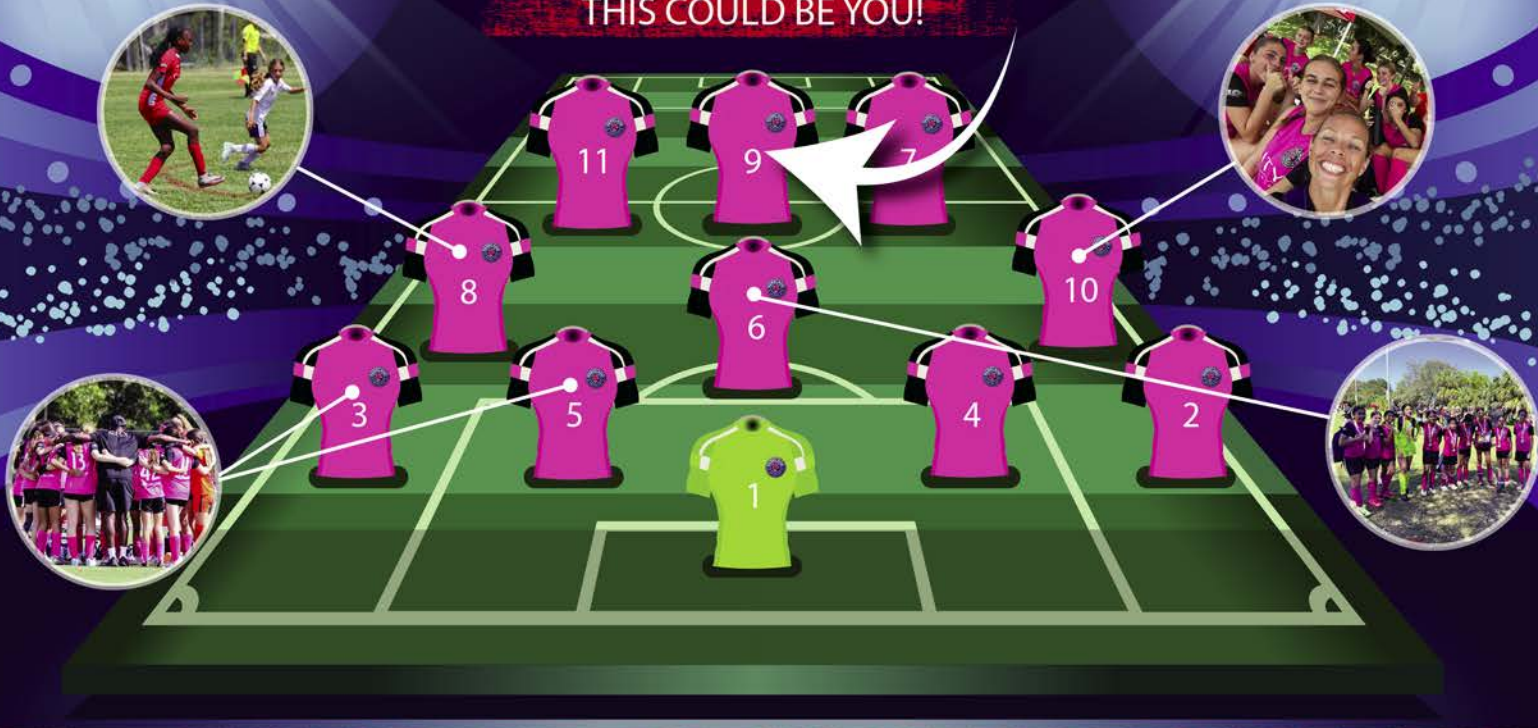




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ATTENTION ALL FEMALE SOCCER PLAYERS! 2007 THROUGH 2019

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Unleash Your Power with Parkland Soccer Club!

Be bold ⚽ Be brave ⚽ Be unstoppable.

Parkland Soccer Club's Girls Travel Program is calling the next generation of fearless athletes! Join a team where your voice is heard, your goals are celebrated, and your strength shines.

- 🏆 Competitive Play
- 🏆 Professional Coaching
- 🏆 Regional Travel
- 🏆 Dedicated College Recruitment Staff
- 🏆 Lifelong Friendships



Whether you're aiming for college play or just love the game, Parkland SC is your launchpad to greatness. No sidelines here—this is YOUR time to lead, learn, and love being on the field.

