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Spectator™

October 2025



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**It's Breast Cancer
Awareness Month**

See page 3 for details.



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Please visit

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COMPASS



City of Parkland Community Page





Prioritize Breast Health with Broward Health Coral Springs

Breast cancer is the second most common cancer among U.S. women, who have a one in eight chance of developing the disease. Fortunately, early detection and advances in treatment have resulted in a reduction in breast cancer-related deaths. That's why it's important to spotlight how women can prioritize breast health.

Be Breast Self-Aware

Breast self-awareness is a vital first step. Understanding how your breasts normally look and feel can help you notice any changes that should be discussed with a healthcare provider. Changes can include:

- A new lump, swelling, or persistent pain in the breast
- Skin changes like puckering, dimpling or redness
- Nipple changes, such as discharge or inversion

Screenings Save Lives

Regular screenings are another crucial line of defense, enabling breast cancer to be detected at its earliest and most treatable stage.

Current guidelines recommend that women of average risk start receiving screening mammograms at age 40. Depending on their personal or family health history, their doctors may recommend starting earlier.

For women with dense breast tissue—nearly half of women over 40—breast ultrasounds may also be recommended. These scans provide a different view of the breast that helps distinguish between benign fluid-filled cysts and solid masses.

Compassionate, Quality Care

The Women's Center at Broward Health Coral Springs provides expert, personalized care in a welcoming environment designed to make patients feel at ease.

"Quality care and patient comfort are at the heart of everything we do," said Roberto Martinez, regional radiology manager at Broward Health Coral Springs.

Reflected in the center's use of 3D mammogram machines with curved paddles designed to enhance

comfort, patients are assured knowing the center's five expert mammographers have a combined experience of more than 100 years, and that their scans are read by a dedicated breast radiologist.

Broward Health Coral Springs' recent accreditation in breast ultrasound from the American College of Radiology further demonstrates its dedication to maintaining the highest standards of care.

Advanced Surgical Options

If patients are diagnosed with breast cancer, Broward Health Coral Springs offers an advanced surgical option for breast-conserving surgeries like lumpectomy. The SAVI SCOUT® surgical guidance system provides a more convenient option for marking tissue that needs to be removed, as compared to traditional needle localization. Radiologists place a small reflector about the size of a grain of rice to mark the tumor, days in advance of the surgery. During surgery, the reflector is activated for use with the guidance system.

"This system enables us to perform a more precise surgery with the potential to remove less tissue," said Jose Martin, D.O., chair of surgery at Broward Health Coral Springs. "It also offers a more comfortable and convenient experience for our patients, which is always our goal."



Broward Health®
CORAL SPRINGS

For more information or to schedule your mammogram, call the Broward Health Coral Springs Women's Center at (954) 346-5362.



This Month's Digital Issue

It's All About

Healthy in Pink!

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

Make sure to check out Broward Health's newest technology and improvement to their state of the art Women's Center! See the cover and article on page 3.

We also feature an annual event that fills the largest ballroom at our local Marriott; NOT MY DAUGHTER....find a cure now! (See pgs 8 & 9) Hundreds of area residents gather to shop a variety of vendors, network with like-minded folks, and support those on their healing journey.

Check out a great article about safe trick or treating for our kids (pg 20) and meet one of our favorite local Pediatricians.

Thank you for supporting our advertisers, who allow this FREE circulation to come to you monthly.

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:

Prioritizing Breast Health
with Broward Health Coral Springs.
See Page 3.

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From Braces to Breast Cancer

A typical pair of Coral Springs Middle School students, Kathy Berk and Denyse Fier met when they were both 14. They attended Taravella High School together, graduating and moving on to different colleges, but all the while remaining close and connected. Though it's been more than 40 years since their first meeting, Denyse says, "Kathy and I have shared so much of our lives together. We have been very close through all of the years – no matter what curve balls have come our way."

Kathy is equally complimentary of her childhood friend. She says, "Denying and I immediately formed a friendship like no other. I moved away for several years once I got married and our friendship only blossomed more. Denyse is like my sister. She is ALWAYS there for me and my family no matter what the issue at hand is. I can call her anytime of the day or night and she will come running."

