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CASTLE PINES \$6,000,000

First time offering, this unbelievable estate with fully Fenced and Gated Residence is situated on 7 plus acres, with 12,000 sq. ft. in main house, and 1200 sq. ft. in guest house with full kitchen and 22,000 sq. ft. of total living space. 9 car garage, 10 person movie theatre, English pub room with billiards, full built in office with wainscoting, 1 Million dollar custom pool from AAA pools, lighted tennis court, and a putting green. Plus impact windows and doors, house generator and much more.



PARKLAND GOLF AND CC \$3,350,000

Sophistication and elegance describes this exceptional estate situated in Parkland Golf and CC, with vast, scenic golf and lake views. This one of a kind custom masterpiece boasts 10,422 of total sq. ft., with 6 Bedrooms, 7 full baths, huge gourmet kitchen, club room, private office with fireplace, separate billiards and card room, theater room and sauna plus a 4 car-side entry garage and 3 fireplaces. Enjoy the spacious 1st floor master suite with fireplace plus sitting room, with abundance of natural sunlight. Exceptional outdoors, with lush landscaping, award winning resort style pool with fire pits, summer kitchen, outdoor fireplace and complete privacy.



CYPRESSHEAD \$1,595,000

Marblehead is one of the most sought after addresses in Cypress Head. This 6 bedroom, 4.5 bath, residence includes a guest house with living room and endless lake views, Newer roof replaced in 2015. All 4 newer A/C units, crown molding thru-out, remodeled kitchen, bathrooms, laundry room with sink, owned 250 gal gas tank, New pool and spa built in 2014, with water jets and LED lighting, salt water, heated pool and spa with 2- fire bowl features, each with their own gas tanks, marble patio, circular driveway with 3-car side entrance garage. This totally remodeled residence is exceptional in every way, from the lush landscaping to the vast lake views with over \$300,000 in upgrades.



CYPRESSHEAD 1,100,000

This custom residence is perfectly maintained and is sited on an oversized cul-de-sac, with lush landscaping and great curb appeal. This estate exudes a "Timeless Elegance," features 5 Bedrooms, plus exercise room, 4.5 baths, with 3-car, side entry garage, and Circular driveway. With over 7700 sq. feet of total living area, updated with all impact windows and doors in 2014, huge private back yard with resort style pool and patio, oversized family-room with wood burning fireplace. Loaded with architectural details and features plus all top of the line appliances. This one of a kind exceptional home is priced to sell.....



CYPRESSHEAD \$890,000

Custom contemporary estate situated on an interior lakefront site. New roof & chimney replaced in 2009. Functional 4 bedrooms, 3 full baths w/ 3-way split floor plan + 3-car side entry garage. The kitchen features new stainless steel appliances, granite countertops and open to the family room w/ wood burning fireplace, and high ceilings throughout main living areas. Private master bedroom w/finished his and hers walk in closets, the master bath is fully remodeled with his and hers dressing areas plus neutral 20" porcelain tile in all main living areas. Large screened, covered patio, pool + spa, all on a beautiful lakefront builder's acre lot.



CYPRESSHEAD \$765,000

Absolutely perfect and completely remodeled home with an abundance of natural light and contemporary finishes. New 2018 impact windows and doors plus 2018 new roof. This 4 bedroom and 2.5 bath home is located on 3/4 acre property. Features include, High ceilings, open kitchen to family room with wood burning fireplace, all wood kitchen cabinets, with quartz counter tops and stainless steel appliances. This open floor plan, with high ceilings offers a split floor plan, all bedrooms with wood floors, and large porcelain tile floors thru-out main living areas, and much more...



LANDINGS ESTATES \$725,000

Completely renovated Landings Estate home in the transitional decor. 5 bedrooms, 3 full baths, and 3 way split floor plan. On 1/2 acre+ with 3-car garage, fenced yard, newer roof, stainless steel top of the line appliances and marble floors. Master with custom closets, his and hers dressing areas. Open marble patio and pool with outside shower, well water for sprinkler system, volume ceilings, surround sound and much more. Guard Gated community with amenity island offering tennis, basketball, volley ball and tot lot.....



PINETREE ESTATES NORTH \$695,000

Sprawling estate home on 1+ acre of beautifully landscaped and treed lot in prestigious Pine Tree Estates North. 2018 New Roof, 2016, All new Impact windows and doors, All new marble and wood floors, All updated full baths. Newer kitchen with stainless steel appliances, including built-in convection oven/microwave. Center Island with Induction cooktop. Wood kitchen cabinets with granite countertops. Family room with travertine marble, wood burning fireplace & vaulted ceilings. Newer dual AC units. Huge screened in patio for entertaining. And lots of room to build your own pool.



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Heron Bay | \$729,000

An amazing 5 bed, 3 bath, 3 car garage home w/ lagoon style pool and spa in Heron Bay. Located on a cul-de-sac! Brand new contemporary flooring in main living areas. Soaring volume ceilings throughout. Upgraded fixtures, window treatments, beautiful stone fireplace, plantation shutters, nice bar area in living room. Incredibly lush private pie shaped lot w/ outdoor space that's perfect for entertaining. 5th bedroom setup as office. Gated community offering 2 clubhouses, pools, tennis courts, clubhouses, kids splash areas, activities and much more.

Parkland Golf | \$1,099,000

Stunning home with pool & golf course views. 5 bedrooms, 5.5 baths + 3 car garage. Incredible white palette gourmet kitchen, white quartz counters, large island & top of line stainless appliances. Master bedroom w/balcony overlook golf course. Long driveway, beautiful lot. Pool w/marble pavers & summer kitchen. Wood & marble floors. Impact windows, fenced yard. Tons of gorgeous upgrades.



Heron Bay | \$839,900

Stunning 5 Bedroom, 5 bath + office + huge loft, w/ 3 car garage & pool on water lot w/ golf views. Features include 24" marble & wood floors main areas; crown molding. 6th bedroom used as office. Master w/ exercise room & 2 walk in closets. Kitchen w/ double oven, stainless steel appliances. Built-in closets. Accordion hurricane shutters. Salt water pool/spa. Spacious patio w/screened area. Insect repellent system. Fenced Yard.

Parkland Golf & Country Club Rental | \$5000 Per Month

Beautiful waterfront home with 4 bedrooms + office, 3 baths. Living, dining & family rms. 3000+ sq ft. Triple split floor plan. Heated pool & spa. Hurricane Impact Glass. Marble/Wood Floors. Coffered ceilings/crown molding. Upgraded modern shades. Central vac. Kitchen open to family room. Gourmet kitchen with double ovens. Center island w seating. Fenced backyard. Rent includes yard, pool, exterior pest. Small dogs ok. Country club with restaurants, tennis, fitness.



Heron Bay | \$969,900

Beautiful waterfront 6 bedrooms + bonus room, 4.5 bath, 3 car garage home w/ pool & lake views. Over 5000 sq ft under AC. **Hurricane impact windows throughout.** Interior remodeled in 2017 including new kitchen appliances, wood floors, upgraded paint, new stairs. Gourmet kitchen. Heated Pool & Spa. Fenced yard & balcony off master bedroom.


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Marking our 30th year of publication

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As always, Cutler Rader is here for you. Should you need anything, please don't hesitate to contact us. We are all in this together. Please keep yourself and your loved ones safe.

- Ken Cutler and Andrew Rader

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MONTHLY GIVEAWAY

Yvette N. of Coral Springs, was the magazine's April winner of a \$100 gift certificate to Japango. Her name was selected at random from among submissions which correctly identified the number of decorated eggs hidden in the April issue.



This month's prize is a **\$250 gift certificate** to *Ethos Greek Bistro*. Go to our website www.theparklander.com, and under submissions enter your information and the correct number of American flags in this issue as your entry code. A winner will be selected at random from the entries.

Please send your entry by May 10.



ON THE COVER

Racquel Goldy
Small-town girl, big-city success
see page 24.

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PARKLAND MAYOR

CHRISTINE HUNSCHOFSKY

It has been a strange spring to say the least. At the time I am writing this, we are just heading into the second week of April. Schools are closed, senior class activities have been canceled and university and college graduations

have been "postponed."

Spring is usually a time for new beginnings, but right now it feels like we are just waiting for things to start again. One lesson many of us have learned is to not take everyday life and moments for granted. So many of us had plans for April and May, most of which will not come to fruition. We are now given an opportunity to reassess several things in our lives and the value and importance we place on them.

One thing that has not changed is the compassion and generosity of so many people in our community. Residents have been reaching out to those who need help, making and supplying masks to those on the front lines, donating food and Personal Protective Equipment to hospitals and first responders, offering free virtual fitness and wellness classes and checking in by phone call or video call with family, friends and neighbors to make sure they are okay.

Our clergy have also been amazing, providing spiritual support online and helping those most in need. Thank you to everyone for making a difference and focusing on the good that can be done. Thank you also to all who are on the front lines keeping our community safe.

May is a time when we celebrate mothers. Mothers are the ones who we go to for support, help, advice, consoling and even a delicious meal. They are often the helpers and the first ones to reach out to help a friend and neighbor and the last ones to take care of themselves. Our world is a better place thanks to the love, care and support mothers show their families and the assistance and volunteer hours they give to our communities.

Thank you to all the mothers for all you do day in and day out to help your families and community. Unfortunately Mother's Day can also be a very difficult day and a sad reminder for those who have lost their mothers or for mothers who have lost children. So while you celebrate your mother, please show compassion and understanding for those who may be having a difficult time on Mother's Day.

May also is Mental Health month and our community has continued to focus on letting people know about the importance of mental health, self-care and healing, and the various resources that are available. One fixture that has been part of the healing process for many has been Eagles' Haven Wellness Center.

Eagles' Haven has many wellness activities available

virtually, but they also have support groups and certified clinicians who are available to help in a crisis situation or to refer someone to the resources they need. Physical distancing as well as other stressors such as job loss, family life and other issues only add to the need to practice self-care and to take care of one's mental health as well as physical health.

Please reach out to Eagles' Haven at 954-618-0350 or www.eagleshaven.org for more information. Their navigators are available seven days a week to help. Strength is shown by getting the help you need, not by ignoring the problem. Please make good use of Eagles' Haven and all they have to offer.

While I have missed seeing everyone in person and at community events, I am always available. Please feel free to reach out to me at any time at chunschofsky@cityofparkland.org. I look forward to hearing from you.

Be well! 🍷

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CORAL SPRINGS COMMISSION

These last few weeks have certainly been trying for our nation, state and community. May is traditionally a celebratory month; a time when we look forward to graduations, celebrate Memorial Day and of course, women who are mothers and maternal figures to many

of us. This year's celebrations will be different, but in the spirit of resilience, we must still celebrate.

While the weeks leading up to the month of May have been challenging, it has also been a time where we saw the best in our community. From our heroic medical staff treating the sick, our police and fire personnel on the front lines, the men and women who stock the store shelves and those who support our infrastructure. We are proud of our community's bravery, kindness and strength during this difficult time.

We saw record numbers for unemployment and worked with charities and religious organizations to ensure those most in need received food to sustain their families. Our amazing city staff supplied senior communities and nursing homes with the necessary equipment to keep our most vulnerable seniors protected. Neighbors helped neighbors, families spent more time together and we saw more people enjoying outdoor exercise. In every dark cloud there is a silver lining and as your City Officials, we are looking more and more to the positives and the unity in our community.

Speaking of business recovery, we celebrate Economic Development Week, May 4-9. A week that we honor and thank our businesses, big and small, for their contributions. Our Economic Development Office (EDO) is committed to ensuring "Business is Brighter" in Coral Springs, even during these dark times, by retaining local business and attracting new business.

May is *Mental Health Awareness* month and we are dedicated to eliminating the stigma associated with mental health and wellness. We encourage parents to speak to their children about mental health and suicide. Parents seeking assistance can call 2-1-1 for suicide intervention, those at risk can also text "FL" to 741-741 to immediately speak with a counselor. For those who are suffering – especially due to the COVID-19 crisis – we offer a list of mental health resources at coralsprings.org/living/mental-health-and-suicide-prevention-resources.

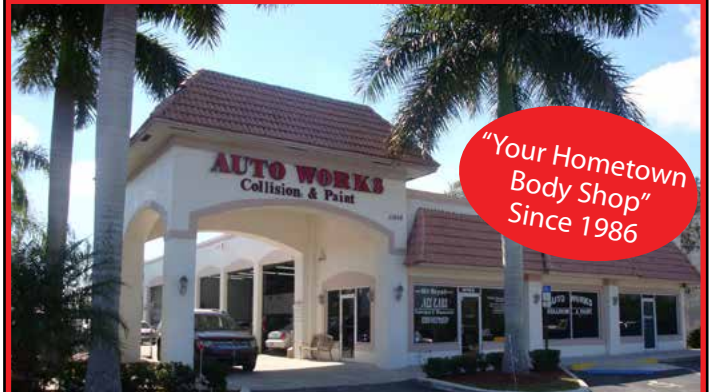
On *Mother's Day* we don't just honor our mothers, we honor all women who have impacted our lives and shaped our future.

Our Memorial Day celebration plans are unclear at this time, but we remind you to stay up to date with all City news by visiting coralsprings.org, following our social media accounts and make sure to text the keyword CORALSPRINGS to 888-777 to receive important updates.

Our May Commission Meetings will take place virtually on the 6th at 9 a.m. and on the 20th at 6:30 p.m.; residents are invited to watch and offer public comment at coralsprings.org/government/city-clerk/public-comment-form. Meetings are aired on CityTV, Blue Stream Channels 25, 25.2, 725 and on AT&T U-Verse channel 99. Meetings are also live streamed at cscitytv.org/CablecastPublicSite/?channel=1.

As always, if you would like to schedule an appointment with any of your City Officials, please call 954-344-5911. 📞

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*Commissioner
Michael Udine*
(3rd District, Broward County)


The past few months have seemed like years to our community. I want to first thank all first responders, doctors, nurses, healthcare professionals, and all

essential service workers that are on the front lines of the fight against COVID-19. We as a community must continue to be strong and safely help each other however we can. The County has worked with federal, state, and local municipalities to put emergency measures into action. Thank you for doing everything you can to help. All of the actions we are taking now will help us "flatten the curve" and get us back to some level of normalcy.

Elections are coming in August and November. Everyone has questions and concerns about how voting will be affected. As a member of the Canvassing Board, I have seen the strides we have taken in Broward County to create a safe and efficient process. Now more than ever we need to expand mail in ballots to all Broward County residents and continue to provide free return postage so that we can promote contactless elections in the short term. I will continue to work with the Supervisor of Elections as we make the safety and accessibility of this election a priority during the pandemic crisis.

Broward County is moving forward by expediting local road projects and other infrastructure enhancements. These projects can be done while residents are not utilizing roadways at normal levels. This will put money into the local economy by providing jobs to some of our hardest hit residents. Since the projects will happen over a large area, these jobs will also allow workers to practice social distancing. I look forward to working with County Government to identify these projects and get this local stimulus up and running.

Finally, as new norms continue to be discussed and we wrap our heads around them, let's celebrate Mother's Day and Memorial Day while we maintain safe social distance. Let's work through this life changing experience together as a community.

Staying connected with the residents of District 3 throughout this crisis is a top priority for me. I can be reached as always at MUdine@Broward.org or at my office at (954) 357-7003. Follow me for the latest updates on social media @CommissionerMichaelUdine on Facebook and @MichaelUdine on Twitter or Instagram. I look forward to hearing from you. 



Congressman Ted Deutch

(D-FL, 22nd District)

Dear Friends!

As our community faces this global crisis, I know many are concerned for their health and economic well-being. As your Representative, I will continue my

work to help you manage through this time.

First and foremost, in order to limit the spread of COVID-19, each person must do their part in protecting public health by practicing social distancing and good hygiene. Please limit your outside exposure as much as possible. Stay informed and up to date with current federal guidelines at [CDC.gov](https://www.cdc.gov).

Our priority must be getting help to families, workers, small business owners, health care professionals and first responders, nonprofits, schools, and students. The House and Senate have reached a compromise through the CARES act to provide Americans with immediate financial relief, expanded unemployment insurance and assistance to small businesses. The bill will also direct billions to funding hospitals and healthcare providers on the frontlines while ensuring they have the necessary personal protective equipment to keep our community safe.