For more information, please contact our Director of Girls Performance and Development Coach Cristian Raudales via email at craudales@parklandtravelsoccer.com



Chiropractic Care for Enhanced Sports Performance

By Dr. Gary Bofshever

Chiropractic care has gained significant traction among athletes seeking to optimize their performance, prevent injuries, and accelerate recovery. By focusing on the musculoskeletal system, particularly the spine, chiropractors help athletes achieve peak physical condition through non-invasive techniques. This article explores how chiropractic care enhances sports performance, its benefits, and its growing role in athletic training.

Chiropractic care centers on the principle that proper alignment of the spine and joints supports the body's overall function. For athletes, this is critical, as even minor misalignments can reduce efficiency, increase injury risk, and hinder recovery. Chiropractors use manual adjustments, soft tissue therapy, and corrective exercises to restore alignment, improve mobility, and alleviate pain. These interventions ensure that the nervous system, which controls muscle coordination and movement, functions optimally.

One key benefit of chiropractic care for athletes is improved range of motion. Tight muscles or misaligned joints can restrict movement, limiting an athlete's ability to perform at their best. Regular adjustments enhance joint mobility, allowing for greater flexibility and fluidity in movements like sprinting, jumping, or swinging. For example, a study in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic adjustments improved joint range of motion and reduced muscle stiffness in athletes, directly contributing to better performance.

Injury prevention is another critical advantage. Athletes subject their bodies to repetitive stress, which can lead to imbalances or micro-injuries. Chiropractors address these issues by correcting biomechanical faults, such as uneven gait or spinal misalignments, before they escalate. This proactive approach reduces the likelihood of strains, sprains, or overuse injuries. Additionally, chiropractors

often provide tailored stretching and strengthening routines to support long-term resilience.

Chiropractic care also accelerates recovery from injuries. By promoting proper alignment and reducing inflammation, adjustments help athletes return to training faster. Techniques like soft tissue therapy, such as Active Release Technique (ART), break down scar tissue and improve blood flow, aiding muscle repair. Elite athletes, including NFL players and Olympic competitors, often credit chiropractic care for quicker recovery times and sustained performance.



Beyond physical benefits, chiropractic care supports nervous system function, which is vital for coordination, reaction time, and muscle activation. Misaligned vertebrae can interfere with nerve signals, slowing reflexes or weakening muscle response. Adjustments restore proper nerve flow, enhancing an athlete's agility and precision. This is particularly valuable in sports like tennis or basketball, where split-second decisions are crucial.

Chiropractic care is also non-invasive and drug-free, making it an attractive option for athletes wary of medications or surgery. By addressing the root cause of pain or dysfunction, chiropractors help athletes maintain peak condition without relying on temporary fixes. Many professional sports teams now employ chiropractors as part of their medical staff, reflecting the growing recognition of its value.

In conclusion, chiropractic care is a powerful tool for athletes aiming to elevate their performance. By improving mobility, preventing injuries, speeding recovery, and optimizing nervous system function, it empowers athletes to push their limits safely. As more athletes integrate chiropractic care into their training regimens, its role in sports performance continues to expand, offering a holistic approach to achieving athletic excellence.

Dr. Gary Bofshever can be reached at 954-344-4343
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Coral Springs Youth Soccer Marks 53 Years of Community Tradition

By Ashley Ferraro

Coral Springs Youth Soccer (CSYS) is preparing to kick off its 53rd season, continuing a tradition that has brought together families and players for more than five decades. Founded in 1972 by Hugh V. Murphy and his wife, Betty, the league quickly became a cornerstone of local youth sports. What started with just a few hundred players—sometimes playing and practicing in backyards—has since grown to serve around 2,500 boys and girls each year.

The program welcomes players of all skill levels, ages 4.5 through 20. Practices and games are held primarily at Mullins Park, with North Community Park available when needed. CSYS emphasizes fun, fairness, and development, offering a reliable recreational soccer option for Coral Springs families at an affordable cost.

Longtime volunteer and board member Dave Phelps said the consistency of the program is what makes it stand out. “I’ve looked around, and there’s simply no better value than Coral Springs Youth Soccer.” He continues, “For one of the lowest season fees around, families get the benefit of 53 seasons of proven tradition, delivering not just soccer, but an incredible experience for players of all skill levels and parents alike.”

Registration for the 2025–2026 season is underway online at csys.org/registration. The remaining in-person registration events will be held at Mullins Hall in Mullins Park: Saturday, September 6 from 9 a.m. to 2 p.m. and Thursday, September 11 from 7 p.m. to 9 p.m. Non-residents must attend in-person registration to verify eligibility. Students who attend Coral Springs schools are exempt from the non-resident surcharge but must bring proof of enrollment.

