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**11am - 1pm (8u and 9u)**

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|---------------------|---------------|---------------------|
| <b>11u Majors</b>   | Lenny Roberts | <b>954-817-1008</b> |
| <b>11u AAA</b>      | Mike Allison  | <b>614-314-3592</b> |
| <b>10u</b>          | Ray Keenan    | <b>561-239-2432</b> |
| <b>9u</b>           | Len D'Amato   | <b>954-303-6381</b> |
| <b>8u kid pitch</b> | Doug Scott    | <b>954-263-0669</b> |

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Coral Springs • Parkland

July 2010

# Spectator

It's All About Community & Fun!

## Happy 4th of July!

*World Cup Fever!*

*Chill Out at the Iceplex*

*Olympian Goes to Kamp*

*Antibiotics - Yes or No?*



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# It's All About Community!

## 7th Annual Cover Photo Contest! Deadline's Approaching!

Don't keep the winning photo in your hard drive!! We want to let more than 20,000 families see it on our September cover! We've already got some terrific entries, but we know that many more of you "Got Game," so don't wait until the last minute.....On your mark, get set, CLICK! There are just a few Do's and Don'ts...1) **NO POSING!!!!** If you're not having fun, don't send it. 2) **Make sure there are PEOPLE in your shot...landscapes won't win this.** 3) **It must be taken with a 6mega pixel camera or greater, 300 dpi, (no 72 dpi low resolution).** 4) **No studio photos or any others outside of these parameters will be considered.** 5) **Submissions must be received by e-mail before August 10th to email to: curly@gate.net** and must be sent with the photographer's name, address, two phone numbers and the names of the subjects in the picture. The winning photo will be used for the cover of the September 2010 Spectator. Please DO NOT submit previously published photos. We maintain the right to use all submitted photos for publication at any time. The winning cover shot will also get some nice prizes, but the best award is always the bragging rights. And who knows? Maybe it will be the start of your new career!

Please do business with our advertisers! If you are happy to receive this colorful, informative and FREE magazine every month, it's because of their support! Please support THEM, and say, "I saw you in the Spectator!"

Our prayer is for every family touched by the Spectator and every home in between.

God bless you and our soldiers, **Shellie**

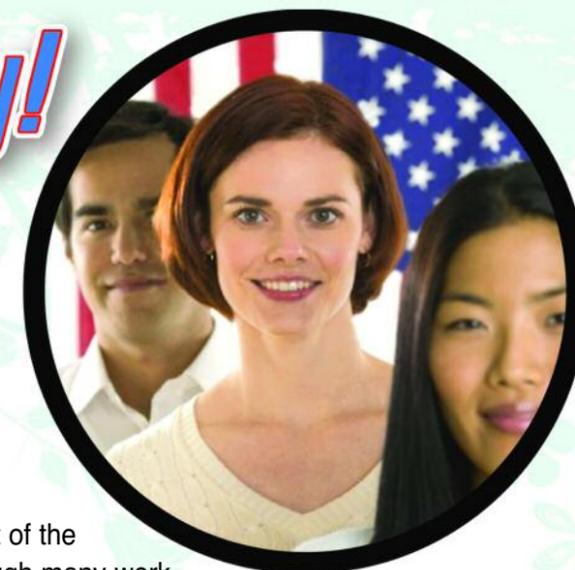
## "We are thankful for the opportunity the United States has afforded us."

Andrea Goff

Florida is known for its variety of cultures. A veritable melting pot of the world, people from every country settle here all of the time. Though many workers and even some tourists grow to call themselves, "Floridians," not all of them take the next step to become Americans. Meet some neighbors who have.

Parkland residents Warren and Andrea Goff moved to the United States from England in 1986. Warren worked for an American company overseas who transferred them to the US. Andrea says, "We were 23 and 24 years old, and arrived at Miami Airport with four suitcases, knowing no one. We arrived in June, and ignorantly thought it barely rained in Florida. The glorious Royal Poincianas visible from the highway made it a little more appealing." Connecting with a small church, the Goffs became part of the family, spending their first Thanksgiving (a new Holiday to them) and Christmas with their friends in the congregation. "Warren settled well but I was very homesick," Andrea continues. "Our visa did not allow me to work, and laying by the pool all day, which had been very appealing when we were still in England, became almost a chore." They applied for a green card and waited for word. After several years, and realizing that Warren's job would soon be concluding, they discussed a return to their home country, but they'd grown to love the United States. "We asked our church to pray," said Andrea. "Warren was officially laid off on a Monday and our green card came through on the Friday before, six years after we'd applied. We knew we were supposed to stay."

Three children later, with beloved friends from America and the world over filling their home for every holiday and gathering, the Goffs are happy to say that Florida is their home. Andrea says, "We finally became citizens five years ago. We still miss many things about England, particularly our family, but we love our lifestyle and the wonderful friends we have here, and do not take them for granted. It still amazes us that we can have our windows open and swim in the ocean in November! We are thankful for the opportunity the United States has afforded us and join with all in saying God Bless America!"



### Spectator™ Publishing, Inc

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| <b>Publisher &amp; Managing Editor</b><br>Shellie Miller                                  | <b>Contributing Writers</b><br>Dr. Francine Camporeale<br>Jordan Haghghi<br>Mark Kirby<br>Dr. Ajaib Mann<br>Larry Muirhead<br>Andrew Weinstein |
| <b>Creative Director</b><br>Scott Farrugia  | <b>Advertising Sales</b><br>(954) 753-4300<br>(954) 415-5425<br>e-mail:<br>spectatormag@aol.com or<br>sales@spectatorpublishing.com            |
| <b>Photography</b><br>Scott Farrugia<br>Craig Maccubbin<br>Cheri Tishman<br>Melissa Kenny |  |
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**COVER:** Though her family lives miles from the ocean, Parkland resident Sydney Maccubbin, 14, enjoys any time she can get to Deerfield beach, jump on her boogie board and play in the surf.

Photo by Craig Maccubbin

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# Around Town



Photos Courtesy: City of Coral Springs

**Special Recognition** (Left) Each year, Representative Ari Porth recognizes students who are graduating from elementary, middle or high school and have demonstrated exemplary service to their schools and communities with the receipt of the Florida House of Representatives Community Service Award. "I am so inspired by our young people and some of these students are elementary school kids that are going above and beyond the call of duty every day to make our community a better place," Representative Porth said. (Right) The Coral Springs Commission also recognized Girl Scouts who were recently awarded for their involvement in community projects.



**Volleyball Stars!** On Memorial Day Weekend, Callie Mitcham (L) and Lauren Lewkowicz (R) took first place in the Women's 18 Division on Fort Lauderdale Beach. Mitcham and Lewkowicz are both 17 years old and finishing their Junior years of high school in Broward county. The duo were undefeated in their division. The tournament was held by Florida Beach Volleyball, who have tournaments across South Florida throughout the Summer. Over 80 juniors teams took the courts that weekend.