Kathy underscores her point when she talks about her battle with infertility and how Denyse, an RN, MSN, helped her get through trying to conceive her children for so many years. Kathy continues, "She would give me injection after injection, night after night, week after week and month after month. She accompanied me on my doctor visits and unselfishly gave up her time every day, sometimes at 3:00 or 4:00 in the morning to give me the injection I needed to go through Invitro fertilization with my husband."

And then, things changedKathy says, "The day I got a call from Denyse telling me that she had breast cancer, my first thought was that this could not be happening to my friend that I have had for a lifetime. My next thought was, she is a fighter and she is the strongest person I know. The months after her diagnosis were extremely painful for Denyse, but for me as well. I sat by her bedside bringing her strawberry milkshakes (the only thing that seemed to have the least bit of taste) and was with her during her chemo treatments. She was surrounded by so many friends who love her!"

Denyse's huge battle included a double mastectomy. With so many friends encouraging her, she began the fundraising effort we know today as Not My Daughter...find a cure now! Denyse tells us, "Kathy is a very special person, a true friend, someone I can ALWAYS count on! She is always giving, never expecting anything in return. We have gone from braces to breast cancer together." From the trials and tribulations of high school, through different colleges, to weddings, children and every step in between. Denyse (now Hostig) and Kathy (now Sherbal) have the shared history to joke that they have "turned into their mothers" and the strength of a lifelong bond that takes them through to the next generation.

Through organizational and fundraising efforts, these two strong women (together with dozens of others who have joined their mission) are working to ensure that their children have a future filled with promise and hope for an end to breast cancer. Kathy feels blessed to have had a friend like Denyse for most of her life. "Denyse's nature is always helping others.," she says. "That is why she turned the fight of her life into creating Not My Daughter....find a cure now! We will fight the fight together until we find a cure for this awful disease so that it does not affect our own children." See pages 8-9 for more information.



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Meet The

Raskin Family



Photo by
Outside The Norm Photography

The Raskin family has made their home in Parkland, where Dara and her husband Michael are raising their daughter Dylan, age eight. Dara is a stay-at-home mom who devotes much of her time to school and community activities, while Michael works in advertising. Together, they have created a family life filled with joy, resilience, and plenty of time spent supporting Dylan's passions.

Dylan is a third grader at Heron Heights Elementary, where she enjoys reading and, like many children her age, looks forward to recess. Her greatest passion, however, is dance. She trains at Dance Theatre, where she is a member of the performance company. The family spends a lot of time at the studio, and Dara says Dylan's love for dance shines through every time she takes the stage.

Community involvement plays a central role in the Raskins' life. Dara is a member of the PTO at Heron Heights and also serves as room parent for Dylan's class. She enjoys bringing creativity into her contributions, whether through crafting, party planning, or using her Cricut machine for personalized projects. She is also an active participant in Not My Daughter-Find a Cure Now, currently helping with the organization's annual October luncheon.

When the family isn't busy with school or dance, they love spending time together. Disney World trips are a favorite, along with exploring new restaurants, enjoying the Florida sunshine while swimming, and supporting Dylan at her performances. Living in Parkland is something Dara deeply values, especially the sense of community and the daily routine of walking to and from school while greeting familiar, friendly faces.

A defining chapter in Dara's life has been her journey as a breast cancer survivor. She never expected cancer to touch her personally, but she later discovered she carries the BRCA 1 gene. She speaks openly about the importance of early detection, advocating for yourself, and understanding family history. She describes treatment and surgeries as some of the hardest times she has ever faced, but through them she discovered strength, gratitude, and lasting connections with other survivors. Dara now focuses on giving back, raising awareness, and offering support to others who may be on a similar path.

For the Raskins, kindness is a guiding principle. As Dara shares, "Always be kind—you never know what people are going through." It's a message the family embodies through their community involvement, support for one another, and the way they approach life in Parkland.