For families in Coral Springs receiving Medicaid, a City Scholarship program is available to help make participation accessible. Interested applicants should email csysadmin@csys.org for more information and must bring the required documentation to one of the in-person registration dates.

CSYS continues to operate as a volunteer-run organization, with parents playing a critical role as coaches, referees, and mentors. No prior experience is necessary to get involved as a volunteer, as training and support are provided. Several referee training sessions are scheduled for this fall, and interested participants can register now online.

Sponsors also play a critical role in the longstanding success of CSYS. Local businesses are encouraged to consider sponsorship opportunities, which help sustain league operations and keep costs affordable for Coral Springs families.

In addition to another exciting season of soccer, the league is looking ahead to one of Coral Springs’ most anticipated community events: the annual Holiday Parade in December. CSYS will once again have a strong presence, something Dave says the league is especially excited about.

With more than half a century under its belt, a strong community presence, and thousands of players who have come through its program, CSYS remains one of Coral Springs’ most beloved traditions. As the 2025–2026 season gets underway, new and returning families alike are invited to be part of the experience. **Visit csys.org to register, volunteer, or become a sponsor.**



Welcome to our 53rd Season

SOCCER

IN PERSON REGISTRATIONS:

MULLINS HALL, 10170 NW 29 ST, CORAL SPRINGS

SATURDAY, SEPTEMBER 6, 9:00 AM - 2:00 PM

THURSDAY, SEPTEMBER 11, 7:00 PM - 9:00 PM

or sign up NOW online at www.CSYS.org

NON CITY RESIDENTS

**\$58.98+ /
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Ages 4.5-20

All skill levels

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U6-U8 \$140.

U10-U15 \$165.

U16-20U \$180.

Season: November - March

www.csys.org



Some scholarships available: Medicaid



Howard J. Gelb, MD

A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

Sports Medicine & Orthopaedic Center

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Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.

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Hope with Heather



Everyday I wake up and have a handful of choices to make (post-coffee, of course!) One is, "who can I intentionally add value to today?" This is deeply important to me because its opposite, "who can I devalue today?" prods at my soul-scars and has profound consequences on others. There's one essential caveat, and that is to add value with no strings attached. By the law of diminishing returns, adding value to someone and overtly or subconsciously expecting something back only decreases the value given in the first place, i.e. devaluing them. At age eight, I started struggling with suicide. This September I will turn 52 years old, that's

43 years of battling something (we all battle something). As I ponder close-calls and peruse 43-years-worth of journals, the common denominator was believing a lie: I will not be missed or I can be replaced. When I add value to someone today, I am a conduit for shining light on such dark lies. Conclusively, when we choose to add value to someone, dare I say we are value first-responders, value superheroes?! But right now someone's thinking: I don't have a person around to add value to me. I've walked in your shoes, I understand. But are you a person? Then by that logic, you can add value to yourself. Tell yourself, "I'm the man!" "I'm the woman!" Because there's no backup of you in the cards so you have secured an irrevocable, valuable place in humanity's deck. All of us can choose to add value to someone today. Whether it's ourselves or others. I hope this adds value too! ~Heather

Hope With Heather reflects my personal experiences and insights and should not be taken as a substitute for professional guidance in any field.

Bio:

Heather is married to Raul Palacios, one of the pastors at Church By The Glades. Together they are raising two sons in Coral Springs, Florida. She is a graduate of Judson University with a degree in Business Management. Heather is a multiple suicide-attempt survivor who believes if you wake up breathing, that's your proof to keep going.



2025 - 2026 SCHOOL CALENDAR - BROWARD COUNTY PUBLIC SCHOOLS

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

SEPTEMBER				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
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22	23	24	25	26
29	30			

OCTOBER				
M	T	W	T	F
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NOVEMBER				
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DECEMBER				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



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Tues 8 am – 7 pm
Wed 8 am – 7 pm
Thur 8 am – 7 pm
Fri 8 am – 5 pm
Sat 8 am – 12 pm

AFTER-HOUR VISITS: Monday – Friday evenings • Saturday afternoons
• Sunday, as needed

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JANUARY				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

FEBRUARY				
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23	24	25	26	27

MARCH				
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16	17	18	19	20
23	24	25	26	27
30	31			

APRIL				
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27	28	29	30	

MAY				
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25	26	27	28	29

JUNE				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

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

Severe Weather Make-up Days: 10/10/25, 12/19/25, 3/12/26, 5/22/26 & 6/3/26