## Major Award

Douglas High School senior Mark Stein earned the prestigious John Phillip Sousa Band Award at the band's 20th annual banquet. Given for superior musicianship, leadership, dependability and loyalty, it is the most prestigious award given nationally for high school band students. An all-around percussionist, Mark has been in Douglas' band program for four years.



## To Your Health!

The Doctors at Pearle Vision in Coral Springs held a wellness seminar that focused on the power of antioxidants and good nutrition for eye, skin and whole-body health. To find out more about the positive difference that antioxidants can make in your life, contact Dr. Camporeale or Dr. Lennard at (954) 752-1551 and tell them you saw it in the Spectator!



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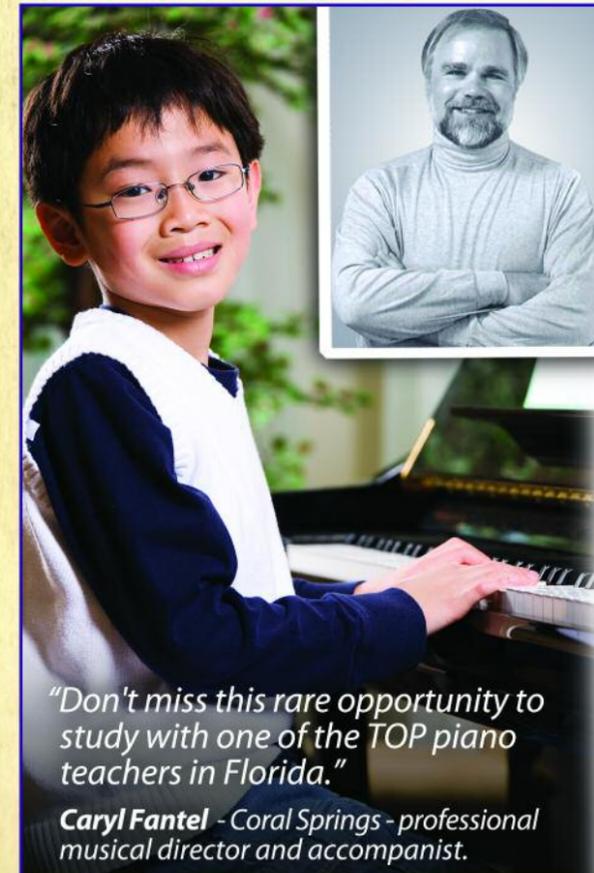
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**For payment & general camp info. contact**  
Danielle Guski at 954-868-5341 • e-mail: playballguski@yahoo.com





# World Cup Fever is in Your House!

by Jordan Haghighi

For generations, countries from across the world have chased one ball. This ball is no ordinary ball to say the least, but the symbol of a global religion which, to the United States, is known as soccer. As popular as "futbol" aka; soccer, may be around the world, the sport does not receive much attention here in the states. On its grandest stage the World Cup, which takes place only once every four years, has brought communities together from all over the United States. The "World's Sport" has come into our homes. Danielle Gavirgun, an avid soccer fan, has been very enthusiastic about this summer's FIFA (Fédération Internationale de Football Association) tournament taking place in South Africa. Even though her support is not directed toward her home team, she is still very delighted to see how excited the people of Coral Springs and Parkland have become toward the event. She says, "I am from Israel, so they are my team, but because they aren't in it, I am rooting for Brasil because I think that they will do the best." When asked about the soccer frenzy that has taken over our community, Danielle responds, "It's crazy here. Soccer isn't usually considered a "must see" sport, I mean no one is turning on the TV and tuning into soccer unless it is the World Cup. Now that the tournament is going on, you can tell there is a different type of excitement in the air. I had family workers leave their jobs so they could go cheer on their team!"



Agreeing with her is Guy Raz, a current Georgia tech student and resident of Coral Springs. Guy is a big supporter of the Nigerian soccer team, and believes that FIFA has made a huge impact in his neighborhood. "I am a fan of Nigeria because that is where I grew up, and I love rooting for the underdog. I feel that this tournament has received so much attention here within our community because of the wide population of immigrants which has caused many people to watch the games with great intensity."

The word that Guy uses; intensity, is not typically used to describe soccer in Coral Springs and Parkland. Even though soccer is a commonly played sport, it is not considered to be very popular to watch on television here in the United States. "Before, there was not a lot of excitement geared toward the sport," says Guy. "People become excited for this huge event because it is like the superbowl of soccer." So as the tournament intensifies throughout the summer and each country goes into battle on the soccer field as they have for many decades before them, the Coral Springs/Parkland community will continue to watch their chosen countries and hope that their team that will be the one holding the trophy for all of the world to see.





## SUMMER SPORTS CAMPS

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# Cleaning Up the Streets

South Florida is a beautiful place. Residents and visitors have much to be grateful for. Famous for our weather, the ocean, culture and business opportunities, the only thing we're missing in our corner of Broward County is one thing the majority of us don't really miss. The big city.

Because we're not an area of walking commuters, the majority of us rely on cars for our primary transportation. Big families drive SUVs, empty nesters try something tiny and economical on for size while their "Date Night" car waits patiently in the garage, and the four-door sedan is great for touring potential neighbors around our manicured cul-de-sacs. With more than 250 million cars on the road in the good old USA, it's no wonder that car washes happen in abundance.

In an effort to raise money, build camaraderie and awareness to a cause, beat the heat and clean up the streets, many organizations commandeer corners throughout our cities, heft colorful signs and wash away the road grime for donors. On a scorching weekend in June, the Douglas Volleyball team, the Berean Evangelical Church, the Coral Springs Sandlot 12U travel baseball team and the International Christian Fellowship were posted throughout Coral Springs to raise money for their various events and causes. Car owners saved themselves a lot of soapy trouble, car washers met some new friends and supporters, and the whole community looked a whole lot neater when the four-door sedan brought the new neighbors past our driveways.



# Family Health

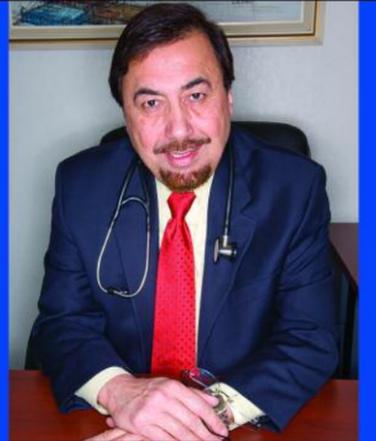
## Antibiotics: The Good, Bad, or Ugly?

Humans have been at war with the microbial world throughout their existence. Though the discovery of Penicillin, the first modern antibiotic, showed great promise and was championed by some to cure all bacterial infections, the microbial world soon showed its dynamic nature in becoming resistant not only to Penicillin, but also to a multitude of recent, new-age antibiotics.