Over the past few weeks, I have been working with federal, state and local leaders to address the concerns of my constituents. Below you will find information for families and small business owners to access resources available to you during this national emergency.

Testing: We aren't testing nearly enough to know how far the virus is spreading in Florida. I have been pressing state and federal authorities to make more testing kits available in Florida. The State of Florida continues to urge people to call their health providers or county health departments if they are concerned that they may have the virus.

Broward Health is now offering mobile, drive-through testing for our community by appointment. To register, call 954-320-5730.

I have been working with state officials to offer drive-through testing in southern Palm Beach County as well.

Small Business Disaster Loans: I'm also fighting to protect the ability of small businesses to fight through these enormous

challenges. The Small Business Administration Disaster Loan Program is currently available to small business owners and nonprofits that experienced economic damage as a result of COVID-19. Find out more at disasterloan.sba.gov.

Unemployment: I joined my fellow Florida colleagues to urge Governor DeSantis to help unemployed Floridians and small business owners by increasing unemployment benefits, extending the time period for benefits, and issuing COVID-19-specific guidance to help Floridians apply.

Federal Tax Information: From the start of the crisis, I have worked with the White House to extend the tax filing deadline. The deadline to file federal income taxes for families and small businesses has now been moved to July 15, 2020. All taxpayers and businesses will have this additional time to file and make payments without interest or penalties. Find out more at [IRS.gov](https://www.irs.gov).

Telehealth: I have been encouraging insurers to cover tele-health to help improve access to care during this crisis. Medicare has temporarily expanded its coverage of telehealth services to respond to the current public health emergency. This will help ensure beneficiaries are able to visit with their doctor from home, limiting their exposure to the virus.

Florida Blue's network of primary care doctors and specialists will be able to treat patients virtually at their normal office visit rates. Teladoc virtual care can be easily accessed by members through the Florida Blue website and through the Florida Blue app.

School Meal Programs: No child should have to go hungry during school closures. Recently, the Florida Department of Agriculture and Consumer Services worked with county school boards across the state to launch meal sites that will help feed hungry families while schools are closed. Families who receive free and reduced-price meals may search for the most convenient location by using the Summer Breakspot website.

I, along with my staff in Washington and Florida, are working to ensure our community is kept safe at this time. I strongly encourage everyone to visit my website for current updates. Please reach out to my office if we can be of assistance and stay safe. We will all get through this together. 🙏

CONNECT WITH TED

<p>WASHINGTON, DC 202-225-3001</p>	<p>BROWARD COUNTY 954-255-8336</p>
<p>PALM BEACH COUNTY 561-470-5440</p>	<p>SIGN UP FOR TED'S UPDATES AT TEDS.HOUSE.GOV</p>


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Parkland resident heads global security company



By Larry Schwingel

It started with a few men in the backyard of a home on Long Island talking about the possibility of opening a security company. They tossed around a few names, and Mike Evans offered US Protection Agency. Everyone laughed. No one is laughing now.

Evans is the CEO of USPA International, one of the world's largest security conglomerates, employing 5,000 contractors in 16 countries. The parent company, USPA International, has spun off into USPA Nationwide Security, Panic Room USA, and USPA Technologies.

Evans moved to Parkland four years ago, and his USPA Nationwide Security branch remains headquartered in

Manhattan. It provides security guards, high-end bodyguard services, close protection, anti-kidnapping, and abduction support. Every contractor is either ex-military or has experience in law enforcement.

The Panic Room USA division includes experts at building bombproof, bulletproof, and fireproof "hard rooms". Evans said he reached out to the school district following the tragic Parkland shooting and offered to fund the installation of bulletproof glass and any other safety measures necessary, but never received a response.

His USPA Technologies division addresses the digital era of doing

business. "We are developing an app to make it convenient for people to order and pay for any type of bodyguard service or security direct from their phone."

Evans had a law enforcement background, worked side jobs with security companies, attended college, was getting ready to be a first-time parent, and was in the middle of building a house on Long Island. Short on money, the idea of starting a security company bloomed.

Within ten months of launching USPA, "we were working between 60 to 80 hours a week, and the investors wanted out," said Evans. "I bought them out,

and by the end of 12 months, I was the sole owner.” The company went from making almost nothing in the middle of 2006 to a \$1 million profit margin in 2008.

Evans underbid the competition to get his first client, an architectural firm in Manhattan that required 24-hour security from Friday through Sunday. He took the assignment on short notice. “I was there by myself for the entire weekend and I learned two things: I didn’t charge enough money, and I needed to hire more employees.”

His first big client, Oneida County (NY), gave Evans a taste of government contract work by providing security for the Department of Motor Vehicles, Probation Department, Social Services, and the train depot.

Evans’ company started Kingsman Service, an initiative assisting women and children who are victims of human trafficking, domestic violence, or other crimes. When it was introduced, business soared and phones rang off the hooks. At that time, Evans underwent a life-changing experience. He was hired by the Oprah Network to work undercover as a guard for Lisa Ling, host of “Our America With Lisa Ling,” and part of an ongoing series called “3 AM Girls.” The program, an exposé on the trafficking of teenage girls, left an indelible mark. “What I witnessed opened my eyes, and it was something I was never really able to walk away from,” he said. “I knew the girls needed help and didn’t have any money, so I sponsored the program and provided services free of charge.”

To fund and sponsor the project, Evans needed a revenue source, particularly when the ranks of volunteers thinned due to the increased caseload. After some success as a technical writer, he authored a mainstream book to raise money. “I have a nice life in Parkland, my family is healthy, and we’re fine financially,” he said. “So, do I buy a bigger house or do I help


young people? The answer is easy. My mother taught me that money wasn’t everything, but what is everything is the way you interact with people.”

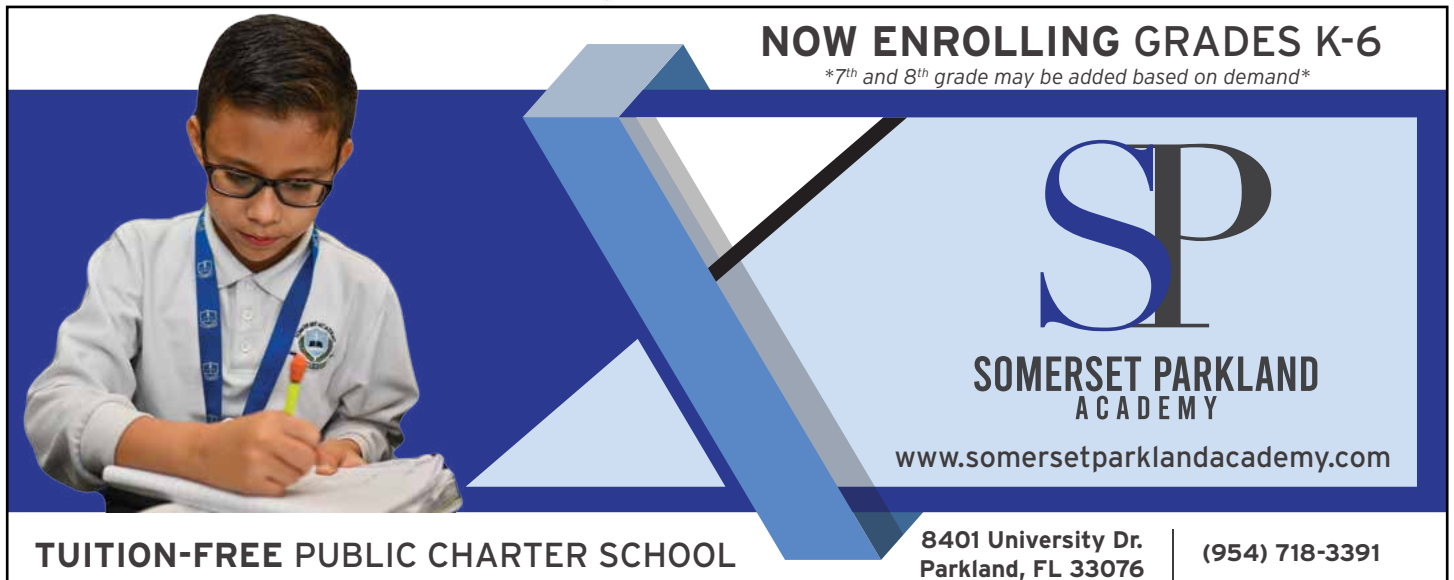
The father of three says that USPA Nationwide Security has been involved in domestic violence cases since 2006. “As a boy, I saw my mother abused, and I understand the physical and emotional damage it causes.”

USPA provides numerous other services, including Pathfinder, a program of close protection, security and transportation for clients in “hot zones” created by man-made or natural disasters where there is a potential for civil unrest. The team also provides looting and fire watch protocols to safeguard businesses.

The company also offers kidnapping services and covers the costs involved. “We do this in different areas of the U.S., Mexico and the Philippines,” he said. “We work with informants that give us information on missing people being trafficked.”

Mike Evans is not a traditional CEO. He is on the frontlines, attending high-level sniper and pre-deployment training with contractors as they head overseas into high-risk zones, or boarding a plane on-call to provide security for a high-profile personality. “I got into the business as a way to pay the bills and provide for my family, but over the years there’s a bigger purpose than just providing safety,” said Evans. “I define success now as lending a helping hand to those in need.”

In his “spare” time, Mike coaches Lax Mafia, a Parkland-based lacrosse team, ranked among the top 25 teams in the nation, according to the U.S. Club Lacrosse Rankings, and volunteers at St. John Paul II Academy in Boca Raton. 



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SOLD

CYPRESSHEAD • PARKLAND

Completely & exquisitely updated in the last year, this 6BR/5.5BA/3CG .74 acre estate boasts numerous upgrades, including: travertine marble flrs main area; wood-look tile flrs in all bedrooms; stunning kitchen with center island, white shaker cabinets & all Bosch appliances; amazing bathrooms; dual fireplace, & custom closets; plus gorgeous pool & yard. Roof '07. **\$925,000**



SOLD

CYPRESSHEAD • PARKLAND

Situated on 1.04 acre, this 5 BR, 3.5 BA, 3 CG estate has been completely updated! Desirable features include: split bedroom plan w/5th BR adjacent to MBR; 24" diagonally laid marble floors; updated kitchen w/custom cabinets, granite center island & stainless steel appliances; cathedral ceilings & fl-to-ceiling stone FPL; all new baths; accordion shutters & beautiful pool/paver patio! **\$748,000**



SOLD

CYPRESSHEAD • PARKLAND

Located on a .88 acre corner lot, this 4 BR/2.5BA home includes 3536 square feet of air conditioned living space. Desirable features include; split bedroom plan; updated kitchen, which opens to spacious family room; family room with cathedral ceiling and fl-to-ceiling stone fireplace; huge covered patio with outdoor bar, including beer on tap, & large, screened pool! **\$699,000**



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SOLD

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Wow! This 4BR/2.5BA pool home shows like a model!! Great floor plan — MBR and 2nd bedroom downstairs & 2 bedrooms, bathroom & loft upstairs. Exquisite kitchen features white cabinets, subway tile backsplash, st. steel appliances & granite counters. Stone-look tile floors, 2 "new" A/C's, just completely re-painted, accordion shutters, fenced yard, etc. **\$499,000**



COLONY AT BOYNTON • BOYNTON BEACH

This beautiful 3BR/2BA is located within the gated community of Colony, which includes a clubhouse, fitness center, pool & spa, and tennis courts! The home offers a split bedroom plan, new A/C (2019), accordion shutters throughout, paver driveway, and screen-enclosed patio. The low monthly HOA fee includes basic cable! **\$310,000**

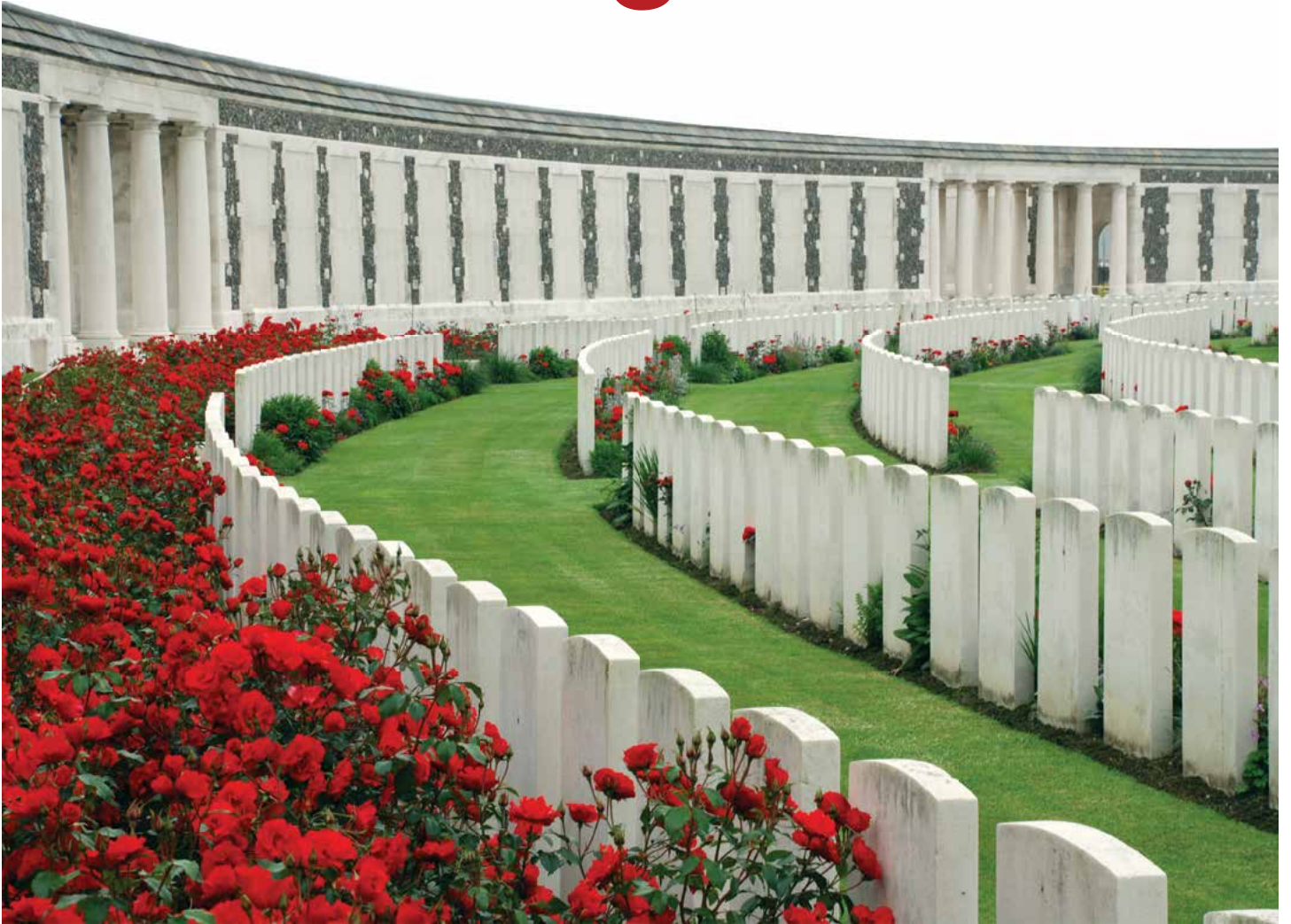


FAIRWAY VIEWS • MARGATE

This 2BR/2BA/1CG offers a fantastic opportunity in desirable Fairway Views! Great investment or perfect starter home. Floor plan offers extra bonus room/den, split bedrooms, large family area, formal dining with pass-thru, eat-in kitchen, newer a/c, screen-enclosed patio, etc. Community amenities incl: heated pool, gym & clubhouse. Low HOA! **\$225,000**