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Sparkling Sweet 16

 *Not My Daughter...*
find a cure now!®

Annual shopping boutique and luncheon

MONDAY, OCTOBER 27, 2025

Shopping Boutique opens at 10 a.m. • Luncheon starts at 12 p.m.
Marriott Heron Bay, Coral Springs

\$125 per person • VIPink \$225 (Includes a special gift)
VVIPink \$325 (includes meet & greet, pre-event book signing and a special gift)

Purchase tickets by October 14th at www.notmydaughter.org

Key Note Speaker JOY BAUER, MS, RDN, CDN, is one of the nation's leading health authorities. She's the longtime nutrition and healthy lifestyle contributor for NBC's TODAY show, a featured expert on *NBC News Daily*, and the #1 *New York Times* bestselling author of 14 bestselling books. Her website, **JoyBauer.com**, is a go-to destination for thousands of deliciously healthy recipes and practical strategies for making nutritious living easy and accessible.



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



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



Sweet 16 with a Purpose!

The 16th Annual Not My Daughter...find a cure now! Shopping Boutique & Luncheon Returns October 27 with Celebrity Chef Joy Bauer.

Mark your calendars and bring your friends — the 16th Annual Not My Daughter...find a cure now! Shopping Boutique and Luncheon is back and sweeter than ever! Taking place on Monday, October 27, 2025, at the Fort Lauderdale-Coral Springs Marriott at Heron Bay, this year's milestone event will blend shopping, inspiration, and heartfelt community support — all in the name of fighting breast cancer and protecting future generations.

Kicking off at 10 AM, the event features a vibrant shopping boutique with over 40 unique vendors, followed by a 12 PM luncheon headlined by a very special guest — NBC Today Show's celebrity chef and wellness expert Joy Bauer!

This "Sweet 16" celebration honors the extraordinary achievements of the Not My Daughter...find a cure now! movement, while recognizing the critical ongoing need for breast cancer support and research funding.

"It's the sweet 16 for Not My Daughter...find a cure now!," says founder and president Denyse Hostig. "A combination of the sweet — to celebrate the great accomplishments the organization and the community have achieved over the years — but bittersweet, because there is still such a need for this support. Our goal is to eradicate cancer before it reaches the next generation."

Since its inception, Not My Daughter has raised substantial funds for breast cancer research and patient support services, including the establishment of the Not My Daughter Support Center at Sylvester Comprehensive Cancer Center in Plantation, FL — a resource offering critical psychological and ancillary care to patients and families. The organization also actively funds research aimed at screening and supporting pre-vivors — individuals at high risk for developing breast cancer.

Jody Sternfield, co-chair and founding committee member, shares: "Not My Daughter has raised funds and awareness, and we are eager for the event to share in the community care and support, while enjoying a special day to celebrate the future together."

Ticket Options:

- **\$125** – General Admission
- **\$225** – VIPink Admission (includes exclusive gift)
- **\$325** – Meet & Greet Experience (includes cookbook & personal meet-and-greet with Joy Bauer!)

Reserve your seat today at:
www.notmydaughterfindacure.com

Event Details at a Glance:

- **Date:** Monday, October 27, 2025
- **Location:** Fort Lauderdale - Coral Springs Marriott at Heron Bay
- **Boutique Shopping:** 10 AM – 12 Noon
- **Luncheon + Guest Speaker Joy Bauer:** 12 Noon

Join a community of survivors, supporters, and change-makers — and be part of a powerful day of purpose, passion, and possibilities!

About Not My Daughter...find a cure now!

Founded by a group of local moms with a mission, Not My Daughter...find a cure now! is a grassroots nonprofit committed to supporting breast cancer research and resources while working to prevent future generations from facing a diagnosis. Through bold fundraising efforts and powerful partnerships, the organization continues to impact lives and inspire hope across South Florida and beyond.

Not My Daughter...
find a cure now!®

ALLSTAR HIGHLIGHT

Teen Quarterback Aims for Olympic Glory

At just 15, Brianna Rutecki, a five-year Parkland resident, is already a standout quarterback for Western High School's flag football team and the West Express travel team. Home-educated and in 10th grade, Brianna's talent and drive have set her sights on a historic goal: competing in the 2028 Los Angeles Olympics, where flag football will debut as an official sport.

