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**BBB RANCHES \$1,750,000**  
Privately gated 2.5 acre equestrian estate featuring main house with 3 bedrooms, 2 baths, split bedroom plan, wood burning fireplace, plus open pool and patio areas overlooking private lake. The 900 sq. ft. guest house located above the 4 car garage and 2 workshops is perfect for guests or used as a rental. Walk to the equestrian center, Liberty Park, Parkland Library, and the Farmer's Market. This property currently has Agricultural exemption, plus much more....



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Privately gated 2.5 acre equestrian estate featuring main house with 4 Bedrooms, 3 full baths, split bedroom plan, wood burning stone fireplace, open pool and patio areas overlooking private pond. 1 bedroom, 1 bath, guest house and detached 12 car garage with lift plus workshop. Impact windows and doors, newer roof, updated kitchen and bathrooms Walk to the equestrian center, Liberty Park, Parkland Library, and the Farmer's Market.



**BOCA BRIDGES IN BOCA RATON \$1,400,000**  
This Palma model features a 2-story home, with 5 Bedrooms, 6 full bathrooms, den, media room, loft, game room and a 4-Car Garage plus all hurricane impact windows and doors, on a private lakefront lot. This gated community features clubhouse, restaurant, tennis, community pool plus more and built by GL Homes.



**CYPRESSHEAD \$1,325,000**  
Stunning, Expanded Vanderbilt floor plan, with 5 bedroom, 5.5 baths. Plus office and children's playroom. Split floor plan w/each bedroom and ensuite. Grand entrance w/Porte-cochere, circular driveway and 3-Car side entry garage. Lush landscaping with total privacy. All updated bathrooms, High Flat Ceilings, crown moldings, and 8 Ft. doors. New roof Dec. 2015, all Accordion Shutters thru-out. Screened patio, heated open pool and spa. Marble floors throughout main living areas. Large, open kitchen with center Island, stainless steel appliances with granite and quartz counter-tops. Oversized MB w/sitting area, finished his and hers closets. Property also has mosquito mister system, and house generator. And much more...



**CANYON SPRINGS IN BOYNTON BEACH \$1,230,000**  
Majestic home featuring 25-foot ceilings in the formal living room and family room with custom windows coverings, lots of natural light, open floorplan with magnificent views of the pool and lake through the living areas and master, all impact windows and doors, Large Master suite and guest bedroom downstairs, Large bright kitchen with cooking island, upgraded kitchen cabinets and pantry, swimming pool and fabulous views of the lake.



**VILLA D'ESTE \$595,000**  
Beautifully appointed, 3 bedroom, 2 bath with gated, landscaped courtyard. This home has been beautifully renovated and updated to today's highest standards, with a contemporary flair. All new bathrooms, all tiled and wood floors including a new roof in 2015, designer closets, eat-in kitchen with granite countertops, custom wood cabinets and top-of-the-line stainless steel appliances. Private and Tranquil back yard with fountain. Villa D'Este is a gated community with lush landscaping and community pool.



**CASERAS IN PARKLAND GOLF & CC \$449,000**  
First-floor corner end unit with total privacy and no obstructed views. This 3 bedroom, 2 full baths split floor plan unit is professionally decorated, wood kitchen cabinets, granite countertops, stainless steel appliances, crown molding. Impact glass French doors & windows, screened and tiled patio. Steps to pool & cabana.



**CARRIAGE HOMES \$300,000**  
Charming updated 2/2 coach home with a one car garage in Parkland. Best school district!!! This unit features spacious living room and dining room areas and updated kitchen with stainless steel appliances and granite countertops. A large laundry room with ample storage space and a screened patio. Perfectly located on the first floor with parking right in front. Peaceful community with community pool and clubhouse. Walking distance to Terramar park



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Marking our 31st year of publication

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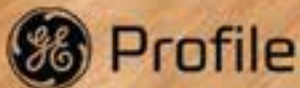
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the Parklander® is a monthly publication mailed or distributed to homes and businesses in north Broward County and south Palm Beach County.



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## MONTHLY GIVEAWAY

Congratulations! *Alessandro B.* from *Coral Springs* is our August winner of *\$100 cash* by correctly counting the number of S'mores in the August issue.