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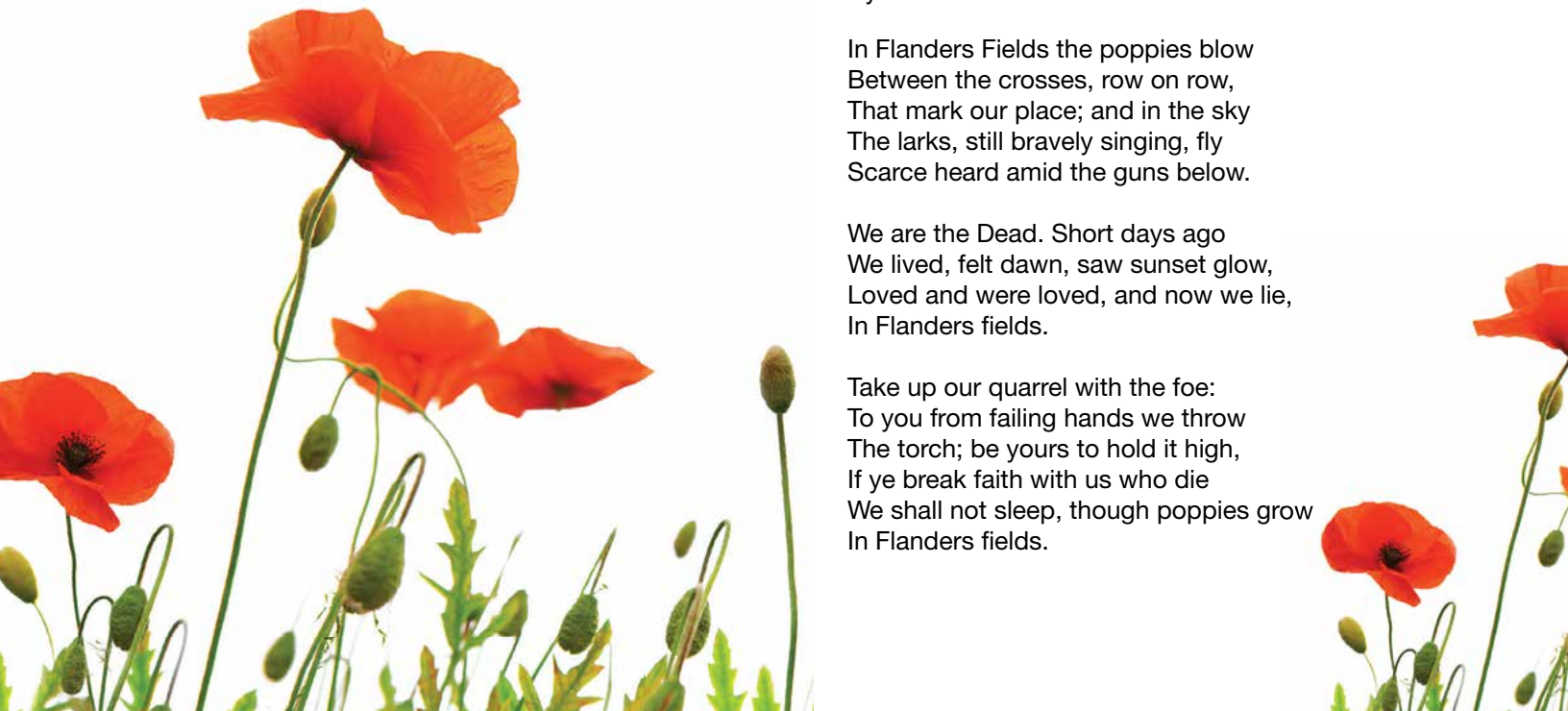
In Flanders Fields

By John McCrae

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



"In the spring of 1915 bright red flowers began poking through the battle ravaged land across northern France and Flanders (northern Belgium)," Barbara Maranzani wrote for history.com.

"Canadian Lieutenant-Colonel John McCrae, who served on an Allied artillery unit, spotted a cluster of the poppies shortly after serving as a brigade surgeon during the bloody Second Battle of Ypres.

"The sight of the bright red flowers against the dreary backdrop of the war," she continued, "inspired McCrae to pen the poem, "In Flanders Fields," in which he gives voice to the soldiers who had been killed in battle and lay buried beneath the poppy-covered grounds."

The United States was not to enter the war for another two years, in April 1917. It was the month and year my father was born in Buffalo, N.Y. It was exactly one year before my wife's father was born in St. Louis, MO. Archie and Bob.

Both served bravely in World War II: My wife's father building hospitals for injured soldiers across Europe; my father at the controls of an M4 Sherman tank prowling Nazi-occupied Czechoslovakia. My wife's mother, Pearl, born in Chicago in 1923, also served overseas in the U.S. Army during the war. That's where Pearl met Bob.

Archie, Bob and Pearl were part of what Tom Brokaw called "The Greatest Generation." They were among those who returned to their families.

This month we honor all the men and women who didn't make it home, who gave up their lives in too many wars.

Earlier this year, before Covid-19 struck, Memorial Day events had been planned in communities throughout Broward and Palm Beach counties.

The "better part of valor," however, as Shakespeare's *Falstaff* reasoned in *Henry IV, Part I*, might still have us in stay-at-home mode at the end of the month.

One hundred years ago the country was still trembling from the devastation of the Spanish Flu. It killed an estimated 675,000 Americans between 1918 and 1920, more than were killed during the Civil War.

It was that same Civil War that sparked Union General John Logan to establish "Decoration Day" on May 30, 1868 to honor the estimated 620,000 who died in the four-year

struggle. The name was later changed to Memorial Day and set for the last Monday in May.

One hundred years ago there were Memorial Day celebrations throughout Florida -- in Tampa, Miami, Orlando -- but at least one nearby city chose a different path.

"No Plans For Observance of Memorial Day," read a headline on the front page of the Palm Beach Post, May 18, 1920.

"No preparations are under way for observance of Memorial Day," the story read. "There is no post of the G.A.R and no organization of the Confederate Veterans or Spanish War Veterans" planning events for the day.

The G.A.R. was the The Grand Army of the Republic, the fraternal organization composed of veterans of the Union Army, Navy, Marines and the U.S. Revenue Cutter Service who served in the American Civil War.

After World War I Memorial Day was expanded to honor Americans killed in all wars. It became an official federal holiday in 1971.

This year, this month, again for "the better part of valor," the Indianapolis 500, traditionally held on Memorial Day, has been postponed to August 23.

Still in its infancy a century ago, the race was held as scheduled on Monday, May 31. It was the race's eighth running at The Brickyard.

Gaston Chevrolet, brother of the man who started the Chevrolet car company, won the race, posting an average speed of 88.6 miles per hour. The average speed at the 2019 race was 175.8 miles per hour.

Whatever Memorial Day events are allowed this difficult year and whomever you're with, *the Parklander* joins all of you in honoring those brave men and women who made the ultimate sacrifice for their country.🇺🇸

Richard Battin, Editor

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.**



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Grace Noethen, a 'legend' in Parkland



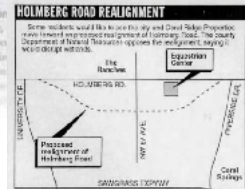
Meet Your Parklander Advertiser Saving Grace -- Realtor Grace Noethen's Love Affair With Parkland Keeps Growing

...to have any idea what makes Grace Noethen such a successful Realtor, you must first understand the person behind the professional. The woman has an innate kindness and goodness and a true empathy for people which she attributes to the rather diverse life she lives. Her family emigrated to the United States by way of Argentina just after World War II when Noethen was young. "I was very fortunate to grow up in New Jersey compared to what it is that she sees, the diversity and car accessibility area. And that wonderful community is for granted, still maintain old friendships to and small town life. "But it seems to me to be a great place to live."



Grace, pictured with her daughters Kirsten and Klin.

...a house because they like it. I make sure that not just their criteria is met, but mine is too," she says with a chuckle. Soft-spoken and elegant, Grace makes no mistake—she's a fastidious and tenacious businesswoman. "People need to consider criteria beyond that it's a great property." And both her accounting/banking background and buying and selling her own and 22 years of client properties take center stage when she puts a property being considered for purchase—or for sale, through her own paces. This is a person who does her homework; she doesn't rest on laurels. That highly trained and experienced Realtor continued to choose to live in Parkland, a community of what has become a "legend." "Minny has never been my client," she says. "She's just part of the community."



Thirty years ago *the Parklander*™ magazine came to life, serving the communities of Parkland and Coral Springs. During that period, many in the community have contributed to help it evolve. The staff at *the Parklander*™ will be profiling local residents in this and upcoming issues, to reflect on the community's past, present, and what is to come. Just like how the community has grown and thrived, it is our belief that together, we can overcome the current health crisis, and come out stronger still.

Looking back at Volume 1 Issue 1 of *the Parklander*™, we found some familiar faces, including Realtor Grace Noethen, one of our original advertisers. At the time, she was already a Multi-Million Dollar Club member, and acknowledged "Sales Person of the Year". Having specialized in luxury and waterfront properties of Parkland, Boca Raton, Delray Beach, Highland Beach, and Fort Lauderdale, she has accumulated many awards for being the leading real estate agent in the area.

Grace did a socially distanced telephone interview with us over the phone recently.

She started her career in New Jersey before specializing in the Palm Beach and Broward area in 1985. She is fluent in Italian and Spanish, having been born in Sicily and spending her

early years in Argentina. Her family moved to the U.S. in 1958. Those who know her call her knowledgeable and patient. Many of her clients have said Grace treats them with compassion and makes them feel like part of her family.

For Grace, her honesty, compassion, and taking care of her clients is always the forefront of who she is, not just as a Realtor. She is always looking to help, so when she was approached to support a new magazine in Parkland in 1991, she was more than happy to.

Her compassion and experience have helped many local residents find homes in the area. Parkland grew from around 1,900 people when she started to well over 32,000 now. Many came to Parkland seeking the same relaxed and rural lifestyle that attracted earlier residents.

Grace remembers the decision to realign Holmberg Road to a southern bend, that all residents are now familiar with, to go around the equestrian center. This was a controversial topic for years in the early 90s, as the city adapted to new developments while striving to protect horse riders from increased traffic.

The decision to realign Holmberg shaped the development of Parkland. City Commissioner Ken Cutler

shared news articles and city council minutes from the early 90s, showing a community struggling to balance the interest of developers, residents, and environmental agencies.

Over the course of years and multiple debates, re-alignment was approved and completed.

Just like that one event shaped the future of Parkland, so has Grace's efforts to match up people to the right home shaped lives and futures. Drawing upon her knowledge of the area, and her passion for real estate, she has been able to both buy and sell many homes in the area, becoming a "legend" in the industry. Her warm and welcoming personality is the gateway many prospective residents walked through to settle in Parkland. Her ability to find the right home for prospective buyers is confirmed by one of her former clients who writes to her regularly, thanking her for their Parkland home and neighbors.

Parkland today still oozes the charm of its more rural days. As we spend weeks in our homes, it's good to reflect how blessed we are to live in such a friendly community. To be able to enjoy our farmers' markets, our drive-in movies, and the equestrian center, is a wonderful gift, and we should all work toward ensuring the character of Parkland stays welcoming for another 30 years. 📍

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Parkland girl *finds her niche* at drivetime gig

By Ellen Marsden

Born, raised, and currently living in Parkland, Racquel Goldy has the much-coveted job as the on-air personality during the afternoon drivetime on Revolution 93.5 FM in Miami, South Florida's home for EDM (electronic dance music).

Racquel Goldy is a big-city success with small-town roots.



By her own admission, the popular TV and radio host, interviewer and content producer is a workaholic and isn't afraid to say it. She loves what she does. "I'm always working. I go to work, I come home, I prep my show or I'm researching djs or whoever's coming in for interviews. I live and breathe the music/entertainment industry but that's why I've gotten as far as I have and I don't take it for granted."

A 2011 graduate of Marjory Stoneman Douglas, Racquel largely credits her confidence to pursue a multimedia journalism major and a minor in theater at FAU - the earliest foundation of her subsequent success - with a class she took in high school.

Knowing that she wanted to major in broadcasting once she got to college, she thought the high school's peer counseling class would give her some much-needed skills. "Peer counseling helped me with public speaking because you wouldn't know it now, but I was really shy. I was a competitive dancer growing up, and obviously you don't talk in dance," she said.

It was during senior year when the teacher encouraged her to go to school for broadcasting and told her, "You've come so far, I'm very proud of you, you can do this," that she truly believed her goal of a career in entertainment was attainable. "That was my moment," Racquel said. "I knew my dream was working out the way I wanted it to."

While at FAU, Raquel found herself hungry to immediately get hands-on experience so she started her own YouTube channel Off The Racq, where she interviewed musicians and athletes as well as interned at Y100 Miami, iHeart radio Miami.

After her college graduation, Racquel started working for an online digital music website, Stage Right Secrets. She found herself as their country music correspondent covering award

shows, music festivals and events, traveling back and forth to Nashville often, while still living in Parkland.


Her biggest break came in 2017 when she got a job with the Florida Panthers as their in-arena host as well as the host of the BB&T Center's digital event productions.

After 2 ½ years with the Florida Panthers and perfecting her craft as an on-air personality, Racquel found herself at a crossroads in her career. She would not be going back for another season with the NHL team and was unsure about what turn her career path was about to take. "I applied to maybe 50 jobs a week. Seriously, I'm not joking, and would hear back from maybe two if I was lucky and that was with someone putting my resume in the right person's hands.

"For me, it was never about quitting because I know this is what I'm supposed to do with my life, but it was definitely scary."

Racquel's talent, experience and perseverance finally paid off. "I got the job at the radio station after going in and auditioning a couple of times on their morning show. I waited a month and finally got the call that I was waiting for. I never thought I would have the afternoon drive show by myself, never having worked in radio fulltime before. For the station to believe in me, I'm beyond grateful for that," she said.

What is Racquel's advice for students aspiring to a career like hers and who are determined to succeed? "Work hard. Know that you definitely will go through trials and tribulations. Roll with the punches. Never quit or second guess yourself because new doors and possibilities open up, ones you never thought would happen.

"And last but not least, surround yourself with good friends and family because they are going to keep you going mentally and physically." 

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Snowbirds – Will they stay or will they go?

By Jan Engoren



Like the Clash sang in their 1982 hit, “Should I Stay or Should I Go,” most Florida Snowbirds have had to make that decision in mid-March, after the WHO declared COVID-19 a worldwide pandemic on Mar. 9.

There are one million plus snowbirds who flock to Florida over the winter months, mostly from the Northeast – New York, New Jersey, Massachusetts, Connecticut and from further north, over the border, Canada.

Giving a boost to the south Florida economy and to our tax coffers is a mixed blessing for year-round residents, who have a love/hate relationship with their snowbird neighbors. They might be on vacation, but we’re not.

Since most snowbirds traditionally leave in March before Easter and Passover, the ones who left, only left a few weeks early.

On Mar. 14, Canadian Prime Minister Justin Trudeau called for all Canadians to return home as soon as possible.

The Canadian newspaper, The Toronto Star, reported that Canadian residents, David Whitford and his wife Barbara returned from Florida on Mar. 16, after vacationing three weeks in Sarasota.

“We could have stayed longer but saw all these things in the newspapers about travel restrictions and things like that, so we thought we’ll go back,” said David Whitford. “We’d rather be home.”

The Canadian government has ordered returning snowbirds to self-quarantine for 14 days.