This resistance poses a grave risk to patients. In every prescribed antibiotic cycle, a few potent, resistant bacteria survive, soon reproducing to give rise to a community of resistant bacteria. A perfect example is Staph aureus, which is found everywhere, from the skin to the ground. Though it poses no severe risk, frequent usage of antibiotics has produced a newer, deadlier strain-Multidrug Resistant Staph aureus (MRSA). This strain is sensitive to only select-few antibiotics, and as such can be difficult to treat.

With a decaying pipeline of effective antibiotics, it is in the interest of patients to take great caution when using such drugs. Whenever you are suffering from flu-like symptoms or sinusitis, antibiotics are not the answer. A recent study has shown that 90% of all sinusitis cases are due to Rhino viruses, which do not need antibiotic treatment. Furthermore, otitis media (common ear infection in children) can also be treated without antibiotics.

When going to your doctor, the question should **not** be, "Doc, can I take antibiotics?" It should be, "Doc, can I avoid antibiotics?" Humanity must win this war!



**Ajaib Mann, MD**

A Board Certified, specializing in Internal Medicine. Formerly the Medical Director for Broward Managed Care, he is currently with the staff of Genesis Medical Center.

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# Camp KoralKids Gets Olympic Inspiration



Coral Springs Medical Center's Camp KoralKids, Broward County's only diabetic day camp, kicked off its first day of 2010 with an appearance from Kris Freeman, three-time Olympic Cross-Country Skier & reigning U.S. National Champion.

He interacted with the kids and spoke to them about his own journey with diabetes. As someone with type 1 diabetes, part of his crusade is to share his personal story with campers and inspire them to achieve their dreams while managing the condition.

"The kids were so inspired by his story," said Kathy Byrne RN, Camp KoralKids Camp Director. "Sometimes kids need a role model who can relate to them. He encouraged them to not let diabetes hinder their dreams and assured them that with a lot of hard work, they too can overcome any obstacle while managing diabetes."

Now 29 years-old, Freeman was diagnosed at age 19. "I was told my Olympic career would be over," said Freeman. "I worried that I wouldn't be able to compete, but I had encouragement from my diabetes health care team, coaches, friends and family. I hope that hearing my story will serve as an inspiration to children as they learn to manage their diabetes more independently."

Several children inquired about the insulin delivery system Kris wore discreetly on the back of his arm, the OmniPod. He briefly explained the innovative breakthrough; a tubeless, lightweight device worn on the skin. Between the question and answer period and photo opportunities, he adjusted the device's insulin delivery through a wireless Personal Diabetes Manager (PDM) the size of a cell phone.



Coral Springs Medical Center's Camp KoralKids provided a safe-haven where diabetic kids ages 5 1/2 to 11 become educated on their disease in a fun-filled environment. This two-week day camp operates on donated funds and every needy child is offered a grant. **For more information visit [www.browardhealth.org/camp](http://www.browardhealth.org/camp)**






## Giving Your Kids Our Best

**Voted Best Pediatric ER in Broward County**, our ER for Kids at Coral Springs Medical Center is equipped for child emergencies. Whether it's a fall from the monkey bars or a blazing fever in the middle of the night, we are committed to giving your child our very best. With highly specialized pediatricians and pediatric nurses 24 hours a day, emergency medicine is always available.

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| <ul style="list-style-type: none"> <li>Pediatric Orthopedics</li> <li>Pediatric Rehabilitation</li> <li>Pediatric Intensive Care Unit</li> <li>Neonatal Intensive Care Unit</li> <li>Child Life Program</li> </ul> | <ul style="list-style-type: none"> <li>Diabetic Camp - Camp Koral Kids</li> <li>Community Education Classes</li> <li>On-site High Risk Clinic</li> <li>In-patient Pediatric Unit</li> <li>Sleep Disorders Center</li> </ul> |
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### Coral Springs Medical Center



## July Good Health News

|   |   |  |
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| <h4 style="text-align: center; background-color: #0056b3; color: white; padding: 5px;">Kids Classes</h4> <p><b>Baby &amp; Me</b><br/>3 months &amp; up, Non-Walkers<br/>Thurs. 9:30 am</p> <p><b>Mommy &amp; Me</b><br/>Walkers up to 36 months<br/>Tues., Th. 10:30 am</p> <p><b>Mommy &amp; Me Yoga-Pilates</b><br/>(3 mo - 18 mo)<br/>Wed. 10:30 am</p> <p><b>Mommy &amp; Me for Motor Delay Children</b><br/>(3 mo - 3 yrs) (Call for details)</p> <p><b>3-5 yrs</b></p> <ul style="list-style-type: none"> <li><b>Tiny Toes Dance Combo</b><br/>(need tap shoes)<br/>Wed. 3:00 pm</li> <li><b>Ballet &amp; Creative Movement</b><br/>Wed. 9:30 am</li> </ul> | <h4 style="text-align: center; background-color: #0056b3; color: white; padding: 5px;">Prenatal Programs</h4> <p><b>Babytalk</b><br/>July 12, 7:00 pm</p> <p><b>Breastfeeding</b><br/>July 5, 7:00 pm</p> <p><b>Childbirth 3 Class Series</b><br/>July 14, 19, 21<br/>7:00 - 9:30 pm Fee \$44</p> <p><b>Childbirth Single Class</b><br/>Next class Sept. 15, 6:30 - 9:30 pm<br/>Fee \$35</p> <p><b>Pre-Natal Yoga</b><br/>Tues. &amp; Thurs., 6:45 pm</p> <p><b>Maternity Tours</b><br/>Call for Monthly Tour. Virtual Tour online.</p> <p><b>Pregnancy Massage Class</b><br/>July 7, 7:00 pm</p> <p><b>Spanish Childbirth Class</b><br/>Next class Aug. 5, 6:30 pm Fee \$35</p> <p><b>Super Siblings Class</b> (3-9 yrs)<br/>July 11, 1:00 pm Fee \$10</p> | <h4 style="text-align: center; background-color: #0056b3; color: white; padding: 5px;">Mind/Body Fitness</h4> <p><b>Fitness Classes</b><br/>Including: aerobic/low/high impact/<br/>body sculpting/step/stability ball/pilates<br/>Mon. - Fri. 9:00 am<br/>Mon., Tues., Thurs. 5:30 pm</p> <p><b>Chair Fitness</b> Mon., Wed. 10:30 am</p> <p><b>Chair Yoga</b> Tues. &amp; Thurs. 12:45 pm</p> <p><b>Joint Replacement Exercise</b> Wed. 2:00 pm</p> <p><b>Yoga</b> Mon. &amp; Wed. 7:00 pm<br/>Tues., Thurs., &amp; Sat. 10:00 am</p> <p><b>Pre-Natal Yoga</b> Tues. &amp; Thurs. 6:45 pm</p> <p><b>Massage Therapy</b><br/><i>Infant &amp; Pregnancy Massage Available.</i><br/>License MM0008571. Call for an appointment</p> <p><b>Special Fitness</b> Thurs. 4:15 pm</p> |
|---|---|--|