Her journey is one of dedication, leadership, and an unyielding passion for the game. Brianna's role as quarterback demands both skill and mental toughness. "Maintaining composure in the game, and having that 'next play' mentality," she says, is the hardest part of her position. Yet, she thrives under pressure, a trait that shines through in her articulate and humbly confident demeanor. Her coaches have been instrumental in her growth, teaching her critical skills like how to read a defense.

"That's really important as a quarterback," she notes. This knowledge has helped her lead her team by keeping them motivated, running the ball, and earning crucial yards to push forward in a recent tournament.

Originally from Illinois, Brianna was deeply involved in dance before moving to Florida. Now an all-around athlete, she has competed in basketball, softball, track, lacrosse, swimming, and soccer. But flag football has captured her heart. "I've definitely grown in leadership and so much more as a person and a player," she reflects, showcasing the maturity that sets her apart.

Her commitment is unwavering, spending hours watching game films, training one-on-one, and hitting the gym—sometimes twice a day. Her mother, Rosemarie, a functional medicine doctor, beams with pride: "She is so committed to learn and is dedicated to practice. A lot of kids wouldn't be that focused. I'm really proud of her! She's always asking for more! She has a lot of energy."

Brianna's family, including her chiropractic physician father, Brian, 13-year-old brother, Royce, two French bulldogs, a border collie, and even chickens, forms a supportive backdrop. "My brother is nice sometimes, but he's annoying also," she says with a typical teen's candor. When not on the field, Brianna enjoys pizza as her go-to indulgence. With her eyes on the Olympics, this young quarterback's blend of talent, grit, and heart makes her a name to watch.



Aging Knees?

By Dr. Brandon C. Maisel

Knee osteoarthritis is a common pathology affecting millions of Americans. The cause of osteoarthritis is multifactorial. It may be genetics, mechanical wear and tear, increased inflammation, increased body mass or all the above. Dr. Maisel describes it as "you are born with brand new tread on your tires (knee cartilage) and as you put more miles on that tread, it wears down." Regardless of the cause of knee osteoarthritis, it can be very painful. Currently, our office provides a wide variety of treatment options to tackle the problem. Muscle weakness, more specifically quadriceps weakness may result from osteoarthritis. Formal physical therapy offered here at Gelb Sports Medicine and Orthopedic Center is the first step to pain reduction. Subsequently, the patient will develop a home exercise program to maintain their strength. In conjunction with therapy, prescribed anti-inflammatory medication and injections will be offered. We provide corticosteroid (cortisone), viscosupplementation and platelet rich plasma injections. All injections may be performed under ultra-sound guidance to ensure accurate placement. Cortisone injections will offer more immediate relief within 3-5 days post injection. If the above measures fail, we will progress to viscosupplementation otherwise known as "gel" injections. Viscosupplementation injections main component is hyaluronic acid. Hyaluronic acid will increase the lubrication and shock absorption within the knee joint. Lastly, regenerative medication is becoming a leading form of treatment for musculoskeletal ailments. Platelet rich plasma is derived from your own blood, concentrated in a syringe and injected into the knee joint. Platelet rich plasma or PRP can offer cartilage protection and reduction in inflammatory markers. Dr. Maisel will work with you at every stage to ultimately obtain pain relief from osteoarthritis! *class treatment for a variety of South Florida patients – including University of Miami Hurricanes athletes.*

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—Dr. Howard J. Gelb



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Soccer

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Parkland P-Rec

PICKLEBALL

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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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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

PARKLAND TRAVEL SOCCER CLUB
For more info, call (754) 240-9005 visit www.parklandtravelsoccer.com or emailinfo@parklandtravelsoccer.com.

Private Schools & Camp

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 18-19.

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.

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. 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

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.

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

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
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105



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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

CMIT Solutions of Coral Springs:

Your Local Information Technology Partner with Nationwide Strength

By Brad Rifkin, Owner & President, CMIT

When it comes to running a small or mid-sized business, technology can either be your greatest asset or your biggest headache. That's where we come in. My name is Brad Rifkin, and I'm proud to introduce CMIT Solutions of Coral Springs, where our mission is simple: we help local businesses thrive by taking the worry out of IT.