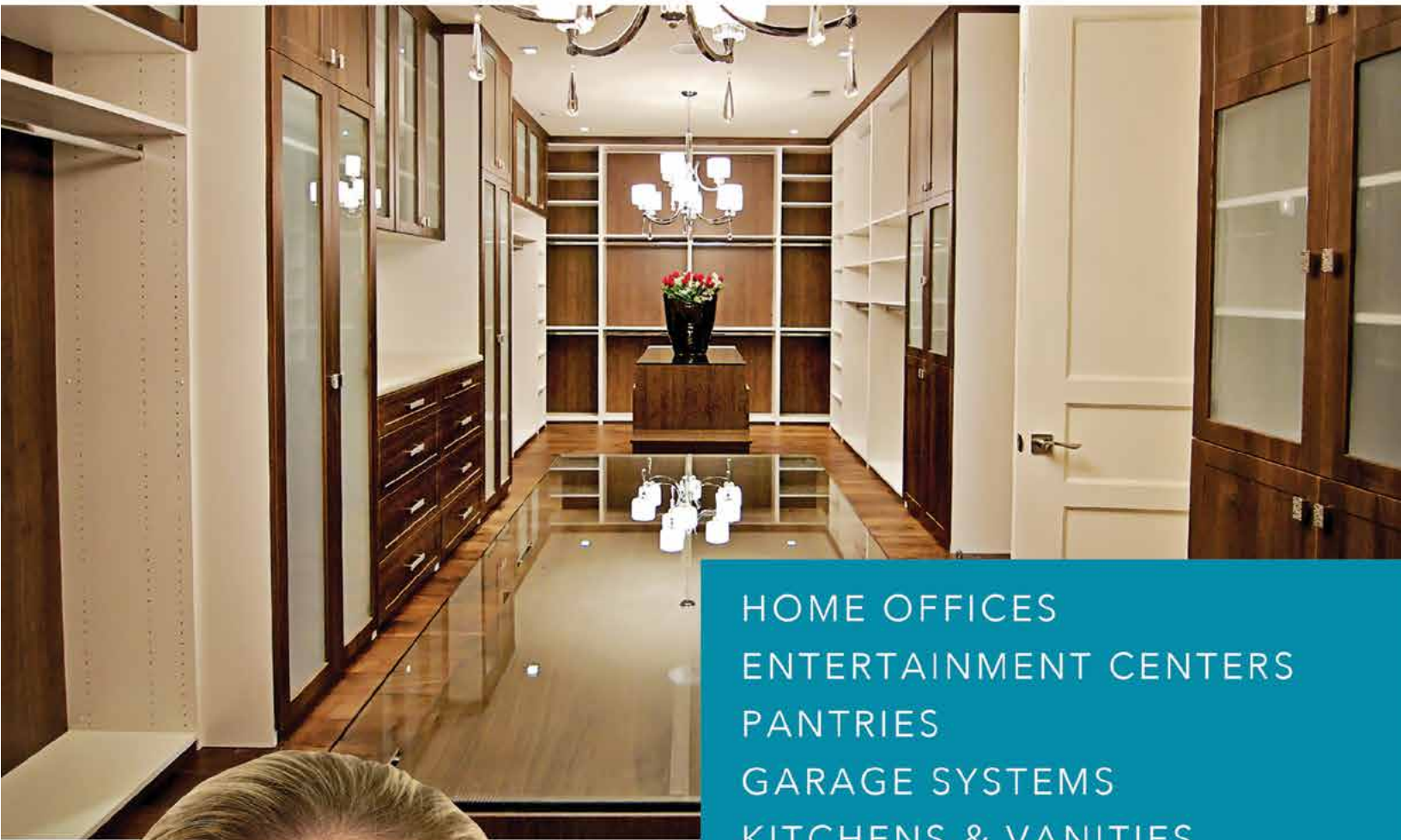
“People who ... maybe spent the winter down in Florida or in Arizona, many of them will be driving back,” said Bill Blair, Canada’s Public Safety Minister. “Every Canadian returning home — including snowbirds arriving by car — will receive information telling them to self-isolate.”

In contrast to the Canadian snowbirds, who had a mandate to return home, many American snowbirds are choosing to stay in South Florida, rather than head into the country’s epicenter of the COVID-19 outbreak.

Lana Kaufman, 72, a retired emergency preparedness nurse from Setauket, NY and a new resident at the Hunter’s Run community in Boynton Beach is a first-time snowbird who was originally planning to head north on Apr. 1.

“I’m waiting to see what happens before I make a decision,” Kaufman says.

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Despite her two daughters and grandkids being in NY, Kaufman says she's playing it by ear. She's reluctant to drive alone and has concerns about stopping along the way. She's also hesitant to fly and says, "You never know who's on the plane and if they were exposed to the virus."

In the meantime, she's enjoying the Florida weather, reading Jodi Picoult on her Kindle, watching "The Sound of Music" on PBS and trying not to watch too much news.

Two other snowbirds, both from New Jersey, are opting to stay in Florida, rather than head north.

Tina Denike, who runs an online handbag business, and is renting in Delray Beach and Audrey Levi, of Boca Raton are both in no rush to go home.

Denike hopes to return home before the July and August heat, and has canceled her summer plans to go to Europe.

Her 22-yr. old son, Zachary, a college student flew down from Massachusetts after his classes were canceled.

She keeps busy swimming (before the stay-at-home order was issued on Apr. 2), cleaned out 21,000 emails, is learning French and catching up on subscription shows, such as *Schitt's Creek*, *The Marvelous Mrs. Maisel* and *The Kaminsky Method*.

Levi, a snowbird for four years, recently purchased a home in the Broken Sound community and has been busy getting her new house in order.

"I've been preoccupied with my home," says Levi, a retired New Jersey school district director who originally planned to leave on May 18.

"But the weather has been so nice, why go back to New Jersey?" she wonders. "Here, I can walk along the golf course,

look at the sky, the flowers and the greenery. It's beautiful."

Like Kaufman and Denike, Levi says she is playing it by ear.

"Nothing is pressing right now, except my mother's unveiling in June," she says.

Mindful of social distancing, Levi chats with friends by phone, reads and is currently binge watching *Black Money Love*, a Turkish television series streaming on Netflix.

For Parkland resident Joseph Lia, 98, a retired carpenters' union organizer in New Jersey, and the father of four kids, ten grandkids and 19 great-grandkids, he's lived a long and fruitful life.

A resident of Piper's Cay in West Palm Beach since 1995, and a member of Mary Help of Christians Church, Lia usually departs for his summer home on the Jersey Shore the week before Memorial Day.

This year, he's extended his time in Florida and plans to fly up in June and return in mid-September when his great-grandkids go back to school.

He loves to cook and bake bread for his family; cordon-bleu is a specialty.

Aside from cooking, Lia, a widower for 16 years, spends his days working in his garage, making commemorative plaques for family and friends.

"I can't sit around doing nothing," Lia says. "I like to keep busy."

Told by a nurse that he would live to see his 100th birthday, Lia says he's not afraid of the coronavirus or of death.

"I'm looking forward to turning 100," he says. 📌

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Still homebound? Try a virtual vacation

By *Ellen Marsden*

If, like so many of us, you're housebound by this vile virus, there's no need to be at home bored.

Instead of climbing the walls, roam the halls of some of the great museums of the world and hit the trails at the national parks. Take a virtual vacation.

You can take in sights and sounds from nearby and around the world right this very minute. The list of possibilities is overwhelming, but we've put together a few of the highlights. Some of these virtual sites offer more interactive and immersive experiences than others, but explore and check them out. Let's get going!



Museums and Parks

Local museums and places of interest including The Norton Museum of Art in West Palm Beach, NSU Art Museum in Fort Lauderdale, Vizcaya in Miami, just to name a few, have virtual tours on their website. Station WLRN (South Florida's NPR station and PBS TV station) has local listings on their website, wlrn.org. In the search bar type museums. For additional local listings go to miamionthecheap.com. In Palm Beach, palmbeachculture.com has information on virtual cultural experiences, tours and classes.

Keep in mind, not all local museums, galleries, parks and events are listed on these websites, if you don't see what you're looking for, be sure to check the particular location's website to see if they offer a virtual tour or experience.

The same thing is true of museums and cultural sites in other parts of the country and around the world. The Smithsonian, New York's Museum of Natural History, the Chicago Art Institute, The Getty Museum, The Louvre, Versailles, The Van Gogh Museum, The British Museum, and countless others offer virtual tours of some of their most prized collections and exhibits.

If you want to virtually visit some major and lesser known historic sites, memorials and parks, check out nationalparks.org, the website of the National Park Foundation - the official charitable partner of the National Park Service - as well as The

National Park Service website, nps.gov.

And once you are no longer parked at home, if you plan to visit the national parks in person, be sure to check out the National Park Service website for individual, family and senior pass discounts.

Another great way to see some national and international parks, monuments, historic sites and museums is on earth. google.com and artsandculture.google.com.

Sounds good

(Remember the line from a Three Dog Night song: "Well I've never been to Spain, but I kind of like the music"?) Did you know that you could tune in to radio stations all over the world for free? Go to radio.garden, press Play, view the world map, home in on a city - denoted by a green dot - and listen to local radio stations.

Expand your horizons so that if you do decide to travel abroad one day, you will quite literally speak the language. Broward County Library offers library card holders free Rosetta Stone lessons in 30 languages. Go to broward.org/library, and under Quick Links click on Online Resources. Under Highlights on the righthand side, click on Rosetta Stone, create your account, and voila, choose the language(s) you want to learn.



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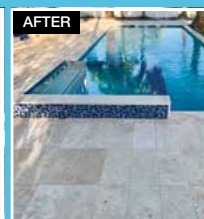
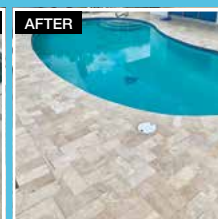
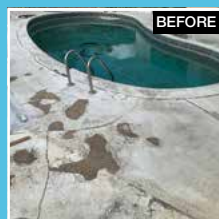
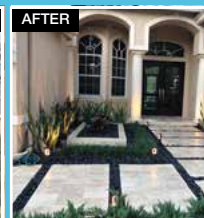
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See a Show

Shakespeare said “All the world’s a stage,” and if that is as you like it (pun intended) you have many performances to choose from, right at home.

While some of these might be of limited duration, as of press time:

London’s National Theatre will stream National Theater Live productions free at National Theatre’s YouTube channel every Thursday at 2 p.m. and remain available to view for 7 days.

The Metropolitan Opera offers the free “Nightly Met Opera Streams” featuring encore performances, beginning at 7:30 p.m. nightly and available for 20 hours at metopera.org.

One of Andrew Lloyd Webber’s renowned musicals will stream each Friday starting at 2 p.m. and be available to view for 48 hours on The Show Must Go On!, a new YouTube channel.



Maybe the lights aren’t so bright on Broadway right now, but it can be showtime any time. Some of the best of Broadway is available 24/7 at broadway.hd.com where there are nearly 300 productions to choose from. They offer a one-week free trial, and after that it costs \$8.99 for a monthly subscription, \$99.99 for an annual subscription. 📌

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To shutter or not to shutter?

*By Sheryl Dunn
Publisher*

Florida has one of the country's strictest building codes because of its climate, location, and history of destructive hurricanes. The Florida Building Code (FBC) requires windows to be impact-resistant or protected if located within one mile of the coast where the wind speed is 110 mph or greater. Those of us living inland in Parkland and Coral Springs probably also want to look into this, not just for protection but also the possible discounts available from insurance agencies (fancily called "Wind Mitigation Discounts").

The most cost-effective options are panel shutters. Plywood panels are ½" thick. Storm panels are polycarbonate, steel or aluminum. Both can be screwed into place over windows and doors. This can be labor intensive, but the panels are easily stored afterwards. Unfortunately, there is little to no wind mitigation discount available for this type of protection. Both of these types of panel shutters are available at your local home improvement stores.

Accordion shutters are a permanent home addition that are custom installed around your windows and doors, therefore they are more expensive than panel shutters, but can still be quite reasonable. They are made of aluminum and are easily closed before a storm and opened again afterwards. Insurance companies will provide wind mitigation discounts for accordion shutters.

Colonial and Bahama shutters are also permanent home additions, and custom installed around windows and doors. As they are functional and aesthetically pleasing,

they are slightly more expensive than accordion shutters. Bahama shutters hinge on the top of the window or door, and colonial shutters hinge on the sides. Both are easily closed and opened, and can be made from multiple different materials. Insurance companies also provide wind mitigation discounts for these types of shutters.

Rolling shutters are a high-tech, permanent home addition that are custom installed and made of high quality aluminum or steel. They deploy and retract with the press of a button. They are the most expensive shutter-style option but are offset by high wind mitigation discounts from insurance companies.

Accordion, Colonial, Bahama, and rolling shutters are all available from specialty shutter stores, and it's recommended you do your research to see what options are best for you and what your own insurance company offers in terms of wind mitigation discounts.

The final option is, of course, not to have shutters at all but to go with impact resistant glass for your windows and doors. Those would be a permanent home addition and custom installed, however, once installed, they would never need to be removed or replaced unless they are damaged. They are quite expensive (usually running around three times the cost of regular windows), but again this is offset by the highest wind mitigation discount. These types of windows and doors are widely available, but it is highly recommended to do your research on the levels of protection and quality as not all impact-resistant glass is built the same. 📌

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THE ENEMY WE CAN NOT SEE

Interview with Dr. Assi from Alpha Dental Practice and Implant Center

Q: Thank you very much for taking time to talk to us about COVID-19 and Dentistry. What is COVID-19 exactly and why is it different from other viruses?

A: I wish that we did not have to talk about this, but it is important that we do. The COVID-19 Pandemic has disrupted all of our normal day to day activities, forced us to shut down, practice social distancing, and be fed constant and ever-changing information. Today I want to focus on the solid facts and what I can bring to you that you can use in your day to day decisions, understanding, and from my perspective where COVID-19 falls into place where oral health and visiting your dentist is concerned.

COVID-19 was initially identified in Wuhan, China in December of 2019. It is being called a novel virus because although there are other Corona viruses, this one is the first of this kind to infect humans. It has been said to have come from animal to human and is now being spread from human to human through aerosol droplets. We are testing some medications to help treat the virus and some cocktails have proven successful, but more testing will be done to determine the proper course of treatment. As of yet, we do not have a vaccine.

Q: Is it true that some people are more at risk of getting this virus than others?

A: The COVID-19 virus tends to have higher severity in Elderly patients and

patients with underlying health risks and cancer. It does have to be said though that it does infect younger patients and, in some cases, has also been severe in these patients. This is important to know because there is not one group of people that is immune to the virus or its effects and so all age groups should practice the same precautions.

Q: I have heard you and others say that this is the enemy we can not see. Why do you say this?

A: It has been called the enemy that we cannot see because there is a long period of time where a person can be infected with the disease and not show symptoms. Most reports are saying that this can be 4-7 days. In addition, it has been reported to stay alive in the air for up to 4 hours and some surfaces for up to 9 hours.

Q: What are dental offices doing to help prevent the spread of COVID-19 ?

A: Being an essential part of the community we have played our part in flattening the curve by only seeing emergencies during this period of time. For us, in Florida, we have been mandated until May 8th. This time period may be extended by the governor should he see the need. We have also been asked to shelter in place. History has shown that social distancing and staying away from crowds is one of the most effective ways to slow the spread of pandemics. In doing this, we are preventing a large amount of people being sick at the same time, therefore

decreasing the demands for vital hospital beds, ventilators and resources all at once. This way, our healthcare system should be able to better manage the sick people without running out of resources. And, as far as dental emergencies are concerned, our goal is to keep our patients out of the hospitals with dental related emergencies.

Q: Speaking of emergencies, what should our readers know if they themselves feel like they are having a dental emergency?

A: If you think you have a dental emergency, you should contact your dentist. Your dentist will have a series of questions to screen you and help determine what your next step should be. If your dentist deems that you need to be seen, once you are at the office, you may experience some additional questions and protocols that are a little different than what you are used to. This is to make sure we have properly screened you from the possibility of being exposed to or having the virus. This may include you waiting in your car instead of the waiting room, having your temperature taken by a touchless device and not being able to bring anyone else with you to your appointment unless they are required to be there.

Q: What visits will be postponed during this time?

A: Regular, non-emergency visits, though they are essential will be delayed until the high peak risks of COVID-19 transmission and contraction are gone. This is the same that they are doing in hospitals



Tarek Assi, DMD, DABOI
Diplomate American Board of
Oral Implantology

we will be wearing our usual Personal Protective Equipment (PPE). This is what we normally wear to protect our patients and ourselves. You can expect to see our usual surgical cap to cover our hair, a surgical gown to cover our clothes, surgical or N95 masks, gloves, a plastic face shield over the mask, and most importantly a smile on our faces to help make you feel welcome and safe. We are also continually researching any new PPE as recommendations are being updated.

Q: What do you feel your office already offers in terms of equipment that may interest our readers to know about?

A: Additionally, we have surgical air filtration systems already in place. This is a multi-stage filtration system that captures dust particles, pollen, volatile organic chemicals, mold, allergens, viruses, bio-aerosols, nitrous oxide and other pollutants from the air. The system also has a negative ion generator to help combat fatigue and give our air a more pure, clean, and energized feel.

We also use a system called Isolite which is a high-speed suctioning rubber dam with illumination. It creates a breathable barrier to the patient's throat with suction that suctions inside the mouth while illuminating the inside and lowering the aerosols that will come from the procedure.

We highly believe in one-time use products like patient protective eyewear, patient bibs and holders, one time use warm towels to wipe the face and hands after each visit are among them.

Q: What would you recommend that patients look for when finally being able to go back for their regular visits?