#### Health & Safety

- CPR for Family & Friends**  
July 1, 6:00 - 9:00 pm Fee \$20
- Heartsaver/CPR in Schools** Fee \$20
- Heartsaver/CPR/AED or First Aid**  
July 15, 6:00 pm Fee \$25
- Babysitting/CPR Class** (11-15 yrs)  
July 16, 9:00 - 2:00 pm Fee \$35

For more information or to register, call our Community Education Center  
**954.344.3344** or visit [BrowardHealth.org](http://BrowardHealth.org)  
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# Coral Springs League Info

## Baseball & Tee Ball

**AMERICAN LITTLE LEAGUE**  
Next season's sign-ups will be later in 2010. For info, see [www.csall.com](http://www.csall.com) or call (954) 825-8172

### FLORIDA POKERS TRAVEL BASEBALL

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### NATIONAL LITTLE LEAGUE

Next season's sign-ups will be later in 2010. For info, call (954)345-8700 or see [CSNLL.org](http://CSNLL.org)

### NORTH SPRINGS LITTLE LEAGUE

Next season's sign-ups will be later in 2010. For further info, see [www.nsl.us](http://www.nsl.us)

### WINTER BASEBALL

The next season begins in August. See [www.coralsspringswinterbaseball.org](http://www.coralsspringswinterbaseball.org) or call (954)632-0320.

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## Basketball

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The summer season begins June 21st. [www.CSBCHOOPS.com](http://www.CSBCHOOPS.com) or contact Pat Finney (954)970-4474 or Barry Popock (954)461-0592

## Fitness

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A program full of adventurous activities, health, nutrition and sports fun designed to build self-confidence and fitness awareness. For further info, see the ad on page 18 or call (954) 323-2216.

### FIT KIDZ

Group and individual classes for children of all ages, as well as sports performance training are offered with an ISSA Certified Youth Fitness Trainer. For further info, see the ad below, call (954) 857-1222 or e-mail [FitKidz@ATT.net](mailto:FitKidz@ATT.net)

### JAB 360 TOTAL WORKOUT

JAB stands for Just A Ball. Local resident, mom, author and fitness expert, Chantal Hobbs, invites you to join her three times a week for this unique, powerful, fun and FREE workout designed for the whole family! Held at Cypress Park, 1301 Coral Springs Dr on Tuesdays and Thursday at 6pm and on Saturday at 8am, the cost is up to you...pay what you can, and if you can't, come anyway!

## Flag Football & Cheerleading

### CORAL SPRINGS FLAG FOOTBALL & FLAG FOOTBALL CHEERLEADING

Registrations for the 2010 season have concluded. For further info, see [www.CSFFC.ORG](http://www.CSFFC.ORG) or contact Bruce Weinberg (954)263-5545.

### ULTIMATE FLAG FOOTBALL

For ages 6-15, season has concluded. For further info, see [www.HTOsports.com/UFFCS](http://www.HTOsports.com/UFFCS)

## Tackle Football & Cheerleading

### CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

Registrations for 2010 season have concluded. For further info., contact (954) 753-3862 for football, (954) 818-4985 for cheerleading, or the hotline (954)390-7369 [www.cschargers.com](http://www.cschargers.com)

## Horseback Riding

### MALACHI ACRES

Riding Lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction. See Ad on page 18, call 954-255-7185 or see [www.MalachiAcres.com](http://www.MalachiAcres.com).

### PINE HOLLOW

Riding instruction, Training, Boarding & Sales for every age and ability at a picturesque Parkland facility. See Ad on page 7, call 954-757-1119 or see [www.PineHollowFlorida.com](http://www.PineHollowFlorida.com)

## Ice Skating & Hockey

### SAVEOLOGY ICEPLEX

The triple rink known formerly known as incredibleICE has programs throughout the summer for kids 4-12 who just want to have fun and stay cool, or for serious skaters who want to hone their Hockey and Figure Skating skills. See ad page 23 See [www.saveologyiceplex.com](http://www.saveologyiceplex.com) or call (954)341-9956, 3299 Sportsplex Drive, Coral Springs. See the ad on page 9.

## Lacrosse

### CORAL SPRINGS CHIEFS

This league enables Coral Springs families to be involved in a fun, fast-paced and rewarding sport. Registration for the next season will begin in September. Watch the Spectator for those dates! For more info, see [www.coralsspringslacrosse.com](http://www.coralsspringslacrosse.com) or e-mail [coralsspringslacrosse@yahoo.com](mailto:coralsspringslacrosse@yahoo.com) or call Karen Tedesco 561-716-6625.

## Soccer

### CORAL SPRINGS RECREATIONAL

Registrations for the 2010-11 season will be held August 28th and September 11 from 8am - 3:30 pm at Cypress Hall, 1300 Coral Springs Drive. See [www.CSYS.org](http://www.CSYS.org) or call Jill Waroff for further info. (954)341-6391.

### CORAL SPRINGS STORM TRAVEL SOCCER.

Contact person is Carlos Medina (954) 821-1356 or see the website for practice schedule [www.coralsspringstormsoccer.com](http://www.coralsspringstormsoccer.com)

### CORAL SPRINGS RENEGADE TRAVEL SOCCER

Contact is Bill Ripple (954)494-3470 or see the website [www.renegadesoccer.com](http://www.renegadesoccer.com)

MEN'S OVER 30 SOCCER  
Contact Dr. Rami Toueg at (954)341-4500

### SATURDAY AFTERNOON MEN'S SOCCER CLUB

All skill levels welcome. Call Todd at 954-561-1310 or see the website [www.dawesart.com/soccer](http://www.dawesart.com/soccer)

## Softball

### YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

The season has concluded. See the website at [www.coralsspringsoftball.com](http://www.coralsspringsoftball.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. Season is underway. Call Barb Pantazis (954) 344-4449

## Swimming

### CORAL SPRINGS SWIM CLUB

Free weekly tryouts every Wednesday from 3-4pm at the Aquatic Complex. For more information call (954)345-5441 or see [www.csscswim.com](http://www.csscswim.com)

## Tennis

### SYNERGY TENNIS ACADEMY

A Trio of successful professionals has combined for instruction at every level, beginning with age 5 through Elite. Located at the Nearby Woodmont Country Club. Find out about their summer tennis camp! see Ad on pg. 8, call (954) 597-9674 or see [www.synergytennis.org](http://www.synergytennis.org)

## Volleyball

### SAND TURTLES VOLLEYBALL CLUB

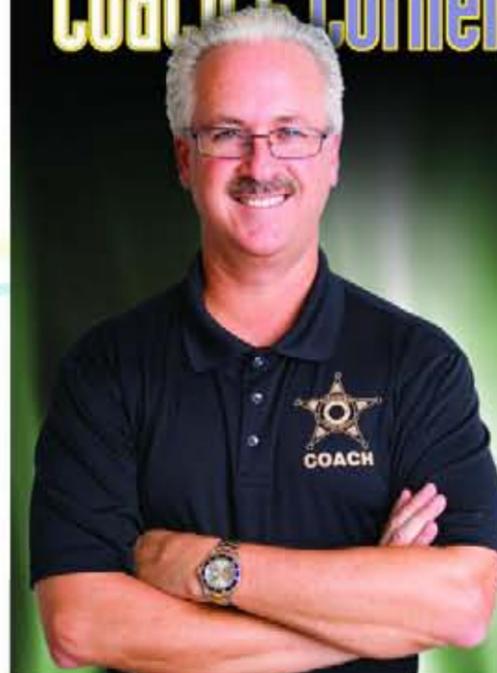
Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500.