This month to celebrate International Talk Like a Pirate Day, the Parklander® is excited to continue to offer *\$100 CASH* to a lucky winner! Just count the number of Pirate Hooks in the magazine, then go to our website <https://theparklander.com/promotion>, enter your information in the appropriate fields, and the count in the Entry Code field. The winner will be chosen at random from the correct entries. Entry deadline: Sept 10



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# Anniversary

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**PARKLAND MAYOR**

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While September arrives with the onset of fall, never too noticeable with south Florida weather, we welcome the hustle and bustle of back-to-school events, open houses, evening football games, and the prospect of some cooler temperatures.

I hope the first few weeks of school have been a smooth transition for all. I cannot thank our teachers, administrators, and

staff enough. Parkland is so lucky to have a plethora of dedicated educators committed to teaching our children and helping them grow not only as students, but as the future of our community. As we continue to navigate the unknown territories of the pandemic, we appreciate everyone's cooperation and optimism. Together we will get through this difficult time.


Labor Day is a significant federal holiday that takes place on the first Monday in September, culminating the end of the long Labor Day weekend filled with barbecues, parades, and beachside festivities. A tribute to all American workers, Labor Day recognizes the significant contribution of organized labor and the individual rights of all workers.

September also highlights two high holidays within the Jewish faith, Rosh Hashana and Yom Kippur. Happy New Year and G'Mar Tov to the many members of our community who honor and celebrate these occasions.

On a reflective note, this month marks 20 years since the September 11th attacks in 2001. It is still difficult to believe two decades later, but 2,977 people were killed, with many thousands more injured and suffering long-term side effects to this day. At the World Trade Center in New York City, 2,753 people died, including 343 firefighters and 60 New York police officers, and Port Authority officers. At the Pentagon in Arlington, Virginia, 184 people died, and 40 people died outside of Shanksville, Pennsylvania. (Statistics according to Encyclopedia Britannica)

These represent not only the worst terrorist attack in world history, but also the deadliest incident ever for firefighters and law enforcement officers in our nation's history. Understanding that behind each one of these human statistics is a family and a circle of friends who continue to grieve, this is why those of us who were of age on that fateful day remember exactly where we were. We also recall the powerful way our country unified in the aftermath. There is perhaps no greater example in modern American history that more clearly demonstrates that core thread of how much we can accomplish once we set aside our differences, embrace what we have in common, and put our minds to progress.

One of the ways we see that in our everyday lives is through the bravery exemplified by our first responders. These men and women are a true testament to what it means to be a hero. I appreciate their selfless efforts daily as they always demonstrate their willingness to serve for the betterment of our community.

If you would like to share your thoughts about public service, or any other topic, I would love to hear from you. I can always be reached via e-mail at [rwalker@cityofparkland.org](mailto:rwalker@cityofparkland.org) or by cell phone at (973) 390-1453. I am frequently available monthly at Parkland businesses and love to speak with residents there. I encourage you to visit the city's website, [cityofparkland.org](http://cityofparkland.org), and click on the social media icon you prefer, so you can follow us to stay informed on events and helpful information. 

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## CORAL SPRINGS

# COMMISSION



It's already September 2021, which officially marks the end of the summer season. This month we are excited to come together as a community to celebrate, honor, and remember what America stands for unity, diversity, and hard work.

On Monday, Sept. 6, we recognize the hard work and contributions of laborers across our country as we celebrate Labor Day. The value of hard-working Americans is unmeasurable, and so on this day we honor, thank, and appreciate every hard-working individual who helps to make Coral Springs the best city in which to live, work, and raise a family. City Hall and the City Hall in the Mall will be closed in observance.

As we reach the 20th anniversary of the September 11th terrorist attacks on our nation, the city will commemorate the occasion with a variety of events. On this very difficult day, we will come together in service and remembrance. Join us at 3 p.m. in front of the 9/11 Monument located in front of the Northwest Regional Library for a wreath-laying in memory of the victims. Afterward, the city will pay special tribute inside the Coral Springs Charter School Auditorium. Residents and their families are invited to pay their respects at the monument throughout the day on September 11th. For more events, visit [www.coralssprings.org/events](http://www.coralssprings.org/events).

In Coral Springs we celebrate diversity and inclusion. In honor of National Hispanic Heritage Month, the city's popular Bites-N-Sips returns to the Artwalk (9405 NW 31st Court) on Friday, Sept. 24, at 6 p.m., celebrating Hispanic culture with food and entertainment. The event is free, and food and beverages will be available for purchase. Parking is free at the City Hall parking garage.