A: In addition to some of the things that I have already listed, I think it is very important now, and always has been, to make sure that your dental environment is clean, centered around your safety and health, that the appointments are scheduled with enough time between patients to fully disinfect and sterilize procedure rooms. It is also important that your dental office be

like delaying some surgical procedures. Though they are essential for screening or feeling better, since they are not emergencies, the CDC has asked that these all be delayed.

Q: When we finally go to the dentist, should we expect to see you dressed differently than usual?

A: It may differ from office to office. In our office,

ready and willing to modify their protocols according to new information. As far as dental work is concerned. I recommend that you take care of pending dental treatment in a timely manner so that you stay up to date with your dental health.

Q: Thank you for so much information, I am sure there is so much more, but this has been a great summary of how this pertains to your field. Would you like to leave us with one final thought?

A: In the end, we are a human race which will learn, adapt and adopt new and improved ways to continue our day to day lives. Whether you are a dentist, small business owner, an employee of one, a government official, a healthcare provider, a mom, dad, kid, this journey that we are all on, and especially with this almost total STOP of our daily routine from this invisible enemy has proven that we are all the same. When we needed to help each other (by staying away from each other) we did it. We checked on our elderly, we checked on our friends and our teams virtually. We stepped into someone else's shoes temporarily (knowing how much your kids teacher does, knowing how much that nurse risks when she leaves home to go to work). We spend quality time with our loved ones. We sang to each other from our balconies. We felt the pain of losing someone or felt the pain that someone felt when they lost someone, and it humbled us to know that it could be any one of us. We let our faith guide us in times when things really did not make sense. We learned that an influx of information would really mean no information at all. We challenged each other to push-ups. We finally got things done at the house. We felt unified with the world. We loved being alive. We stopped taking moments for granted. And though we may not get back to full blown hugs right away, we will come out with more friendly smiles for each other than we ever have. Knowing our communities, our country, our world, our race can face an invisible enemy as ONE.



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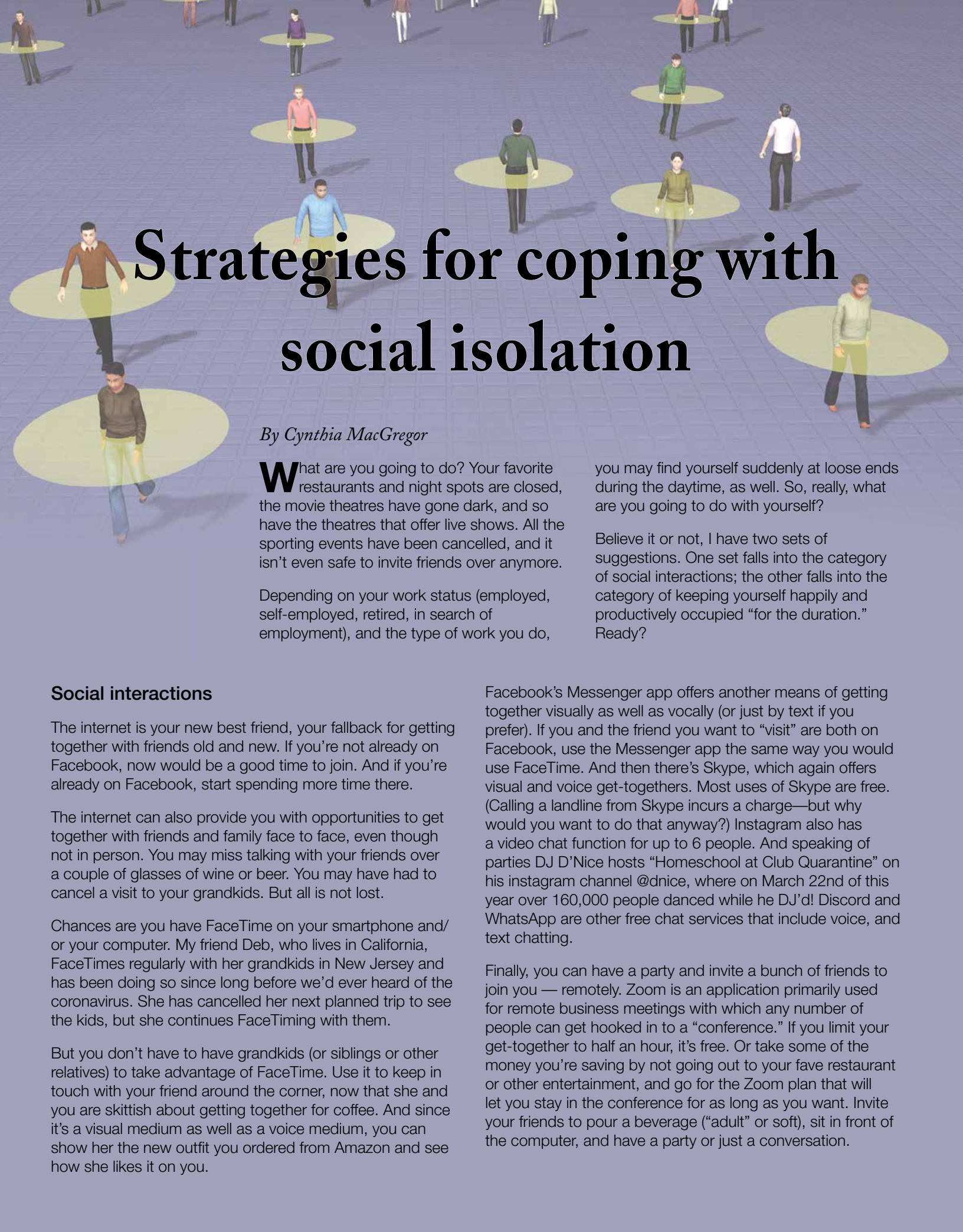
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Strategies for coping with social isolation

By Cynthia MacGregor

What are you going to do? Your favorite restaurants and night spots are closed, the movie theatres have gone dark, and so have the theatres that offer live shows. All the sporting events have been cancelled, and it isn't even safe to invite friends over anymore.

Depending on your work status (employed, self-employed, retired, in search of employment), and the type of work you do,

you may find yourself suddenly at loose ends during the daytime, as well. So, really, what are you going to do with yourself?

Believe it or not, I have two sets of suggestions. One set falls into the category of social interactions; the other falls into the category of keeping yourself happily and productively occupied "for the duration." Ready?

Social interactions

The internet is your new best friend, your fallback for getting together with friends old and new. If you're not already on Facebook, now would be a good time to join. And if you're already on Facebook, start spending more time there.

The internet can also provide you with opportunities to get together with friends and family face to face, even though not in person. You may miss talking with your friends over a couple of glasses of wine or beer. You may have had to cancel a visit to your grandkids. But all is not lost.

Chances are you have FaceTime on your smartphone and/or your computer. My friend Deb, who lives in California, FaceTimes regularly with her grandkids in New Jersey and has been doing so since long before we'd ever heard of the coronavirus. She has cancelled her next planned trip to see the kids, but she continues FaceTiming with them.

But you don't have to have grandkids (or siblings or other relatives) to take advantage of FaceTime. Use it to keep in touch with your friend around the corner, now that she and you are skittish about getting together for coffee. And since it's a visual medium as well as a voice medium, you can show her the new outfit you ordered from Amazon and see how she likes it on you.

Facebook's Messenger app offers another means of getting together visually as well as vocally (or just by text if you prefer). If you and the friend you want to "visit" are both on Facebook, use the Messenger app the same way you would use FaceTime. And then there's Skype, which again offers visual and voice get-togethers. Most uses of Skype are free. (Calling a landline from Skype incurs a charge—but why would you want to do that anyway?) Instagram also has a video chat function for up to 6 people. And speaking of parties DJ D'Nice hosts "Homeschool at Club Quarantine" on his Instagram channel @dnice, where on March 22nd of this year over 160,000 people danced while he DJ'd! Discord and WhatsApp are other free chat services that include voice, and text chatting.

Finally, you can have a party and invite a bunch of friends to join you — remotely. Zoom is an application primarily used for remote business meetings with which any number of people can get hooked in to a "conference." If you limit your get-together to half an hour, it's free. Or take some of the money you're saving by not going out to your fave restaurant or other entertainment, and go for the Zoom plan that will let you stay in the conference for as long as you want. Invite your friends to pour a beverage ("adult" or soft), sit in front of the computer, and have a party or just a conversation.

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Keep yourself productively busy

There are plenty of projects around the house and on your computer that aren't "busy work" but are genuinely useful and really need to be done. What better time than now to do them?

Let's start with a subject that's dear to my own heart: writing. How many of you reading this have had an idea for a book, whether it's the next Great American Novel, a self-help book, or a children's story, but have put off sitting down and writing it for lack of time? You said maybe you'd write it some day when you retired. Well, now's your opportunity. Go for it!

And speaking of writing, how about writing your memoirs, or your family history? I don't mean for you to write this for publication. No, you're writing for your children, your grandchildren, your great-grands, and beyond, and perhaps for your nieces, nephews, and cousins, as well.

Now, while you're at your computer, when's the last time you went through it deleting old files you don't need anymore? "Housecleaning" is a term that applies to your computer as well as to your kitchen. You go through your spice rack periodically, getting rid of old spices that have lost their pungency. You go through your fridge periodically, getting rid of old foods that should no longer be eaten even if they haven't yet turned into "science experiments."

You go through your closets periodically, getting rid of clothes that no longer fit you or suit you. Do the same with your computer. Delete files you are sure you have no further need for. You'll make room on your hard drive for new files and may well find your computer executing saves and other functions faster.

Now, moving on from your computer and getting back to your closets, when's the last time you went through them all to see what's in them — clothing and otherwise — that you and your family no longer want



or need? Fill giant-sized bags with all the things you want to give away. When it's once again safe to do so, you can venture out and drop the bags off at your favorite thrift store or other charity. And now that your closets are emptier, reorganize them.

Until then go online and check out organizations like Vietnam Veterans of American at scheduleapickup.com or American Veterans at amvets.org.

What else in your house needs reorganizing? Your kitchen cabinets? Your bookshelves? Your kids' toys? Maybe this is even a good time to reorganize the furniture in your living room, family room, or kids' rooms.

Some day — in the not-too-distant future, I hope — the need for social isolation will be over. But until then, you have ways to "visit" with your friends and plenty of projects to keep you occupied between visits. 📌



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"A long day ago," as Harper used to say, in less complicated times.

One child, one parent — isolation in the time of coronavirus

The day is twenty-four hours long, but seems longer. There is no hurry for there is nowhere to go, nothing to buy and no money to buy it with.

Harper Lee, To Kill A Mockingbird

In the beginning, it was preposterous. News of a novel virus killing thousands on the other side of the world. Social media feeds became heavy with videos of sobbing people, faces hidden by masks, begging for the world to notice.

One by one, nations fell victim to circumstances that seemed implausible just days earlier. The milk in the refrigerator had not yet expired, but life was no longer life as we knew it. Everything was different.

I got this.

Ignorant of how profoundly altered my world would actually become, initially I believed I was in good shape. My immediate family is just two; and we were already a homeschool family. We don't need much.

I scrolled through Facebook in those first few days, cringing at frantic posts from anxious parents, desperately attempting to send a message that might bring peace to their tortured souls.

My own first weary days, weeks and even months (yes months) of homeschooling flooded my mind. Almost a year in, and some days I still think I might be screwing up my kid. It's unimaginable that families — families in a crisis — would ever be able to truly adapt. I wish I could give them all a hug. Of course, I can't.

The two hardest things I have ever chosen to tackle with free will are, without question, parenting and homeschooling. Not surprisingly, homeschooling has been edging out parenting for the number one spot most of this year. More recently, moving so far into the lead there is no way to catch it.

Parenting is hard. It's even harder in the age of social media when "keeping up," or more appropriately "keeping up the appearance" has parents around the globe

doubting their every move (or lack thereof); posting pieces of their Pinterest-worthy life.

Add to this, a cruel virus blanketing the planet, leaving, as of this writing, almost two million infected and some 125,000 dead. Add to this, the closing of our schools and businesses, canceling of events and activities; leaving an impossible situation in uncharted territory, that's upending our lives.

We were a homeschool family before the pandemic, but we also had an escape. Harper, passionately involved in local theater, was sometimes at rehearsal three to four nights a week, often past 10 p.m. It's one of the reasons I pulled her from public school.

I work from home as a web developer. Already struggling with loneliness and facing many evenings alone while Harper perfected her craft, last August I got a job waiting tables at a small Italian restaurant a stone's throw from my house.

I assimilated easily into a job I enjoy and that supported me through undergrad, grad school, and my first challenging years teaching on the west side of Chicago. Subsequently, I was also gone three to four nights a week.

Despite the school part of our life remaining familiar, the lack of evening activity derailed us. Our days are not what they were and no Zoom meeting can compete with actual human interaction.

Harper is not the little girl she once was. Independent and headstrong, she had previously been moving full speed into her tween/teen years. Coming home from her pre-pandemic days she moved directly to her bedroom to Facetime friends or scroll through her phone. Her natural path of self-discovery and autonomy has now come to a standstill.

As an only child, Harper has no built-in diversions, no sibling to argue with, no one with whom to share the days and weeks endlessly stretching out before her in this new reality. She has no companion when I need a moment to myself. I find myself wallowing in the emptiness of our existence.

I don't got this.

The pressure to maintain normalcy in a completely abnormal reality is building. I MUST MAKE SURE HARPER COMPLETES HER WORK, DOES HER READING, CLEANS HER ROOM. That's what a good parent would be doing. But I'm wiped out.

I read an article that suggested taking shifts parenting with your partner to make the day more manageable. If you don't have a partner, she goes on, then a strict schedule is ideal to maximize your day. I wonder, maybe, if that author might want to come over to my house for a shift.

Some days Harper and I just float around each other, barely coming up for air from our respective devices. I

beat myself up climbing into bed at night for failing her; not shielding her from the emotional chaos in my mind.

The significance of how this event will shape her as she moves through life is important.

In crisis, people imagine things. I imagine the weight of the stress and anxiety I carry through my day dancing a slow waltz through our apartment; undetected and noiseless through the air, planting itself firmly on Harper's shoulders.

Life flies by like a dream. Each morning I wake up, shrug off the remnants of what my life once was and prepare myself for that day ahead. In the time of coronavirus, life goes beyond simply managing screen time or providing academic enrichment.

Without precedent to guide us in this new isolated reality I've decided to give us both permission to just exist, without expectation. The truth is, no matter what path we travel through this tragedy, we will emerge on the other side stronger and more courageous.

What Harper does, or does not cover in the day's lessons will have no more bearing on her life than forgetting to brush her teeth or change her clothes. There is a lesson here, a quiet message of resilience and optimism in the face of diversity.

I got this. 📌

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Broward County Residents Relieve Back Pain and Avoid Epidural Shots and Spinal Surgery with Laser Decompression

Laser Decompression is working for Broward County Residents who have been suffering with Spinal Stenosis, Herniated, Bulging & Degenerative Discs which can cause very severe, constant low back, neck, leg and arm pain. These residents are having this care with Dr. Craig Kuhlmeier. These pain sufferers were desperate for relief and had no idea it was obtainable without shots or surgery. Now there is an option that has helped numerous patients find relief. It's called Laser Decompression or LD. And it's revolutionary new program that works to restore patients' lives by reducing pain and getting to the cause of the problem.

How it all started

Dr. Kuhlmeier has been using non-surgical spinal decompression for his Chronic Low back & neck pain patients. He also uses high powered laser therapy to increase the success even more. This was the only system that combines two of the most logical, safe and effective treatments for chronic neck and back pain.

Now called LD, it has changed the way many patients are thinking about treating their pain.

You see, the average back pain patient either gets better in a few short weeks or DOESN'T. Chiropractic and Physical Therapy helps many patients. Even just lying down and icing or over the counter pain pills helps many.

For the rest, it can mean a lifetime of day-in, day-out nagging, looking for the nearest place to sit kind of pain. For others, the inability to walk, drive, or take care of themselves. And pain pills, lots of pain pills. Then commonly – surgery!

If you've never been there, or haven't talked to a patient like this, it's an eye-opening experience!

But now, LD patients are experiencing results like THIS:

"Before coming to see Dr. Kuhlmeier, I had been suffering from severe back and leg pain all the way down to the bottom of my foot from my sciatic nerve. For years I was in severe pain every day. It affected my sleep, doing stuff around the

house, walking and my attitude as well as fallen a number of times.