## YMCA Leagues

### PARKLAND YMCA FAMILY FUN CENTER

Find out about various league offerings and activities. For information, call (954)384-9622 or see [www.ymcabroward.org](http://www.ymcabroward.org)

# Coach's Corner



## Mark Kirby

Watching and coaching young kids who play tackle football is unlike any other sport. Tackle football requires time and a physical commitment that is a total life lesson. In the first week, seeing an 8-9 year old kid who never played tackle football and is totally apprehensive and unsure of what and to do, who then puts on 7 pounds of pads and a helmet in 90 degree weather can be a bit overwhelming. But then, to see them by the end of the season with such complete confidence and passion is truly the reward of coaching. In year two, they come back with a swagger about them that is unique to football. At this age, coaching is the difference and having a coaching staff that is knowledgeable and passionate is the key to developing a young football player. Taking kids who are not great athletes and developing them into football players is where tackle football is different than other sports. Determination and effort can beat talent. Though we have had great success at the young ages with our win-loss record, our biggest win is that the kids come back year over year and that I will contribute to the passion that all of the coaches have. As coaches, we have to instill a discipline in every drill we do to ensure both execution but also the safety of each player. I enjoy seeing kids grow both as football players but also learning to be teammates as well. The commitment these young kids make is all worth the time it takes to coach them.

Mark, his wife, Betsy, and their two children Andrea, 11, and Robbie, 10, have lived in Parkland for 4 years. They enjoy family vacations, and have been involved with the Rangers since the program began. Mark is a coach, Betsy is on the Board, Andrea cheers and Robbie is a player.

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## Have Fun Getting Fit!

- Youth Fitness Classes for ages 4 -16
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- Youth Sports Performance Training
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- Nutrition
- Birthday Parties

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Coral Springs  
(954) 840-1148  
[www.cscsca.us](http://www.cscsca.us)

Dr. Anthony S. Bryan PhD  
Headmaster

# FAMILY DINING



## MAMBO JAMBO

See Our New Online Menu!

**NEW**  
Additions To  
Our Dinner  
Menu

A NUEVO LATINO SEAFOOD CAFE  
Plan Your Holiday Party With Us!

**HAPPY HOUR EVERY DAY!**  
4-7pm Including Fri & Sat

**Sunday  
KIDS EAT  
FREE**  
With Adult  
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• Full Specialty Bar • Lunch Tues-Friday from 11:30am  
Dinner: Sun-Thurs 5pm to 10:00pm • Fri-Sat 5pm-Midnight  
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**Lunch Special**  
**20% OFF**

MAMBO JAMBO 954-575-0533  
With coupon. Not valid with other offers  
or on holidays. Expires 8/15/10. SPEC

**Dinner Special**  
**20% OFF**

(Not valid on Friday or Saturday)  
MAMBO JAMBO 954-575-0533  
With coupon. Not valid with other offers  
or on holidays. Expires 8/15/10. SPEC

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www.mambojambocafe.com



# Sundance Specials



**New!**  
Sierra Shrimp Salad



Sonora Salmon Salad



Juanita's Fajita Salad



**New!**  
Goldminer Donut Nuggets

• Open 7 Days •  
Mon-Thurs 11am to 9:30pm  
Fri & Sat 11am - 10:30pm  
Sun 12 noon - 9:30pm

**Dinner for 4**  
Only  
**\$25.95**  
Cash Only

Includes: Lg Cheese Pizza, Chicken Parm or  
Eggplant Parm Over Spaghetti (4 outlets)  
& 1/2 doz garlic rolls

REG. \$36.00 • Tax & Toppings Extra • Pick-up & Delivery  
Cannot be combined with other offers. With coupon only.  
Expires 8-05-10. SPEC

**2 Large  
Cheese Pizzas**  
Only  
**\$22.99**  
Cash Only

REG. \$29.95 • Tax & Toppings Extra • Pick-up & Delivery  
Cannot be combined with other offers. With coupon only.  
Expires 8-05-10. SPEC

## Guido's

Pizzeria & Restaurant

10641 Wiles Road (Brookside Square) • Coral Springs  
954-575-5553

**FAMILY COMBO SPECIAL**  
Only **\$25.95**  
Cash Only

• Large Cheese Pizza  
• 2 - 10" Subs  
• 1/2 Dozen Garlic Rolls

Toppings Extra • Pick-up & Delivery • Cannot be combined with other offers. With coupon only. Expires 8-05-10. SPEC

**1 Large Pizza,  
Antipasto &  
1/2 doz Garlic Rolls**  
Only **\$19.99**  
Cash Only

Tax & Toppings Extra • Pick-up & Delivery  
Cannot be combined with other offers. With coupon only.  
Expires 8-05-10. SPEC

**Family Feast**  
Only **\$22.95**  
Cash Only

• Large Cheese Pizza • Large Baked Ziti or  
Spaghetti & Meatball • 1 Dozen Garlic Rolls

Tax & Toppings Extra • Pick-up & Delivery  
Cannot be combined with other offers. With coupon only.  
Expires 8-05-10. SPEC

**20" XXL Pizza,  
20 Wings, 2 Liter Soda**  
Only **\$23.95**  
Cash Only

Tax & Toppings Extra • Pick-up & Delivery  
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**EARLY WEEK  
PIZZA MANIA**  
**\$10.95**  
Cash Only

All Day Tuesday  
Large Cheese Pizza

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**Lg Cheese Pizza,  
10 Wings,  
2 Liter Soda**  
Only **\$19.99**  
Cash Only

Toppings Extra • Pick-up & Delivery  
Cannot be combined with other offers. With coupon only.  
Expires 8-05-10. SPEC

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Every Sunday

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# Parkland League Info

## Parkland Little League

The 2010 Season has concluded. For more info., call (954) 604-2442 or visit [www.parklandll.com](http://www.parklandll.com)

## Basketball

### WINTER BASKETBALL

The 2010 season has concluded. [www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

## Cheerleading

**PARKLAND CHEERLEADING CLUB**  
Contact Susan Kelton (954)575-9575.

## Tackle Football & Cheerleading

### PARKLAND RANGERS

Registration has concluded. For more info. visit our website at [www.parklandrangers.com](http://www.parklandrangers.com) or call (954) 804-5406. See the ad on page 20.