As a Managed Service Provider (MSP), we act as a complete, outsourced IT department for your business. That means we monitor your systems 24/7, protect you from cyber threats, back up your critical data, and provide friendly, reliable helpdesk support whenever you need it. Our clients don't have to waste valuable time wrestling with computer issues or security risks—they know that we've got it covered, so they can focus on what they do best.

WHAT MAKES US DIFFERENT?

Local Service, National Backing

Unlike many IT providers, CMIT Solutions isn't just one small shop trying to keep up. We're part of a nationwide network of over 250 offices and 900+ technicians across North America. That means when you work with us, you're getting personalized, local support in north-west Broward with the expertise and resources of a large, established organization. It's the best of both worlds—local accountability with national strength.

A Proactive Approach to Cybersecurity

Many IT companies operate on a "break/fix" model—something breaks, you call them, and they patch it up. At CMIT Solutions of Coral Springs, we believe prevention is always better than cure. That's why we offer layered cybersecurity protection: advanced monitoring, threat detection, phishing defense, and employee training to stop problems before they start.

Cybercrime is one of the biggest risks facing small businesses today. In fact, 60% of small businesses shut down within six months of a major cyberattack. Our job is to make sure you're not one of them.

Backup and Business Continuity You Can Rely On

We don't just back up your files—we back up your business. Our solutions ensure that even if disaster strikes, whether it's a ransomware attack, server crash, or hurricane, your company can get back on its feet quickly and with minimal downtime.

More Than Tech Support: A True Partnership

We don't see ourselves as just "the IT guys." We become a trusted partner, learning the ins and outs of your business so we can recommend technology strategies that support your goals. Whether it's onboarding new employees, setting up secure remote work, or planning for growth, we're here to make sure your technology scales with you.

Why CMIT Solutions of Coral Springs?

At the end of the day, technology should be an enabler, not an obstacle. By choosing CMIT Solutions of Coral Springs, you're getting more than IT support—you're getting peace of mind. You're getting a partner who is always there, always watching, and always ready to protect your business from today's challenges and tomorrow's opportunities.

If you're a business owner in Coral Springs, Parkland, or the surrounding areas, let's talk. Together, we'll make sure your technology works for you—not against you. **For more information see ad on opposite page or call or text Brad at 954-998-9870.**



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Discover the Path to Excellence at North Broward Preparatory School

Located in Coconut Creek, Florida between Parkland and Boca Raton, North Broward Preparatory School is a private Pre-K through Grade 12, international day and boarding school.

Within our welcoming, curious community of over 50 nationalities, your child will learn by doing, fueled by the confidence they'll acquire through growth. At North Broward Prep, they'll have everything they need for success — whatever they choose to be or do in life.

We believe in nurturing the unique potential of each student and fostering a culture of growth and academic excellence. All students strive to live by the school's mission, to inspire global citizens to create their future and live with purpose. North Broward Prep is designed to inspire curiosity, develop character, and ignite passion in every student.

By offering a diverse range of courses, including honors, Advanced Placement (AP), International Baccalaureate (IB), world languages, various electives, and numerous ways to participate in fine arts and competitive athletics; our students are empowered to explore their interests and pursue their passions at every grade level. Our world leading, nurturing, and educationally advanced teachers guide students on this journey, instilling critical thinking skills, fostering a strong moral compass, and providing a safe environment for growth and endless potential.

As a Nord Anglia Education school, we collaborate with world renowned institutions like Massachusetts Institute of Technology (MIT), The Juilliard School, IMG Academy, and UNICEF. As an Apple Distinguished School, our commitment to technological advancement is shown through our STEAM (Science, Technology, Engineering, Arts, and

Mathematics) education, by offering unparalleled opportunities for academic enrichment and real-world connections. An integrated approach to education ensures that students excel academically but also develop essential life skills, global citizenship, and a sense of empowerment.

North Broward Prep offers the perfect home away from home for our middle and high school students, from grades 6 through 12. Boarding students live right on campus in our modern International Village where they can grow their social opportunities, master their English skills, and create friendships from all over the globe.

Our admissions team is here to support you every step of the way. Join us in cultivating a space where your child discovers their true potential, builds lasting friendships, and thrives in a supportive community committed to their success. Together, let us redefine education and empower the next generation of leaders.