Since having Laser Decompression care everything has turned around completely because I am out of pain. I had three epidural injections and was scheduled for back surgery. My quality of life has improved. I'm sleeping through the night and I don't take pills anymore.



Having Dr. Kuhlmeier treat me was God sent. I can't thank him enough. Everybody in the office is nice and so are the other patients. I guess when your out of pain everybody is happy. I would highly recommend anyone who has back pain, leg pain and disc problems to come see what he has to offer. It has been a great experience for me."

**Michelle Feinberg
Coral Springs, FL**

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A very important note: LD has been successful with even the most severe cases... Even when NOTHING else has worked. Even after failed surgery... Even after MULTIPLE failed surgeries. Laser Decompression has provided what many consider nothing short of miracles for back and neck pain sufferers who had tried everything else...

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Dr. Craig Kuhlmeier, DC

Covid-19 was not part of the wedding plan

By Amanda Horta

We are all in agreement that COVID-19 has made a drastic impact on our daily lives. From schools to businesses, all the way to future vacations and concerts, everything has been put on hold. What does this mean for upcoming weddings?

April to June is typically a popular period of time where couples choose to get married. It can take anywhere from six months to a year or more to plan a wedding. This time in the couple's life can be stressful, tiring but also exciting, as they prepare for their special day.

All this stress is not without reward. You get to plan the best day for you and your future spouse's life. In a normal situation, a wedding is the culmination of months of planning, resulting in a celebration of the union between two people. This union is highlighted by beautiful bouquets, gorgeous dresses, and cake – stunning and delicious.

As the maid of honor for my older sister's wedding, I was disappointed to find out that the venue for her wedding had to close because of the quarantine. My sister had to cancel her dream wedding.

Understandably, she became frustrated, worried, and stressed. Months of planning and money just disappeared. But despite all these setbacks,


my sister and her fiancé realized they can still get married on their desired date.

With today's technology she can livestream her ceremony. Even though her family and friends can't make it to the wedding, she will be able to share it with everyone. They may not be there in person, but they will still be participating in the celebration.

Instead of postponing, couples are choosing to live stream their small ceremonies. By doing this, they are respecting the social distancing rule.

A bonus about having a virtual wedding is being able to invite everyone without feeling stressed or guilty about not inviting them originally. Weddings are very costly when it comes to the number of guests attending. Being able to save money, while not feeling guilty about not inviting someone, is definitely a plus.

Couples are doing whatever they can for this moment to still be as special as possible. The coming together of two people in marriage is a beautiful moment, regardless of the current situation.

Before the start of the first millennium, the Roman poet Virgil wrote "love conquers all things." And now, in the 21st century, clever couples are proving that includes quarantines too. 



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Your neighbor, the black bear

By Cynthia MacGregor

As creeping urbanization slowly takes over nature's wild habitats, denizens of the wild increasingly find themselves living in close quarters with us human folks — and foraging our garbage for food. Case in point: The black bear. Once you had to go camping to risk an encounter with creatures of the ursine kind, a.k.a. bear. Now you can step out into your backyard and surprise a black bear attracted by the smell of the steaks on your grill.

While finding a bear in your backyard (or while walking your dog in the neighborhood, or when you're on a camping trip) can be startling, to say the least, and may make your pulse pound, black bears are not dangerous unless they've been confronted, according to Ray Simonsen, Sr., known as "Ray the Trapper."

Ray is a licensed nuisance wildlife trapper but says you don't need to call a trapper if you encounter a black bear. "They're very docile," he says.

You can chase it away yourself, but don't turn tail and run, he advises. Instead, put your hands in the air. Clap your hands, and yell at the bear — something like, "Hey bear, get out of here, bear."

Back up. Don't turn your back to the bear. You can get a small airhorn at a sporting goods store. One blast will scare the bear back into woods. The bears are more afraid of us than we are of them. There is also bear spray, available at local stores like Dick's and Bass Pro Shops.

Although bears are normally docile creatures, if one is confronted or feels threatened by a human or a pet, it could react. As long as a bear has the means of a way out, it will retreat unless it has cubs in the area. But if cornered by people or pets, it could become aggressive.

Bears have been known to tree themselves when scared. If you do encounter a bear and see it climb a tree, leave it alone. It's not stuck in the tree. It will come down on its own. Just let any neighbors know that there is a treed bear, so they don't approach the tree and bother the bear. If left to its own means of escape, it will be fine and not bother anyone.

While there's no way to ensure you won't have a bear encounter, especially if you're camping, you can minimize the chances of finding one in your backyard: Keep your garbage cans covered

and secured.

Thoroughly clean out any backyard grill, fryer, or smoker, and don't leave food droppings on the adjacent ground. Clean up promptly after a barbecue or picnic; no matter how tired you are, don't leave the clean-up till morning. Bears can smell food from two miles away.


If you do find a bear in your yard, chances are he is just passing through — unless you've left something appetizing out. If the bear can get into your garbage or finds something else of interest, then, just like Arnold Schwarzenegger, he'll be back.

You are more likely to see a bear in the spring at dusk and dawn. Like most other wildlife, they conserve their energy in the heat of the day.

What you should not do in case of a bear encounter is shoot the creature. Bears are a protected species. They are losing more and more of their habitat to construction, but the good news (for the bears, if not for those humans who fear them) is that the Florida black bear is making a comeback. There are some estimated 1400 black bears in the state now, up from the low 100s in the 1970s.

Their worst enemies are humans and cars. Despite laws, poachers still kill bears for their meat and/or their hides. And now there's a new dark motive for bear poaching: extracting the bears' gall bladders. It seems that the bile this organ produces is erroneously believed to have medicinal properties.

The legal consequences for killing bears are less severe than those for killing turkey and deer out of season. But recent proposals would set the minimum fine for killing bears at \$750 instead of the maximum \$500 under current law. Also, hunting licenses could be suspended for three years, rather than the current yearlong maximum. There is now an effort on the federal level to stop the poaching of black bears.

While a bear in your backyard that refuses to leave is unlikely, you are breaking the law if you shoot it. In such an event, call the Florida Fish & Wildlife Conservation Commission at 888-404-3922. 



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We are providing complimentary Health Care analysis and tax mitigation planning for individuals and business owners. As an additional courtesy, we are offering Expense and cost Reduction Evaluation and (for a nominal fee) SBA bridge loans, unsecured lines of credit and other innovative ways to secure funds. (954) 736-9098 erabizsolutions.com

211 Broward County Crisis Helpline

211 Broward is a 24-hour comprehensive crisis helpline that provides connections to health and human services. We are fully functioning at this time and in touch with agencies in regards to their changes in services. Call us about services, questions, and/or to speak to someone during this time of crisis. You are not alone! Dial 211 211-broward.org

3D Learner has helped hundreds of Parkland students significantly improve their reading comprehension, test scores and self esteem - while lowering their anxiety. Our approach is integrated, engaging and effective. We can help your child be far more successful by the time school begins in August. Special pricing for Parkland Chamber members. (561) 361-7495 3dlearner.com

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Open 9 a.m. - 5 p.m. Selling very vital products: Masks, Gloves, Alcohol Prep-Pads and Pulse Oximeters. 2135 N. University Dr. (954) 906-5640 a2zmedicalsupply.net

Abramson CPA

I have remote encrypted portal access to clients data, and can

accept either email, fax, drop off, snail mail, and can have virtual meetings with Zoom, share face-time, accept payment via Zelle, Venmo, or check. E-filing of returns, and extensions.

1133 NW 118th Lane (954)288-5726 (954)755-0515 FAX
AbramsonCPA.com

Beth Alhanti, Licensed Mental Health Counselor

Video Mental Health Counseling Services available for those struggling with anxiety and/or depression caused by or exacerbated by the COVID-19 situation. Take care and call me, if you need me. Coral Springs and Plantation Offices. VIDEO Sessions (954) 260-9056 bethalhanti.com

Alterations by Reina

878 SW 12th Ave (954) 785-6222

Atlantis Academy

Atlantis Academy is offering virtual tours for all prospective students and their families. Please call the school to arrange a tour date and time. 11411 NW 56th Dr. (954) 752-7571 coralsprings.atlantisacademy.com

Benson, Mucci & Weiss

We are a local law firm and title company providing legal services in the practice areas of real estate, business, entity formation, estate planning, probate and general civil litigation. We are able to transact business digitally, by video conferencing or in person. Whatever you need we are here to help. 5561 N. University Dr. (954) 323-1023 bmwlawyers.net

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As a marketing agency, we help businesses communicate their message to their customers: by social media, their website, in print or by email. If your business was forced to slow down, let's find new ways to continue serving your customers, or a comeback strategy for when things settle down. 5401 N. University Dr. Ste 102 (954) 944-9050 or (754) 204-8962 brightpinkagency.com

Brodzki Jacobs

We continue to provide expert guidance to clients in family law, bankruptcy, immigration and estate planning during this challenging pandemic. We offer secure video-conference appointments for new and existing clients, and continue to move cases along electronically

whenever possible. Some hearings are being held by phone or videoconference. (954) 344-7737 bjblawyers.com

Scott J. Brook, P.A.

We are seeing clients remotely through various electronic means – Facetime, Skype, Zoom meetings – and maintaining social distancing in the office. Of course, we continue to file any documents necessary with the Courts in the tri-county area through the e-filing portal and are able to attend hearings by telephone. Our offices have done everything possible to heighten cleaning procedures and we are no longer seeing clients personally in our office. 2900 N. University Dr. (954) 757-5551 scottjbrookpa.com

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Children's Medical Association

We are now fully operational with telemedicine services available for all sick children, which we are offering 7 days per week. Mon-Fri 8a.m.-5p.m. Sat, Sun

and Holidays 8a.m-12p.m. 5697 Coral Ridge Drive (954) 722-0300 childrensmedicalassociation.com/Heron-Bay.html

Clark Financial Planning Services

If you would like to speak to a CERTIFIED FINANCIAL PLANNER™ professional about your finances or investments, please reach out for an initial no-cost, no-obligation consultation. (954) 300-1199 clarkfinancialplanningservices.com

ClearWave Dental and Dr. Tad are Open for Existing and New Dental Emergency Patients. Call Us At (954) 345-5200, and if our office is closed, please listen to our office voicemail for Dr. Tad's cell phone number. 8894 Royal Palm Blvd. (954) 345-5200 info@clearwavedental.com clearwavedental.com

Coral Springs Dental Center J&Y Dental LLC

Coral Springs Dental Center is still open for emergency dental services. Call or book online. 1700 N. University Dr. Suite 101 (954) 344-8800 coralspringsdentalcenter.com

The Country Club of Coral Springs

Golf will remain open with business as usual. The Pro-shop will continue to be sanitized on a regular basis. Our golf carts will continue to be cleaned and sanitized after each use. 10800 W. Sample Rd. (954) 752-4500 ccofcs.com

Cutler Rader, PL.

If you have been injured in an accident (or another personal injury matter) and need to speak with an attorney, we are available by phone for a free consultation. You may also visit our website to complete a contact form. We have the ability to send and sign documents electronically. (954) 913-2273 CutlerRader.com

Dermatology Experts

Our hours are 8a.m.-4:30p.m. Mon - Fri. We are following and exceed all CDC contact, hygiene and disinfection precautions. Please call the office if you are sick and we can conduct a virtual visit over video chat with telemedicine. We also offer mobile cosmetics where we bring our mobile unit directly to you! (844) 4SCULPT dermexperts.com mobilemedspa.com

Eaton Financial Group

In addition to serving our clients on routine matters, we are holding weekly calls on market conditions at 5p.m. Tuesdays. Not only do we serve clients on a fee-based (non-commissioned) approach, but also offer pro-bono assistance to those without means to pay a financial advisor. (954) 575-9323 eatonfinancialgroup.as.me/schedule.php

Ellis Mass FocalPoint Business Coach

Offering a No-Cost 20-minute phone consultation to begin creating action plans to pivot business during the COVID-19 crisis. I offer a variety of other full-service consulting and coaching services via live video conference or teleconference. (201) 602-4771 emass@focalpointcoaching.com ellismass.focalpointcoaching.com

FR Financial Advisors, LLC

FR Financial Advisors, LLC is open and here to support not only our current customers but to assist others who are concerned about their financial future. We can work with you over the phone and via email and also have video conference capabilities. Be well and we are here to support you. 5521 University Dr. Suite 104 (954) 755-0222 FAX (954) 757-7999 Beverly@fradv.com, fradv.com

Lisa Glassman A-1 Title & Escrow Inc.

We are working remotely and able to work with you to handle your

estate planning needs. Leveraging technology, we can create all of your important documents and work with you to have them executed. (561) 447-6676 a1titleandescrow.com

Glassman Real Estate Group

Open and working remotely from home. We are here for your real estate and refinancing needs. (954) 326-2663 Direct/Text aaronglassman.com

The Hamptons on Heron Bay Apartments

Our website has information about virtual tours or calling our office to assist our potential residents. At this time we are only offering virtual tours, the entire application process could be done online. 11100 Heron Bay Blvd. (954) 227-9965 thehamptonsonheronbay.com

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Itz Why LLC

Transformational Coach- Lynn Lessell During these trying times we could all use extra support and come together as a community. You may be feeling a lot of fear right now and concern for your family, your clients and your business. Please accept this invitation for a FREE session- gain clarity for your next steps. (561) 331-6006 (Direct)

J & M Tax and Accounting Solutions, LLC

We remain open to assist you with your personal and business tax accounting needs. Mon - Fri: 8:30a.m. - 5:30p.m. Sat: By appointment. Curbside pick up and drop off available. Jack Miller Michelle King 6810 Lyons Technology Cir (954) 482-0356 jmtaxandaccounting.com

JLS Financial Group, LLC

Open and available to meet via Zoom. Offering securities through NYLIFE (Member FINRA/SIPC), A Licensed Insurance Agency and a New York Life Company. (305) 613-1768
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karibu365.com

Klos Consulting, Inc is open normal business hours of 8 a.m.-6 p.m. Engineers are offering 24/7 remote support to existing clients and also to others who may need help setting up remotely, as well as any other IT needs they may have. 9660 W. Sample Rd. Suite 204 (954) 934-0909 Ext.3
klosconsulting.com

Ronald A. Luzim P.A.