## Flag Football

### PARKLAND FLAG FOOTBALL

Season begins August 24. For further info, see [www.parklandflag.com](http://www.parklandflag.com)

### ULTIMATE FLAG FOOTBALL

For ages 6-15, season runs March thru May. For late sign-up and further info, see [www.HTOsports.com/UFFCS](http://www.HTOsports.com/UFFCS)

## Horseback Riding

### MALACHI ACRES

Riding lessons and Boarding for Ages 5 thru adult with beginner thru advanced instruction. See Ad below, call 954-255-7185 or see [www.MalachiAcres.com](http://www.MalachiAcres.com).

### PINE HOLLOW

Riding instruction, Training, Boarding & Sales for every age and ability at a picturesque Parkland facility. See Ad on page 7, call 954-757-1119 or see [www.PineHollowFlorida.com](http://www.PineHollowFlorida.com)

### PARKLAND HORSEMEN'S ASSOCIATION

Shows are held regularly at the Equestrian Center at Temple Park. For information, call Dawn Watt (954) 520-5561 or see [www.parklandhorsemen.com](http://www.parklandhorsemen.com).

## Lacrosse

### PARKLAND REDHAWKS

Season has concluded. see [www.parkland-lacrosse.com](http://www.parkland-lacrosse.com) or call Barbara Crowley (954) 227-2733.

## Soccer

### PARKLAND SOCCER CLUB

In person registrations for the 2010-11 season will be held Sunday, August 29th from Noon to 4pm at Mary Help of Christians Catholic School, room 200, 6000 University Drive, Parkland. On-line registration is open now at [www.parkland-soccer.net](http://www.parkland-soccer.net). For further info, call (954)410-5172.

### TRAVEL SOCCER

**PARKLAND PREDATORS**  
Boys & Girls call Debbie (954)240-8929 or Kristen (954)461-4809

## Girls Softball

The 2010 season has concluded. Sign-ups will be available in September. Watch the Spectator for dates! For more info. contact Michele Mockenhaupt (954) 798-1204 or see [www.parklandgirlssoftball.com](http://www.parklandgirlssoftball.com)

## Tennis

### SYNERGY TENNIS ACADEMY

A Trio of successful professionals has combined for instruction at every level, beginning with age 5 through Elite. Located at the Nearby Woodmont Country Club. Find out about their summer tennis camp! see our ad on page 8, call (954) 597-9674 or see [www.synergytennis.org](http://www.synergytennis.org)

## YMCA Leagues

**PARKLAND YMCA FAMILY FUN CENTER**  
Find out about league offerings and activities. For information, call (954)384-9622 or see [www.ymcabroward.org](http://www.ymcabroward.org)

## Important Numbers

|                                |               |
|--------------------------------|---------------|
| Leisure Services .....         | (954)757-4120 |
| Field Conditions .....         | (954)757-4110 |
| Park Ranger .....              | (954)575-1007 |
| Youth, Teen, & Senior Programs | (954)757-4129 |
| City Hall .....                | (954)753-5040 |
| Terramar Tennis .....          | (954)757-1910 |
| YMCA Family Fun Center .....   | (954)384-9622 |

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**SUMMER CAMP**  
Children 5 to 15 Always Have a Blast!

Our summer camp program is fun and adventurous, with activities designed to build self-confidence and trust.

With a variety of sports, fitness training, field trips and health and nutrition programs, kids won't want to miss a day of camp all summer long!

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# FAMILY EYE CARE

## Sunglasses: An Important Role In Good Ocular Health

Basal cell carcinoma is the most common type of skin cancer in the United States. It most often occurs on the face or the neck, usually on the eyelid or the nose. Approximately, 1 out of 3 Caucasians develop basal cell carcinoma in their lifetime, especially individuals who live in sunny areas and have had significant unprotected exposure to UV radiation.

The ultraviolet radiation in sunlight is believed to be the cause in most cases. It causes damage to the basal cell layer of the skin causing a slow growing nodule. Most patients often complain of a non-healing ulcer that often bleeds. It rarely spreads to other areas of the body, but it can be locally invasive and disfiguring. The cure rate of basal cell carcinoma is approximately 95%, however, if left untreated these tumors can grow around the eye and into the orbit, sinuses and brain.

Individuals at risk for basal cell carcinoma should avoid overexposure to sunlight. Sunglasses should always be worn outdoors to protect the delicate skin around the eyelids. Polarized sunglasses offer the best protection. They also provide the best clarity of vision by reducing glare and reflections from polarized surfaces such as water.



**Dr. Cheryl Lennard & Dr. Francine Camporeale**

**Pearle Vision (In The Walk),**  
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**SUMMER SUNGLASS SPECIAL!**  
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A complete pair of eyeglasses or RX sunglasses for Spectator Readers!  
Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Void where prohibited. Offer expires 7/31/10. SP0710

**KIDS \$129 PKG. COMPLETE PAIR!**  
Applies to the package purchase of select kids frames and polycarbonate lenses for children age 14 and under. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Void where prohibited. Offer expires 7/31/10. SP0710

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**954.752.1551**

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**954.943.0053**

Dr. Cheryl Lennard (L) and Dr. Francine Camporeale

# Mr. Blue's New Pool!

Hundreds of children of all ages brought their parents to the Grand Opening of Mr. Blue's newest Super Swimmer facility at Coral Bay Charter Academy in Coral Springs. Creator and Swim Instructor Julie Gross was ecstatic with the turnout. "At Mr. Blue's Super Swimmer Grand Opening, we gave out more than 230 snowcones, 193 cotton candies, and lots of choo-choo train rides with mommies and daddies!" Action, games and a variety of businesses kept everyone entertained while the main focus of the day was water safety. More than 75 trial swim lessons were taught, Mr. Blue and his crew danced and had fun with kids, parents shared their testimonies and some of the littlest children showed their amazing skills in the pool.

After a record day of fun and water safety awareness, Julie said, "We were able to bless three families (a total of 5 children) with 1 week of free swimming lessons! It's incredible to see so many children and adults, not only learning to swim, but loving to swim and enjoying a safe and successful summer in the pool with their families."



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**bc**  
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# Learn to swim in just 5 days!

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**We can teach anyone to swim, no matter what age!**

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[www.SwimwithMrBlue.com](http://www.SwimwithMrBlue.com)  
 Until The Whole World Swims!

**Also Available:**  
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**ATTENTION PARENTS!**  
 + CPR Certification Classes Available. Call for details.

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- BEST INDOOR INFLATABLE PLAYGROUND
- WALK-IN PLAY 7 DAYS A WEEK
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YOUR CHILD'S SAFETY IS OUR TOP PRIORITY.