Join us for our 2025 Open Houses:

Lower School Open House:
Tuesday, November 4th, 9am-10:30am

Upper School Open House:
Sunday, November 9th, 11am-2pm

For additional information or to schedule a campus visit, call 954-247-0179 or contact admissions@nbps.org.
See ad on the opposite page.



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LOWER SCHOOL OPEN HOUSE

**Tuesday,
November 4, 2025
9 AM – 10:30 AM**



UPPER SCHOOL OPEN HOUSE

**Sunday,
November 9, 2025
11 AM – 2 PM**

Come learn about the outstanding learning experiences offered through our collaborations with **The Juilliard School, MIT, IMG Academy, and UNICEF.**


nbps.org/

OPEN HOUSE



Essential Tips for Trick-or-Treaters

By, Ilana Gersowsky, DO

Happy Halloween! I'm Dr. Ilana Gersowsky, the newest physician at Sawgrass Pediatrics. I'm excited to be a part of this wonderful team and look forward to providing compassionate, attentive care to our patients. I can't wait to meet you and your children!

To ensure a safe and enjoyable Halloween, here are a few important tips to keep in mind:

1. Costume Safety: Make your child's costume more visible by incorporating bright colors or glow sticks, so they can be easily seen. Ensure that costumes do not obstruct their eyes, nose, or mouth and that they fit properly to prevent tripping or discomfort.

2. Pedestrian Safety: Safety while walking is essential. Stick to sidewalks, cross at designated crosswalks, and stay in well-lit areas. Teach children about traffic safety and the importance of following pedestrian rules. Always supervise young children while trick-or-treating.

3. Stay Cool: Halloween in Florida can be hot! Dress children in cooler costumes, bring water, and never leave a child unattended in a vehicle.

4. Trick-or-Treat in Familiar Areas: Only visit homes with lights on and remind children never to enter a stranger's house.

5. Candy Management: Set a plan for how much candy your child can have and stick to it. If your child has allergies, be sure to read labels carefully. Discard any candy that is already opened or that you are unsure of. Be cautious with hard candies and small treats that can pose a choking hazard, especially for younger children. You may also want to donate any leftover candy.

6. Dental Care: Encourage children to brush their teeth twice a day, especially after indulging in sugary treats.

Emphasize the importance of brushing thoroughly to remove sugar and prevent cavities. You might also want to discuss the impact of excessive sugar consumption on dental health and overall well-being. Ensure they use fluoride toothpaste and floss daily to maintain good oral hygiene. Regular dental check-ups can also help catch any issues early and keep smiles healthy.

7. For Homeowners: Ensure that the path to your door is well-lit and free of obstacles. Clearly decorate your home to signal that you are participating in trick-or-treating.



8. The Teal Pumpkin Project: Consider joining this worldwide initiative to make Halloween more inclusive. Displaying a teal pumpkin at your home indicates that you offer non-food treats for children with food allergies or medical conditions like diabetes.

9. Prepare for Emergencies: Make sure your child knows how to reach you in case you get separated. Review emergency contact numbers and ensure everyone knows where to go or who to call if they need help.

10. Inspect Costume Accessories: Ensure that any costume accessories, such as swords, wands, or shields, are made from soft, flexible materials to prevent injury. Avoid sharp or pointed objects that could cause harm if children fall or bump into something while trick-or-treating. Additionally, make sure any props are lightweight and easy for children to carry. Check for any potential hazards, such as small parts that could pose a choking risk, and remove them if necessary.

Have a fun, safe, and healthy Halloween!

For more information. Please visit
www.toplinemd.com/sawgrass-pediatrics.
See ad on opposite page