We are open for business & providing a full complement of civil legal and mediation services. During this time we are open to arrange telephonic appointments/consultations and email document transmissions of documents. 5531 University Dr., Suite 101 (954) 755-1500

LMR Public Adjusters

LMR Public Adjusters advocates for homeowners and businesses against their insurance carrier for covered losses included but not limited to; fire, water damage, theft, vandalism, hurricane, and flood. Consultations remain free. 5625 NW 121st Ave. (954) 900-6425
lmpublicadjusters.com

TypeStyles Inc. Design Group

MakeATeeOnline.com is the ONLINE storefront for TypeStyles Inc. You can use our online designer to create tee shirts, gift items, accessories by using our supplied graphics or to upload your own pics and art. We print in our Coral Springs location. Pick up or shipping to anywhere is available. Create your custom tee shirts in the comfort of your own surroundings! We are offering art ideas and downloadable graphics for your kids or yourself on our Make A Tee Online facebook page during this time. NEW LOCATION! 9381 W. Sample Rd. Ste. 200 (954) 753.7287
Cell (954) 914.5144
MakeATeeOnline.com
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Minuteman Press

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csmmp.com

Minute Marketing Productions

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Morgan Stanley Kevin Lydon

Morgan Stanley is committed to providing sound financial advice during these difficult and unprecedented times. We are available for phone calls, Skype, and Facetime meetings Monday through Friday from 8:30A.M. to 4:00P.M. If you are concerned about your investments, what impact this economy will have on

your portfolio, contact us for a free consultation. 2825 N. University Dr. Suite 400 (954) 509-3512
fa.morganstanley.com/kevin.lydon1

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Operating 24/7 as an essential business for fire and water damage. If anyone has an emergency we can respond as usual. Whether it's plumbing leaks or ac leaks, we can get the right people to stop the problem right away and help cleanup. (954) 247-9444
mvp mold.com

Neuro Wellness TMS Centers of America

We offer TMS Therapy to patients with depression. We are currently taking care of our current patients and offering complimentary consultations to see if you are a candidate for TMS. We will be doing the consults via Phone and Telehealth to see if patients are candidates so that we can get all the necessary authorizations and then we can start treatment. Our office is taking all of the precautions to safeguard our patients and staff from COVID-19 and taking patients in one at a time and sanitizing in between appointments. 9734 W. Sample Rd. (954) 903-1323
neurowellnesstms.com

North Broward Chiropractic & Wellness

North Broward Chiropractic & Wellness remains open to serve our community, is continually sanitized and takes all the necessary precautions to keep our community healthy and safe. Chiropractic adjustments have been shown to boost immune function and combat stress. Come in and let us help you! New patients welcomed. 6544 N. State Rd. 7 (954) 426-1100
northbrowardchiro.com

Oma's Garden Flower Shop

10432 W. Atlantic Blvd. (954) 755

0411 OMASGARDEN.COM

Parkland Animal Clinic

As an essential business helping sick pets during this quarantine, we are providing first responders, Doctors, nurses and all essential personnel pet daycare discounts with early am drop off and late night pick up. 8017 N. University Dr. (954) 757-9990
parklandanimalclinic.com/covid-19.html

Parone Group

During this period, all meetings safely conducted via GoToMeeting with video capabilities. Consulting services covering leadership support, customer service, referral services, and effective / efficient use of time. (954) 464-6689
ParoneGroup.com

Pawfections

We have created a protocol to keep the necessary precautions while interacting with the pet owner and offer Mobile services as well! 6536 N. State Rd. 7 (833) 554-7666
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Dr Robert Barbarite

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SERVPRO of West Coral Springs/ West Parkland has the capability to clean and disinfect facilities against viral threats. This will help the essential businesses in the community keep their doors open. (954) 776-2000
servprowestcoralsprings
westparkland.com

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sales@signarama-coralssprings.com
signarama-coralssprings.com

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getting the basic necessities of life may become difficult. If you find yourself in a position needing assistance to do your grocery shopping or picking up prescriptions, call us and a local Sunsure Agent will assist you. We are open and conducting business as usual over the phone and with appointment only, we can help clients with questions about their current health insurance plan, coverage, medication information and also enroll in new insurance as well.
10162 W. Sample Rd.
(954) 461-6708 sunsure.me

TLC Dental

We are open and serving our community for emergencies and urgent matters during this national crisis. Our responsibility is to keep patients away from hospitals and urgent care centers. TLC Dental is taking ALL precautionary measures to ensure the safety of our patients, including standard infection control procedures and sterilization. We have, and always will continue to follow the Centers for Disease Control (CDC) Guidelines for Infection Control in Dental Healthcare Settings that protect against the transmission of all diseases. 8214 Wiles Road
(954) 344-1999
TLCDental.com

Drs. Reisch and Gendal's Vision World

We are still open. Call between 11 and 3 for any Corona Virus related inquiries you may have about your eyes and surrounding tissues. We are performing URGENT care, and adult and pediatric exams and special testing. We are social distancing, washing our hands, and aggressively wiping down EVERYTHING. If you have contacts or glasses or need some I suggest you do it soon.
2059 University Drive
(954) 753-1100 drvisionworld.com

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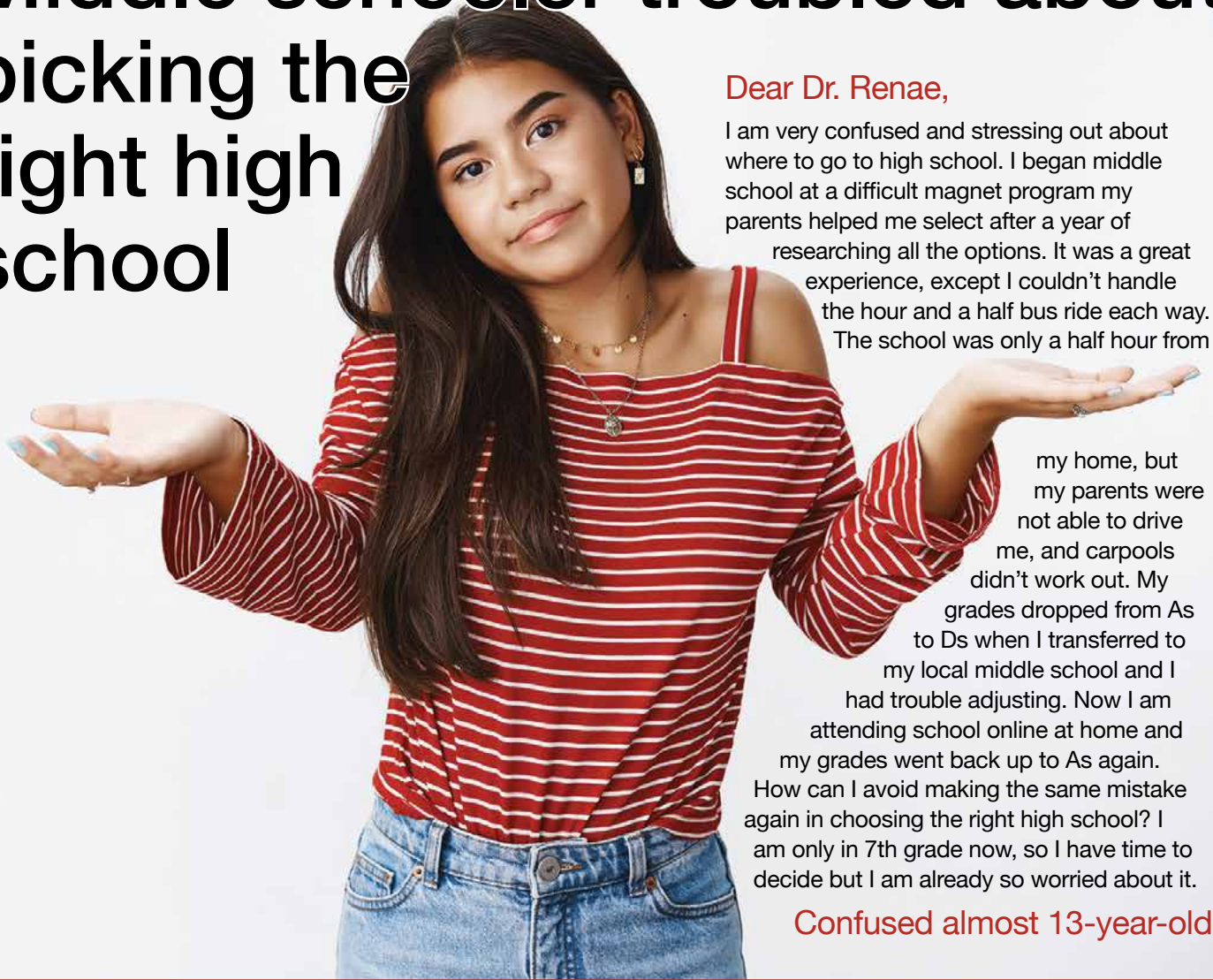
Watt Media

Watt media offers web marketing, including web design, search engine marketing, and social media management. We are happy to meet with you via phone, email or video call to discuss your needs. Any restaurant or retail location who needs their website edited or social media posts to reflect changes due to COVID-19, you will be our top priority. 10187 W. Sample Rd. (954) 255-0720
wattmedia.com

Wolk Financial Management

Open and operating. In this time of uncertainty it is natural that you may have concerns regarding your investments, retirement plans and college savings accounts. Please feel free to contact us with any questions. (954) 937-0232
evan@wolkfinancial.net
wolkfinancial.net

Middle schooler troubled about picking the right high school



Dear Dr. Renae,

I am very confused and stressing out about where to go to high school. I began middle school at a difficult magnet program my parents helped me select after a year of researching all the options. It was a great experience, except I couldn't handle the hour and a half bus ride each way. The school was only a half hour from

my home, but my parents were not able to drive me, and carpools didn't work out. My grades dropped from As to Ds when I transferred to my local middle school and I had trouble adjusting. Now I am attending school online at home and my grades went back up to As again. How can I avoid making the same mistake again in choosing the right high school? I am only in 7th grade now, so I have time to decide but I am already so worried about it.

Confused almost 13-year-old

Dear Confused Almost 13-year-old,

First, let me try to calm some of your fears. As you said, you're in 7th grade, so you have plenty of time to figure this out. It's good that you are considering this early but rest assured that you have time to make the right decision for you. From the situation you present, it seems that long rides are exhausting for you (which makes a lot of sense). Therefore, I might suggest considering a high school closer to where you live. At the same time, it's important to choose a school that is a good academic fit. Think of these two factors as a game of tug of war. You might have to give a little on one side in order to get a little on the other. It's a balancing act. Ultimately, you'll have to strike the right balance between location and academics. But there isn't a "right answer" to this. It's really up to you and

the way you feel. I wish you best of luck in your decision, and remember, you have time! It's good to think about things early, but you don't need to stress out too much.

A Caring Teen

Dear Confused Almost 13-year-old,

First off try not to stress over this. Whichever school you pick you are going to love it. But I would recommend you go to several schools and ask for something called shadowing. It is where you can go to a school for a day just to see how it is and if you like it.

Helping 11th Grader

Dear Confused Almost 13-year-old,

Learning how to make difficult decisions can be overwhelming. A simple process to follow is to identify your choices and gather as much information as you can in order to feel that you have a basis to evaluate the options. List the pros and cons of each option and highlight the most significant ones. Try to imagine yourself in each situation and pay attention to how you feel in your body. This is your “gut feeling”, which is often your best barometer. Next, list how you would proceed if the option you selected didn’t work out. Many successful people report that listening to their “gut feeling” and considering the “worst-case” scenario helped them to decide on a difficult course of action. The next step is often overlooked: Focus on other parts of your life and avoid thinking about your decision before returning to look at it with fresh eyes for a new perspective. Your next step is to select your best choice at the time and go for it. If it does not work out, allow yourself to non-judgmentally review why. The information you will learn about yourself will be invaluable for your future difficult decisions. You have already identified important personal strengths and preferences, so you are ahead of the game!



Dr. Renae

ASK DR. RENAE is currently recruiting high school students interested in volunteering to be a Peer Counseling Writer for the Parklander’s ASK DR. RENAE teen to teen advice column. Please email Dr. Renae at askdrrenae@att.net to request an application for this exciting opportunity!

CALLING ALL MIDDLE AND HIGH SCHOOL TEENS

TEENS: Curious as to what other teens would say? If you have a question or problem you would like to present to other teens, please email: askdrrenae@att.net and include your age, grade and gender you identify with. All questions are published anonymously and your identity and contact information will be kept confidential.

PARENTS OF TEENS: Would you like to anonymously and confidentially ask the panel of teen Peer Counseling Writers to comment on a parenting issue you are struggling with? If you are ready for a variety of honest opinions from real teens, please address your questions to askdrrenae@att.net.

Dr. Renae Lapin, a licensed marriage and family therapist with 40 years experience currently maintains a private practice in Boca Raton, Florida. For more information about Dr. Renae and her practice, visit her website: www.askdrrenae.com



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'Eureka'

moment with affordable Seaglass wines

I now know the joy that Archimedes of Syracuse felt when he discovered the principal in physics that bears his name and ran down a street (reportedly naked) shouting “Eureka” which translates to “I found it.”

I have no intention of running anywhere, clothed or otherwise, but I did have a Eureka wine moment when I was introduced to the Seaglass line of wines. The Eureka was the result of my discovery that there were still some well-made wines that were true to their variety and yet were very affordable; rare indeed. These are not great wines, but they are excellent mealtime beverages and after all, isn't that what we are all looking for.

Seaglass 2017 Cabernet Sauvignon (\$15) I have tasted cabs that sell for three to five times the price of this wine and I believe that the Seaglass Cabernet Sauvignon is their equal and in some cases, their better. The flavor and aroma are textbook examples of the variety. I loved it.

Seaglass 2018 Chardonnay (\$12) The Ho Hum is missing from this wine. The true Chardonnay flavors and aromas are there and presented out in the open and right up front. This wine was made without any oak aging, allowing the flavors and aromas to come through


au natural. The traditional Chardonnay aromas of pineapple, apple, and citrus carry over to the flavor and merge into a collage of tropical fruits. There is also that elusive creamy element often found only in the more costly Chardonnays.

Seaglass 2017 Pinot Noir (\$15) I will admit that Pinot Noir is my favorite red wine so I am a bit picky. To my surprise, this very affordable Pinot Noir wine definitely respected the true flavor and character of the variety in every way. While this wine may not impress a wine geek who judges quality by price, it most certainly impressed me.

Seaglass 2018 Riesling (\$12) Having lived several years in Germany, I began my interest in wines with the very popular (in Germany) Riesling. In that country there are many incarnations of the wine to fit any and all preferences from dry, to sweet, to very sweet, to “you have got to be kidding me” sweet. With all those styles to choose from, Seaglass presents their Riesling with just enough sweetness to allow the true flavor to come through but definitely not cloying or sticky sweet. I still like this variety and often return to it when I tire of the usual white wines.

Seaglass 2018 Sauvignon Blanc (\$12) This is the variety I call “the orphan of the wine world” because it

is often priced lower than many of the other varieties so some assume that it is low quality. The lower price reflects the fact that the grapes are easy to grow and the winemaking very forgiving so therefore, a lower price tag is in no way indicative of quality. The hallmark of this variety is its grassy aroma background that I have always found novel and interesting. Both the aroma and flavor present apples, melon, fig, and the signature aroma of the variety, a touch of grass. If you have never experienced a Sauvignon Blanc or have been disappointed by one in the past, give this wine a try; it won't break the bank, and you may even discover a new favorite.

Seaglass 2018 Pinot Grigio (\$12) This is a very dangerous wine, dangerous to your former white wine favorite. The Seaglass 2018 Pinot Grigio is a soft, straw colored, dry wine with a rich fruity bouquet and a lively flavor. The wine displays the aroma of summer fruits, most specifically, apricots and pears. The wine is crystal clear, pale straw in color and has an aroma reminiscent of summer wild flowers and pears. These aromas carry over to the flavor and linger in the mouth long after the wine has been finished. Regardless of the type of sauce, this wine is perfect to accompany any pasta dish even if there is meat involved. 

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Is the glass half full or half empty?

By Jill Vogel

The expression “*Is the glass half empty or half full?*” seems to have special meaning during this time. I have been sheltering in my home for the past three weeks. Everyday resembles the one before with minor changes — a new cleaning project, binging a different TV program and/or reading a new book.

I wish I was more motivated to take on something meaningful, but besides listening to CNN, reading the newspaper and establishing a routine of *Grandma’s Nightly Story Reading*, I am only able, it seems, to take it easy. So far Neil and I have no symptoms.

The half empty portion of my glass is missing my family and friends. Silly as it may be, I also miss the little things that made my life fun: Manicures, pedicures, hair styling and coloring, shopping, meeting friends at the clubhouse, or simply enjoying a meal in a restaurant. The biggest “half empty” is that my daughter, who is a doctor, is on the front lines fighting this disease. I worry about her safety and of course the safety of all of our children and grandchildren in New York and New Jersey.

The “half full” portion is that Neil and I have discovered an easy and satisfying slow flow to our lives. Stuck at home with each other, we spend time playing games, watching TV and just enjoying talking to each other. While at the beginning we argued more, we are really at peace with one another now and have discovered life, lived more simply, can be fun. I also enjoy my FaceTime with grandchildren, speaking and texting with friends, Mah Jongg online and binging on Ozark (Netflix — violent and quirky but well done).

While I have enjoyed many jokes, puns and funny videos about the pandemic and life during it I recently received a message from a friend who said it was written by Bill Gates, although that attribution has been debunked by people who know better. Interestingly it references the feelings of half empty or half full. While I have abridged some of his message, here are the important points:

“I’m a strong believer that there is a spiritual purpose behind everything that happens, whether we perceive it as being good or being bad. As I meditate upon this, I want to share with you what I feel the Corona/Covid-19 virus is really doing to us.”

1. *It is reminding us we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. The*



disease treats us all equally, perhaps we should, too...