We are excited to launch our inaugural Hometown Heroes Banner program to honor military veterans and active-duty service members from Coral Springs. Indexing banners will be hung along University Drive, from Royal Palm Boulevard to Ramblewood Drive, featuring the faces of city veterans and service members, along with the branch of the military they served on a quarterly basis. This program, the Veteran Recognition program, and ceremonies to honor Memorial Day and Veterans Day are the many ways we pay tribute to our local veterans. Learn more or submit a Hometown Hero by visiting [www.coralssprings.org/heroes](http://www.coralssprings.org/heroes).

Stay informed about city operations and events by visiting [www.coralssprings.org](http://www.coralssprings.org), following our social media accounts, or texting "CORALSPRINGS" to 888-777. Our regular September Commission Meeting will take place on the 1st and the 13th at 6:30 p.m. inside of City Hall Commission Chambers. Residents are invited to attend in person or watch on CityTV, Blue Stream Channels 25, 25.7, or 725, and on AT&T U-Verse channel 99. Meetings are also live-streamed at [www.coralssprings.org/citytv](http://www.coralssprings.org/citytv).

As always, if you would like to schedule an appointment with any of our city officials, please call (954) 344-5911. Make sure to follow us on Instagram, Twitter, and Facebook: Mayor Scott Brook @CSCCommissioner1, Vice Mayor Joshua Simmons @CSCCommissioner4, Commissioner Shawn Cerra @CSCCommissioner2, Commissioner Nancy Metayer @CSCCommissioner3, and Commissioner Joy Carter @CSCCommissioner5. 📍

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**MICHAEL UDINE**

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**L**abor Day means firing up the grill and the beginning of the college football season (Go, Gators!). Local cities have many different festivities planned for you including those in recognition of Hispanic Heritage Month. In addition, for all who celebrate, I would like to wish you a

happy Rosh Hashanah and a meaningful Yom Kippur.

Broward County Parks became the first parks system in the state of Florida to partner with a wayfinding app for the visually impaired. The Aira app is free for park patrons. You can download the application at any county park and connect instantly with a guide who can assist. From finding shelters, kayaks, or restrooms, to many other features, our parks make accessibility a top priority. For more information, visit [Broward.org/Parks](http://Broward.org/Parks) today.

I will be visiting Port Everglades to learn about the key role that port pilots play in the daily operations that are vital to our community. Port pilots guide ships in and out of our critical waterways whenever they are accessing the port. From longshoremen, to truck drivers, to ship captains, and many in between, it takes a team of several skilled people for our port to run efficiently. I look forward to gaining insight into this critical job and seeing how Broward County can best continue to support them in the future.

Broward County hosts many events at our libraries both in person and virtually. One great program is the brand-new "Director's Book Club" series with Broward County Library Director Allison Grubbs. This month's book is New York Times bestseller "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. Check out the book today from your local library and get more information on the book club by visiting [Broward.org/Library](http://Broward.org/Library).

September is National Suicide Prevention Awareness Month. Mental health conditions can affect anyone, and too often those who are struggling do not receive the support they need. If you or someone you know needs help, please reach out to Broward County's suicide prevention helpline by dialing 211. Counselors are available 24 hours a day, and getting assistance is always confidential. #Let'sTalk and continue to break down the stigma surrounding mental health all year long. Know that you are supported by our community, and we are here for you no matter what.

2021 is the 20th anniversary of the attacks on Sept. 11, 2001. I still remember that day clearly, as I am sure we all do, and where I was when I heard the news. The memories of those who lost their lives, and the heroes of that day, will remain with us forever.

The top priority for my staff and me is staying connected with the residents of District 3. We are available by phone, email, and social media. Reach me at [MUdine@Broward.org](mailto:MUdine@Broward.org) or at my office at (954) 357-7003. Follow me on social media — @CommissionerMichaelUdine on Facebook and @MichaelUdine on Twitter or Instagram — to receive important updates and see what is happening in our community. Let's connect!



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STATE REPRESENTATIVE D-96

## CHRISTINE HUNSCHOFSKY

I hope that the school year has gotten off to a wonderful start for everyone! As we all know, the pandemic and school pressures for our school-aged children have added mental health challenges such as depression, anxiety, and, in some cases, suicidal thoughts.