**NOW OPEN  
Boca Raton**  
14,000 Square Feet  
of inflatable  
jumps, slides and  
obstacle courses!

# COOL OFF!

Summer is THE season that kids are most excited about. However, with Florida's record heat wave, it's a little daunting to go outside and play tag unless you've got an EMS crew and ambulance waiting nearby. Almost every outdoor activity that takes place during daylight hours has to be altered to include more water breaks, sunscreen reapplication and time out for shade and some A/C.

Summer fun doesn't have to include time in the sun every day, even though we live in South Florida. An incredible facility is right here in the heart of Coral Springs, and it promises a great time of energetic play for friends and family of every age. The Saveology Iceplex, formerly incredibleICE, is in full swing and now boasts THREE rinks of fun, fast-paced action and respite from the heat. In fact, this is one South Florida summer activity that requires a sweatshirt (or at least a jacket)!

Are you ready for a break from the heat, afternoon thunderstorms or the umpteenth trip to the mall? Whether you want to learn to play hockey, figure skate or just zip around to great music with your friends and family, Saveology Iceplex is the place to make it happen. Their weekly camp programs are perfect for your kids, and the new "Summer Sizzling Skating Pass" lets you enjoy any public session scheduled seven days and four nights a week through August 22nd. Located by the intersection of Sample Road and the Sawgrass Expressway, wherever you are in northwest Broward, it's less than 10 minutes away. Chill out and have a blast on the ice at Saveology Iceplex this summer. [www.SaveologyIceplex.com](http://www.SaveologyIceplex.com) or call (954) 341-9956



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*Our relationships, dedication to quality, understanding of the law and commitment to client service give us a unique ability to achieve results for our clients in all facets of our representation.*

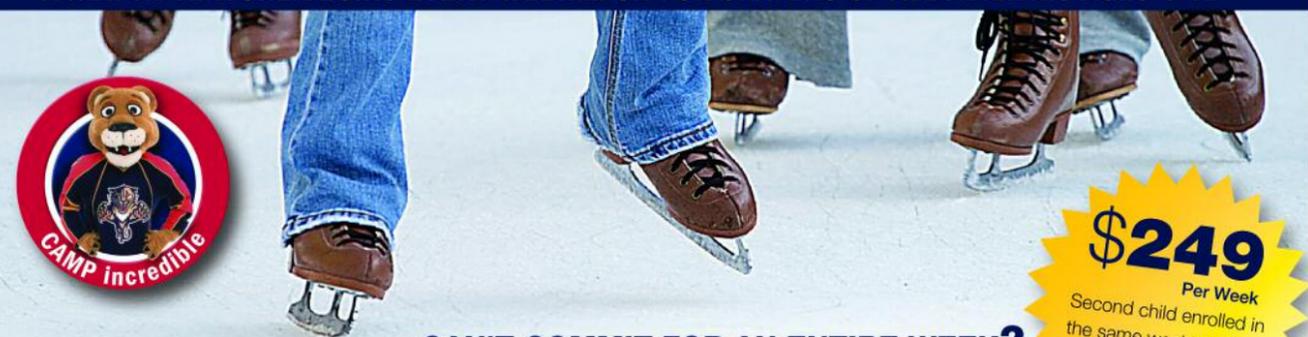
Disclaimer: The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you full written information about our qualifications and experience.



5562 N. University Drive, Suite 102, Coral Springs  
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**\$249**  
Per Week

Second child enrolled in the same week receives \$50 discount.

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### WEEKS AVAILABLE

|                   |                       |
|-------------------|-----------------------|
| June 21 - June 25 | July 19 - July 23     |
| June 28 - July 2  | July 26 - July 30     |
| July 5 - July 9   | August 2 - August 6   |
| July 12 - July 16 | August 9 - August 13  |
|                   | August 16 - August 20 |

SECOND CHILD ENROLLED IN THE SAME WEEK RECEIVES \$50 DISCOUNT. AFTERCARE AVAILABLE UNTIL 5PM. LUNCH AVAILABLE FOR AN ADDITIONAL \$6.00/DAY.

**\$10 off**  
ONE WEEK / ONE CHILD  
CAMP incredible  
EXPIRES AUGUST 31, 2010  
SOME RESTRICTIONS APPLY

**\$10 off**  
ONE EIGHT WEEK GROUP  
LEARN TO SKATE CLASS  
SaveologyIceplex.com  
EXPIRES AUGUST 31, 2010  
SOME RESTRICTIONS APPLY

954.341.9956 | 3299 Sportsplex Drive, Coral Springs, FL | [SaveologyIcePlex.com](http://SaveologyIcePlex.com)

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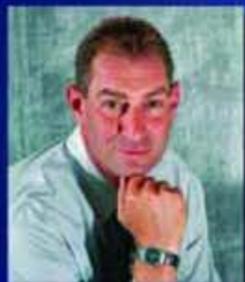
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By Larry Muirhead



When we ask someone to tell "the story," we don't assume they will start with, "First there was light, and then the earth was formed." You can see a meteor parting the orange sky and know there's going to be some major changes to follow. We've learned about adaptation and transformation of species and, as in nature, so goes the NEW 2011 Infiniti QX56. Out of the distant sky a gigantic meteor thunders down to make way for the next generation, and this new QX56 is sure to eliminate all of the inferior, weaker species once and for all!

The new QX56 gets a 25 percent boost in horsepower courtesy of a newly revised 5.6-liter V8. In addition to now delivering 400 horsepower and 413 lbs of ft torque, with the new seven-speed automatic transmission, it gets a 14 percent increase in fuel economy versus the 2010 predecessor.

Along with a new set of 22-inch rims and land crushing tires, the new QX56 offers an optional computer controlled Hydraulic Body Motion Stabilizing System that counteracts body roll. Once the dust clouds settle and you search the earth, you'll be hard pressed to find pressurized Hydraulic Body Motion anywhere out there in the primordial ooze of available human transporters!

All of its various features are accessed by a central controller on the console including real-time weather and traffic, Bluetooth connectivity and a 13-speaker audio system. There's also a long list of alphabet systems like Lane Departure Warning (LDW), Distance Control Assist (DCA) for the cruise control and Forward Collision Warning (FCW).

The interior of the QX56 was inspired by the inside of an executive jet. Should you ever find yourself fortunate enough to be skimming the skies in a multimillion-dollar airliner, you'd hearken the likeness to the all new QX56!

One of the most useful onboard features is the company's Around View Monitor. Now you have an "outside top down view". No predators (or kids and their bicycles) can sneak up on the sides or behind you without you seeing them!

It's more comfortable, more efficient and more powerful than all of its ancestors. There may come a day when the QX mutates into a spaceship but, for now, we have the chance to drive one of the most advanced vehicles produced at about the same pricing as previous generation models.