2. *It is reminding us that we are all connected and something that affects one person has an effect on another...*

3. *It is reminding us of how precious our health is and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals...*

4. *It is reminding us of the shortness of life and of what is most important for us to do, which is to help each other, especially those who are old or sick...*

5. *It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that it's the essentials that we need...*

6. *It is reminding us of how important our family and home life is...*

7. *It is reminding us that our true work is not our job...*

8. *It is reminding us to keep our egos in check...*

9. *It is reminding us that the power of free will is in our hands. We can choose to cooperate and help each other, to share, to give, to help or we can choose to be selfish...*


10. *It is reminding us that we can be patient, or we can panic...*

11. *It is reminding us that this can either be an end or a new beginning...*

12. *It is reminding us that this Earth is sick...*

13. *It is reminding us that difficulties wax and wane. Life is cyclical, and this is just a phase in this great cycle...*

14. *Whereas many see the Corona/Covid-19 virus as a great disaster, I prefer to see it as a 'great corrector'. It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not." Anonymous*

I hope at the end of this pandemic we each have learned some of these important personal lessons. The glass is both half full and half empty, but we need to dwell on what we can learn from each point of view. I wish you good health and safety. 



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What to Plant

Annuals/Bedding

plants: Plants that can take summer heat include coleus, salvia, torenia, wax begonia, and ornamental pepper.

See *Annuals*: http://edis.ifas.ufl.edu/topic_annual_landscape_plants



Bulbs: Some lilies do better when their roots are crowded. Try planting Amazon, Aztec, and Clivia lilies in containers to increase blooming. **See *Bulbs for Florida*:** http://edis.ifas.ufl.edu/topic_bulbous_flowers

Herbs: Plant heat-loving herbs, including basil, Mexican tarragon, ginger, cumin, summer savory, and rosemary. **See *Herbs*:** http://edis.ifas.ufl.edu/topic_herbs

Vegetables: Sweet potatoes, boniato, hot peppers, and tropical "spinach" such as Sisso, Malabar, and New Zealand can be planted now. **See *Vegetable Gardening in Florida*:** http://edis.ifas.ufl.edu/topic_vegetable_gardening



What to Do

Pests: Watch for thrips, scale, and mites on ornamental plants because they become more active in warm weather. **See *Landscape Pest Management*:** http://edis.ifas.ufl.edu/topic_landscape_pests

Gardenias and ixora: Distinguish between the normal yellowing of older leaves and the yellowing of new growth, which usually indicates a micronutrient deficiency. **See *Nutrient Deficiency (Landscape Plants)*:** http://edis.ifas.ufl.edu/topic_nutrient_deficiencies_landscape_plants and *Gardenias at a Glance:* <http://edis.ifas.ufl.edu/ep338>

Oleanders: Inspect chewed or ragged leaves for oleander caterpillars at work. **See *Oleander Pest Management*:** http://edis.ifas.ufl.edu/topic_oleander_ipm

Lawns: Watch for damage from chinch bugs in St. Augustine grass and begin scouting for newly hatched mole crickets in Bahia grass lawns.

See *Turfgrass Pest Insects*: http://edis.ifas.ufl.edu/topic_turf_pest_insects

Tomatoes: Watch for pests, disease, and nutritional disorders on tomato plants. **See *Home Tomato Gardening*:** http://edis.ifas.ufl.edu/topic_tomato_gardening

Trees: Prepare for hurricane season by checking trees for damaged or weak branches and prune if needed. Hire an ISA-certified arborist. **See *International Society of Arboriculture*:** <http://isa-arbor.com/> and *Pruning Landscape Trees and Shrubs:* http://edis.ifas.ufl.edu/topic_tree_pruning

Source: University of Florida IFAS Extension 





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Fishing and birding perfect pastimes in a Covid-19 world



A great egret takes off from a local canal bank
A limpkin stands along the shore
Mottled ducks swim along the shoreline
An aninga stands on some driftwood off shore

By Steve Waters

If you're still being forced to spend time at home while practicing social distancing, two outdoors activities that the entire family can safely and easily enjoy are bird watching and bass fishing.

Birding and fishing go hand in hand, because where you see wading birds is a good sign that fish are nearby.

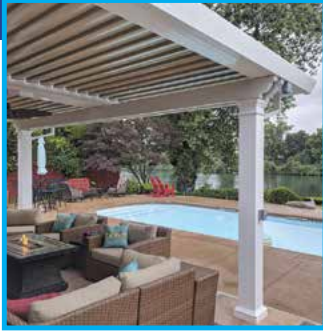
Wading birds such as egrets and herons hunt for food by

standing motionless in the water. Small fish will gradually swim around a bird's feet, not realizing that they're attracted to something that wants to eat them. When the unsuspecting fish are numerous enough, the bird will quickly dip its beak into the water to snatch one.

Water is plentiful in most of South Florida's communities, and so are wading birds. I'm always amused when I consider that serious birders who travel the country to see and check

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Steve with a largemouth bass

off specific species from their watch lists typically visit places such as Everglades National Park to see great egrets, great blue herons, green herons, wood storks, white ibis and tricolored herons. Local residents can usually see those same species in their backyards.

A species high on a birder's check list is the limpkin, a generally shy bird that feeds primarily on snails. Limpkins can often be seen walking along the banks of lakes and canals in residential communities.

Wood storks are also a must-see species. The odd-looking birds walk in the water to stir up the bottom and use their sensitive bills, which they hold open, to snap up fish and other prey. I once saw a wood stork on a golf course trying to eat a sizable fish that it held in its bill. I watched the bird try to figure out how to get the fish down its throat for several minutes.

The anhinga, which is also known locally as a snake bird, is common in and around local waters. The bird swims underwater to hunt for fish and when it's successful, will come to the surface with a wriggling bass or bluegill in its pointy bill. Anhingas also can be seen standing on the shore with their wings spread, which is how, like cormorants, the birds dry their wings. The two species lack oil glands for water proofing.

One of the best fish hunters is the osprey, also known as the fish hawk. Ospreys will fly over a body of water and, when they spot a fish, swoop down and snag it in their talons, which is an amazing sight to see. Then they'll bring the fish to

their nests to feed their young, or perch nearby and eat the fish themselves.

Certain waterfowl species are right at home in South Florida's urban and suburban waters. Mottled ducks, which are similar to mallards, often can be seen on local waters in pairs. The female does most of the talking, quacking loudly to communicate with other mottled ducks as they fly overhead. Even noisier are common moorhens, which probe aquatic vegetation such as hyacinths and hydrilla with their distinctive red bills.

While fishing for bass in a friend's backyard lake, I watched a tricolored heron patiently wait in the lily pads to my left. Every now and then, the bird would dart its beak into the water with lightning-fast speed, then tilt back its head to swallow the fish that it had caught.

I made some casts with a soft-plastic lure known as a stick worm into the lily pads, away from the heron, and reeled it back on the surface. The lure, which must've resembled a short, fat snake to the fish, would get bit as it came off a pad into a hole in the water.

The stick worm – my favorite type is a purple Gambler Ace – is a very effective lure in South Florida waters because you don't have to do anything to make it appealing to fish. In addition to reeling the worm on the surface through vegetation, you can also just cast it out and leave it alone.

As a bass guide used to say to me, "Whoever moves first is the loser," meaning that if I moved the lure first, I wouldn't get a bite, but if I left it alone, a bass would move first and bite it. Several casts later, that strategy produced my best bass of the morning, a largemouth of more than three pounds that put up a spirited fight before I landed it, unhooked it, photographed it and returned it to the water.

Offshore anglers also look for birds to help them find fish, especially during the month of May when dolphin move through South Florida's waters. Some fishermen use binoculars to find the birds, while others run around the ocean until they see a flock of terns diving into the water or a frigate bird. A frigate bird follows dolphin because the fish often feed on flying fish, which go airborne to escape. A frigate will swoop down when that happens in the hopes of picking off one of the flying fish.

Dolphin fishermen try to get ahead of the direction a frigate bird is flying, which is the direction the dolphin are swimming, and troll rigged ballyhoo. Sometimes anglers can see the dolphin that the bird is following, in which case they'll cast a dead or live bait to the fish. The result is usually an instant hook-up and, if all goes well, a fresh fish dinner. 🐟



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IN MEMORIAM

Rep. Kristin Jacobs

By Peter Schorsch
Publisher, FloridaPolitics.com

Rep. Kristin Jacobs, a Broward County political force for more than 20 years who emerged as one of the leading advocates for Florida waterways and the environment, died Saturday morning, April 11, after a battle with colon cancer. She was 60.

Rep. Jacobs represented the 96th District, including Coconut Creek, Margate, Coral Springs and Parkland in northeastern Broward County.

Before her election to the House in 2014, Jacobs, a Democrat from Coconut Creek, served as a Broward County Commissioner when the county joined Palm Beach, Monroe and Miami-Dade counties in developing a response to sea-level rise, flooding and the resulting financial and social disruptions. In 2013, President Barack Obama appointed her to the National Climate Preparedness and Resilience Task Force.

In the 2020 Session, Jacobs fought to pass HB 401, which would ban the sale, import, and export of shark fins, closing a loophole that allowed the importation of fins through Florida ports.



Here is a compilation of reactions from Florida politicians and colleagues to Jacobs' passing:

Governor Ron DeSantis: "Casey and I extend our sincerest condolences to the family of Representative Kristin Jacobs. A fighter for the environment and water quality, we will remember Rep. Jacobs for her commitment to public service. She will be missed by many."

House Speaker José Oliva: "The world needs more Kristin Jacobs'. Rep. Jacobs was a force for good. Even as she battled cancer, she remained dedicated and steadfast in her service to Floridians — requesting bills be heard in her absence and being in the Chamber every minute that she could. She will be remembered forever for her heart of service."

U.S. Rep. Debbie Wasserman Schultz: "My heart broke when I learned of the passing of my dear friend, State Rep. Kristin Jacobs. Kristin was the most genuine, decent, caring, and effervescent person. She remained

sunny and ever-optimistic throughout the course of her treatment, even under the shadow of a poor prognosis, just like she was in everything she did."

Palm Beach County Commissioner Melissa McKinlay: "I love Kristin Jacobs and will miss her wit, her leadership, her take-no-bs way of doing things. She never forgot where she came from, always supported local govt, lived her life with purpose. And was someone I looked up to. Sad day in Florida."


The Florida LGBTQ+ Democratic Caucus issued the following statement on the news of Jacobs' death: "We are saddened to learn of State Representative Kristin Jacobs' passing. She was not only one of Florida's most forward-thinking leaders on climate change and protecting our natural resources, but she was also a fierce advocate for women, children, and the LGBTQ community."

Senator Janet Cruz: "Kristin Jacobs was a fighter in every sense of the word. Her voice on environmental issues was vital to the cause of a better

state. I will miss her dearly."

Senator Gary Farmer: "Kristin Jacobs smile & vivacious personality lit up any room she was in & she was a passionate, tireless advocate on many issues but especially water & the environment. She taught me so much. She was my friend & I will miss her very much. Her suffering is over now."

House Majority Leader Dane Eagle: "Rep. Jacobs' legacy will live on forever in the Florida House. She fought for what she believed in, a strong advocate for Florida's environment and waterways — all with a kind disposition and great sense of humor. Our heart goes out to her family and loved ones during this difficult time."

House Democratic Leader Kionne McGhee: "Kristin was a fighter. The courage and strength she showed was an inspiration. She left a positive mark on our state through her tireless environmental advocacy. Anytime I visit one of Florida's springs or other natural places, I will think of her. We all cared for her deeply and she will be missed." 

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The day Daisy did a doobie



Life gives you plenty of opportunity to mentor and teach but sometimes the students are reluctant to listen. The “listen young grasshopper” moments where you don’t sound preachy are few and far between, but recently I had a great opportunity to mentor. I was in a practice and I could hear the technicians talking about an older female client who was in the examination room with Daisy the English Bulldog.

Daisy was acting “off”, pacing around the room and urinating while walking. Her heart rate was elevated, she was wobbly and disoriented. The technicians were frustrated because they have seen this before and it typically involves THC, the active ingredient in marijuana.

The technicians asked the owner if there was anyway that Daisy got into anything like medication and the owner repeatedly said no. The owner had been with Daisy all day and she allows her to sleep in bed with her at night since her husband passed away.

The technicians talked around the subject of THC because the owner was so adamant that the dog must have eaten a toxin outside. She said that she hates the gardeners at the community that she lives at but has no choice. She says that she didn’t see Daisy eat anything, but she bets that the chemicals in the lawn are making Daisy sick.

Daisy was exhibiting the classic signs of marijuana intoxication, but the staff just couldn’t ask the owner directly. They brought in a younger veterinarian and she asked the owner if she smoked marijuana and the client said absolutely not. Now she did admit back in the sixties she was quite a rebel but nothing in 50 years.

The client did allow the veterinarian to run a complete blood and urine panel to make sure that Daisy was ok prior to hospitalization. The younger veterinarian felt uncomfortable recommending testing for THC with the owner, saying that she didn’t smoke marijuana at home. I asked the veterinarian if I could talk to the owner. She said “absolutely”.

I walked into the room and introduced myself. I told the client that I came into the room to meet Daisy. I started to make

idle chit chat with the technician but loud enough to allow the client to listen while I was petting Daisy.

I started to talk about how some of the supplements that dogs take can help them with arthritis and brain function. Then I moved the conversation to a CNN special that I saw about how CBD and THC were making great inroads into human medicine and they that they are increasing patient quality of life with diseases that modern medicine is not helping with. I told the technician that I could not wait until the research comes out about how CBD works with our patients.

The client smiled and told me “That’s why I take a gummy vitamin every evening when I watch TV. I have a medical card.” I asked her if it helps her arthritis. She says that it helps all her issues and she told me that she was 83 and there were a lot of issues. So, I told her that it was a pleasure meeting her and I went out to talk to the veterinarian in charge. I told her that the client didn’t lie. She doesn’t smoke the pot, she eats it. Just like Daisy did this morning. 🚫

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Remembering Willie, Mickey and the Duke

It was the spring of my youth, the early 1960's, and everything was relatively fresh and new to me, like freshly cut May flowers. I was a skinny teenager in Queens, one of millions of baby boomers, who, when he wasn't in school, played in a park all day; the game of choice usually being anything that required a bat, which could have been a Louisville Slugger, or a sawed-off broomstick, a ball, and a glove.



And it wasn't just the spring of my youth; it was a Golden Age for the game of baseball, when every kid in New York would argue who was better: Willie, Mickey or the Duke. The three beloved icons — Willie Mays, Mickey Mantle and Duke Snider — all patrolled center field for their respective teams, the Giants, Yankees, and Dodgers, although Father Time was catching up to all of them, except maybe Willie, and both the Giants and Dodgers had already left town.

The upstart Mets were suddenly the “new kids on the block,” managed, at first, by the “old Professor,” Casey Stengel.

The Mets went from being the worst team in the league to the winner of the World Series: the “Amazing Mets.”

That 1969 ball club was managed, not by Casey, but by the number one hero of my youth, former Dodger first-baseman Gil Hodges.

I idolized Gil. When I was 11, I played first base in the local Police Athletic League and asked my dad to buy me a first baseman's glove. However, he bought me a glove for someone who was right-handed, and I was left-handed. Rather than return the glove, my dad told me, “So learn to throw with your right hand” -- which I did.

As for the Mets actually winning the World Series, it was perhaps the second most amazing thing to happen that year — the first being Neil Armstrong and Buzz Aldrin walking on the moon.

Baseball was still “America's pastime” in the '60s, although football was coming on strong.

In 1947, at around the same time that pilot Chuck Yeager broke the “sound barrier,” the Dodgers broke the “color barrier” with the signing of Jackie Robinson.

It brought a more exciting brand of baseball to the majors, especially to the National League. When Jackie broke into “The Show” he played first base, before Gil got there, and Jackie, who could play anywhere, moved to third.

Then, in the 1950s, black ballplayers began signing with “Senior Circuit” teams in droves, resulting in an infusion of incredible talent while draining — and signaling the death knell — for the Negro Leagues of Cool Papa Bell, Buck O'Neil and Satchel Paige.

Besides the great Mays, who was perhaps the most complete ballplayer I ever saw (Jackie Robinson may have been the best all around athlete), you had Bob Gibson, Roberto Clemente, Henry Aaron, Frank Robinson, Ernie Banks, Willie McCovey — the list is endless. The American League, meanwhile, was slower at pulling the trigger, and, perhaps as a result, was usually dominated in the annual All Star Games.

As for me, as the years and the decades passed, all too quickly, I played football, basketball and baseball (softball actually) for as long as my body would allow.

As an older adult it's time to take a deep breath and be thankful I'm still walking the earth; and especially thankful that I actually got to experience firsthand baseball's Golden Age and to see Willie, Mickey and the Duke.👏

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