September is Suicide Prevention Awareness Month and I will be hosting a virtual town hall with a renowned youth suicide prevention expert, Scott Poland. Dr. Poland is a professor and the co-director of the Suicide and Violence Prevention Office at Nova Southeastern University. The virtual town hall will take place on Monday, Sept. 13, at 7 p.m. on Zoom. You can register in advance at the following link: <http://tiny.cc/HD96SuicidePrevention>.

Additionally, we will be providing information on suicide prevention resources that are available to you. Hopefully, you will be able to join us for this important discussion. If you or someone you know needs help, please call 211 in Broward County or the National Suicide Prevention Lifeline at (800) 273-8255.

One of the most important opportunities we have as citizens is the right to vote. National Voter Registration Day is coming up on Sept. 28, and it's a great time to register to vote and to check your voter registration status and vote-by-mail requests. Visit our Broward Supervisor of Elections website, at [www.browardsoe.org](http://www.browardsoe.org), to find all information about registering and voting.

September is budget season, and local and county governments will be approving their budgets and final tax rates. To learn more about your city and county budgets in District 96, visit their websites:

- City of Coconut Creek — [coconutcreek.net](http://coconutcreek.net)
- City of Parkland — [cityofparkland.org](http://cityofparkland.org)
- City of Margate — [margatefl.com](http://margatefl.com)
- City of Coral Springs — [coralsprings.org](http://coralsprings.org)
- Broward County — [broward.org](http://broward.org)

Our Committee Weeks in Tallahassee begin the week of Sept. 20. During the six committee weeks, we will be voting on legislation and appropriations. You can follow all of our committee meetings at [thefloridachannel.org](http://thefloridachannel.org). Please reach out to me with any questions or concerns you may have regarding pending legislation.

Additionally, look out for my updates on Facebook and Twitter (@RepHunschofsky) as well as my regular e-newsletter, which you can sign up for by emailing [HDIST096@myfloridahouse.gov](mailto:HDIST096@myfloridahouse.gov) with "Subscribe" in the subject line. As always, my staff and I are here to help, so please reach out at (954) 956-5600 or at [HDIST096@myfloridahouse.gov](mailto:HDIST096@myfloridahouse.gov). We look forward to hearing from you! 📍

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Dear Friends!



Labor Day serves as a powerful reminder of the strength of American workers. From historical efforts to push our government for fair hours and pay, to the essential frontline workers who have kept our country safe during the coronavirus pandemic, I am grateful for our working American families.

The pandemic has presented an unprecedented challenge to our community. In order to build back better from the economic downturn, it is essential that we make a historic investment in American jobs and families. I support President Biden's American Jobs Plan, which will create millions of jobs by investing in American workers.

Congress has shown our commitment to working parents by expanding the Child Tax Credit, cutting child poverty in half while allowing parents to pay for child essentials each month. We also passed the INVEST in America Act, which will heavily invest in American surface transportation, bolster it against the effects of climate change, and create millions of good-paying jobs.

However, these steps are only the beginning of our path to recovery. Building back better requires us to help working families by fighting for paid leave, support unions that fight for workers' rights, and pass job-creating legislation that will put Americans back to work.

Last December, I voted to establish the Shuttered Venues Operators Grant program to help support local hard-hit businesses in the music and entertainment sector that were forced to shut their doors due to pandemic restrictions. Since then, I pushed my colleagues to fund this essential program in our coronavirus aid and relief package.

Through these grants, 38 local venues, producers, operators, and talent representatives in Florida's 22nd Congressional District will receive a total of over \$36.33 million in assistance.

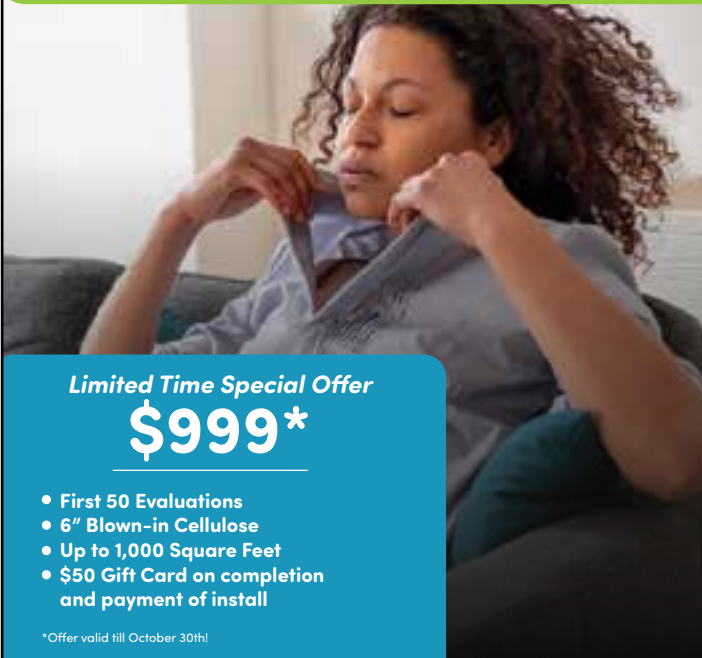
As chief whip of the Gun Violence Prevention Task Force, I recently reintroduced the National Firearms Amendment Act, which would add semiautomatic rifles that can accept a detachable magazine as a category of firearm regulated by the National Firearms Act (NFA).