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# WEST SIDE STORY

## 4th Graders Bring Broadway to Life!

Maplewood Elementary School put on a spectacular dance show led by professional dancer and fourth grade teacher, Ms. Donna Chiarelli. Each year, Ms. Chiarelli volunteers countless hours by taking a group of children from the aftercare program and sharing her love of dancing; teaching them disciplined choreography, dance and FUN two days a week through the entire school year. In addition, her fourth grade class also participates in the dance program, practicing half an hour each day to spotlight their talent.

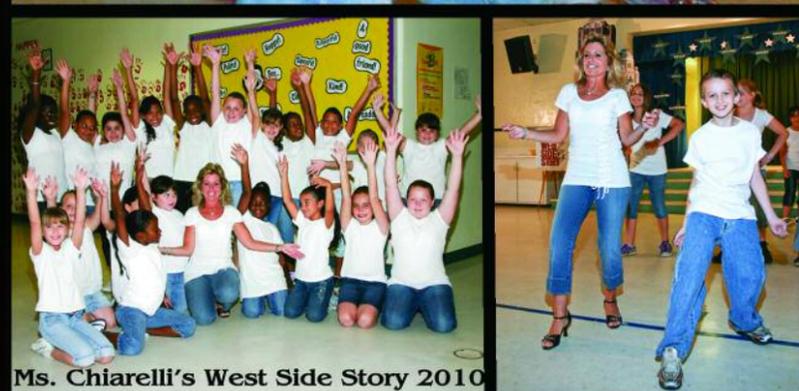
"The love of children is deep in her heart," says former Maplewood parent, Doreen McHugh. "That's why we can't say no to her!" Past and present parents volunteer their time by creating artwork, playbills, decorations, and more. This year's extravaganza was "West Side Story." Parents, friends and faculty were thrilled to applaud the performances of their children's various jazz routines. Amidst the electricity and the excitement, the entire audience was on their feet singing, dancing and clapping to the musical. The dancers' faces showed pride in their accomplishments when they took their final bow.

In a time of serious budget reductions, teachers like Ms. Chiarelli deserve our applause for their selfless dedication to children who may otherwise not be exposed to the arts.

Maplewood Elementary School extends a special invitation to our community friends who would like to attend next year's free performance. It's sure to be an energizing and captivating evening!



Photos Courtesy: Cheri Tishman



Ms. Chiarelli's West Side Story 2010



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- Christine Canavan

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The Weinstein Law Firm's mission is simple- we pursue justice on behalf of those injured due to the fault of another and protect those who have been harmed by large corporations and insurance companies. Centrally located in Coral Springs, our attorneys represent individuals, families, health care professionals and businesses throughout South Florida with claims in the following practice areas:

- Personal Injury Litigation
- Auto Accidents
- Products Liability
- Premises Liability
- Insurance Litigation
- Personal Injury Protection (PIP)
- Chinese Drywall
- Commercial Litigation
- Catastrophic Injury
- Wrongful Death

The Weinstein Law Firm is one of a small group of South Florida law firms that has the resources, experience and know-how to obtain the best possible result for our clients. Our attorneys prepare every case as if it is going to court and as if our clients' lives depend on our performance, because often they do. We work the case to uncover evidence that may be easy to miss, but could be the difference between a successful outcome and an unsuccessful one. In other words, we don't just concede. We give this same level of effort to all cases - big or small, and focus our attention on those areas of law where our knowledge and experience truly benefit our clients.

Managing partner and attorney Andrew Weinstein is deeply involved in industry-related change and holds a number of leadership roles in organizations designed to protect the needs and interests of the public. He devotes both time and energy to many causes, and is known locally and nationally for his efforts, contributions and level of commitment. As an advocate for consumers and health care providers, he frequently lectures on issues relating to Personal Injury Protection (PIP) law, Insurance Litigation and Personal Injury claims.

The Weinstein Law Firm takes great pride in participating in various community activities and supports a number of organizations and causes in the South Florida area. The firm has consistently been recognized for its contribution to enhancing the lives of individuals, children, and families throughout Coral Springs, Parkland and the South Florida community.



Article by Andrew Weinstein of the Weinstein Law Firm

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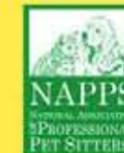
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# Up & Coming

## Parkland's Annual Bicycle Parade - Sunday, July 4th

Join the City of Parkland as we celebrate the Holiday with our Annual Bicycle Parade at Terramar Park, 6575 NW 75th Dr., from 9:00-11:00am. Decorate your bike in Red, White, and Blue and come out to parade it proudly around the Park's perimeter sidewalk. Prizes will be awarded to those who win Best Decorated Bike. For more info, call (954) 757-4120.

## Coral Springs Fireworks Celebration - Sunday, July 4

The City will host its annual Fourth of July celebration at the Sportsplex, 2575 Sportsplex Drive at 6 p.m. Food and entertainment will be available prior to the grand fireworks display at 9 p.m. Personal fireworks and pets are not allowed in the park. The event is free, but there is a \$3 parking fee. Food and refreshments are available for purchase.

## PLEASE!! Sawgrass Nature Center Needs your HELP NOW!

In preparation for the Gulf oil spill disaster reaching our shores and wildlife friends, the Sawgrass Nature Center & Wildlife Hospital, 3000 Sportsplex Drive, Coral Springs, is stockpiling much-needed supplies. Please donate listed supplies or donate money for their purchase. Due to a center closing in West Palm, the Sawgrass facility is inundated with many Babies at this time. They are the only Center accepting wildlife patients from North Broward to Jupiter, so many of these supplies are needed immediately to help care for Orphaned Babies (birds, squirrels, opossums, & raccoons) already on site. ITEMS NEEDED: Neoprene Rubber Gloves, Dish Pans, Kitty Litter pans, Small strong pools, Buckets, ORIGINAL Dawn Detergent, Laundry detergent, Bleach, Heating Pads & Heat Lamps, Oral Fluids- (Pedialyte, Ringers Sol. Sodium Chloride -LRS-Normasol, etc.), Saline, Cotton swabs, Gauze pads, Q-tips, X-Lg Heavy Duty garbage bags (40 Gal), Paper plates, Paper Towels, Tissues, High Protein dry cat food, Bird Vitamin Powder, Exact Bird hand-feeding formula, Yogurt (plain w/ active cultures), strained baby food (chicken, peas, beans, fruit), Egg white powder, frozen fish (smelt, herring, shiners, etc.). We are also in need of many more volunteers to help in the hospital (must be 18 or older) to do food prep (either here or at home) and/or become foster parents to help with our orphaned babies. Please call if you can help! 954 752-WILD Sawgrassnaturecenter.org

## Parkland Kid's Fishing Derby - Saturday, July 24th

Join the City of Parkland as we enjoy a morning of fishing at the Pine Trails Park Fishing Pier, 10555 Trails End, from 8:00 -10:00am. This event will award trophies to the kids that catch the "largest" fish. For more info, call (954) 757-4120.



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