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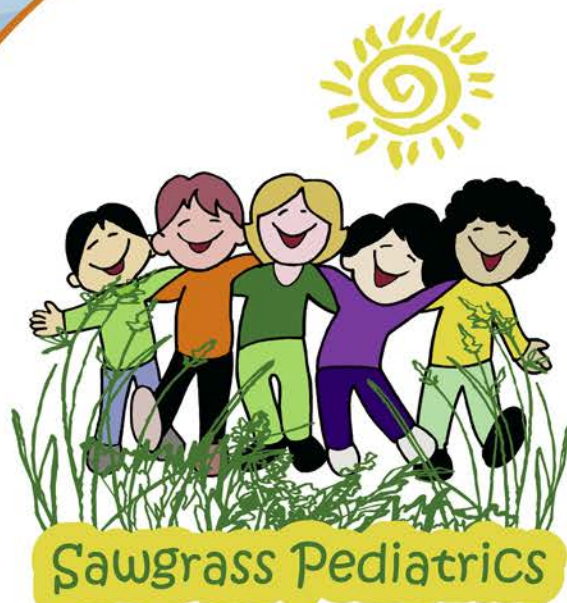
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 **TopLine MD Alliance**



www.toplinemd.com/sawgrass-pediatrics

Up & Coming

Coral Springs Oktoberfest – Saturday, October 4 From 4:00 PM to 10:00 PM. Oktoberfest will feature authentic German fare and Bavarian treats. As with any traditional Oktoberfest there will be a beer garden serving up a variety of Bavarian beers and German wines. Adults 21+ are reminded to please drink responsibly. Free parking is available in the City Hall parking garage. New this year, a ride share service drop off lane will be located on Sample Road, near 94th Avenue (behind the main stage). City Hall Lawn, 9500 W Sample Road, Coral Springs, 33065

Parkland Dash– Sunday, October 12 The Dash kicks off at 7:00 a.m. 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. The Parkland Dash is for everyone – runners, walkers, and spectators - with a 1-mile walk, 5K run, or 5-mile run. Registration ends on October 11th at 11:59pm EDT. To register visit www.cityofparkland.org/dash

Parkland pumpkin patch – Sunday, October 18 to Thursday, October 23 Weekends: 9:00 a.m. to 5:00 p.m. Weekdays: 5:00 p.m. to 7:30 p.m. Held at the Equestrian Center. Come celebrate fall at the Parkland Pumpkin Patch! Families can stroll through the patch to find the perfect pumpkin, enjoy a petting zoo, & capture memories at our fall-themed photo zones.

CASH ONLY FOR THE PUMPKINS' SALE. Visit www.cityofparkland.org for more info.

Parkland Halloween festival – Friday, October 24 Held at the Equestrian Center from 5:30 PM–7:30 PM. Don't forget to wear your favorite costume and join us for an exciting night of trunks and treats. There will be characters, stilt walkers, and a Halloween performance on the main stage. For more info visit www.cityofparkland.org/halloween or the special events hotline 954-757-4215.

Coral Springs-Parkland Firefighters Cancer Awareness Pasta Dinner – Saturday, October 25 Annual Cancer Awareness Pasta Dinner hosted at Fire Station #80. An \$8.00 donation includes pasta & meatballs, bread and a beverage. Proceeds benefiting the Coral Springs Professional Firefighters Benevolent Association and other local charities. Fire Station #80, 2825 Coral Springs Drive, Coral Springs, 33065

Parkland Farmers' Market Starts– Sun, November 2 Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

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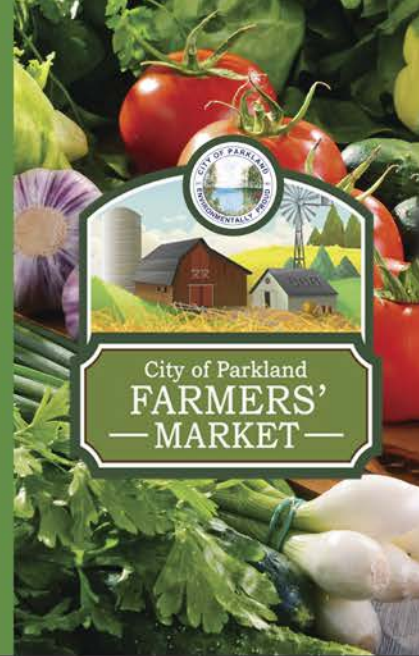
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DECEMBER 21
Craft Fair

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Health & Wellness

JANUARY 18
Public Safety
& Business Expo

FEBRUARY 1
Cultural Awareness
& Inclusion

FEBRUARY 15
Car Show

~ 2026 ~

MARCH 1
Birthday Celebration
& Craft Fair

MARCH 15
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