The NFA was enacted by Congress following a horrific Valentine's Day gun violence massacre in 1929. Rather than imposing outright bans, the law applies tight regulations to fully automatic machine guns, short-barreled shotguns, silencers, and others, making these weapons more difficult to acquire. The National Firearms Amendment Act would apply similar tight regulations to semiautomatic rifles that can accept a detachable magazine.

Please continue to keep our community safe by getting vaccinated and wearing masks. Have a safe, healthy, and happy Labor Day. 🇺🇸

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# Grab life by the reins: *Experience the value of an equine adventure*



By Christina Tsirkas

**T**here's something inherently satisfying about embarking on an adventure. Whether it's the thrill of trying something new or pushing past your comfort zone, adventures offer us the opportunity not only to challenge ourselves but to know ourselves better. They also make for great stories.

Equine adventures are particularly rewarding because they come with a 1,000-pound comrade with its own mind and personality. Whether you're a green or an experienced rider, at times, horses will test your patience, confidence, and perseverance. And when you manage to develop trust and understanding with your horse, you are rewarded on a whole different level.

My most recent equine adventure was a cattle drive in Colorado. It was 8 a.m. on a Friday when I arrived at the 8,000-acre working cattle ranch just outside Steamboat Springs. As I pulled into the dirt parking lot, I was greeted by a line of horses saddled and waiting. My mount for the day was Moca, a beautiful dun mare.

There were six riders including myself — my partner in his recently acquired cowboy hat, a retired couple who sold all of their property and were traveling the country in an RV, and a mother-daughter duo on a mission to visit all 50 states before the girl's 18th birthday.

Accompanying us was Amanda, our guide, and a black-and-white cow dog named Sage.

As we rode beneath endless, clear-blue skies, Amanda explained our mission for the morning. This summer, the ranch housed 1,300 heifers, only a third of their usual number due to severe drought conditions. We were to round up as many as we could find along our ride and move them to the other side of a single-lane highway where, literally, greener pastures awaited.

After one hour in the saddle, there still was no sign of any heifers. The ride was mostly an up-and-down climb with steep inclines where, if you looked straight between the horse's ears, you were staring at the ground. I leaned back slightly, loosened my reins, and allowed Moca, who was familiar with the terrain, to choose the safest path down. Slowly and sure-footedly, she made her descent with consideration for us both. Though they stayed close together, each of the seven horses chose a different route.

As we approached the bottom of a hill, we finally encountered our first cattle. We were instructed to hang back and let Sage go in first.

The dog sprang into action, running straight up to a heifer. The young cow dug her hooves into the ground and stared at Sage, who leaned back on her haunches and stared straight back. Suddenly, Sage lunged forward, nipping the cow's nose. Startled, the heifer leapt back and turned away. Sage immediately pursued, biting at her ankles. The cow started running and the others followed. Sage ran behind, moving them forward together.





Now it was our turn. I wish I could say that we took off, galloping across the valley toward those cows, but that was not the case. Amanda warned us to approach them slowly or risk spooking the herd and sending them running in different directions, doubling our workload.

We spread out, tasked with uprooting the hillside stragglers while Sage kept the majority of the heifers together in the valley below.

Far behind the other riders, Moca and I caught sight of three heifers who abandoned the group for a watering hole. I debated not going after them for fear of getting lost with no cell reception but decided not to leave them behind. We turned around and trotted toward them. Busy lapping up water, they were uninterested. I rode closer, yelling and gesturing at them to “move” until they took off in the direction I needed.

As I turned to follow, all I saw was the vast expanse of rolling hills with mountains in the distance. For that brief moment, it was just me, Moca, and the three small cows. But I didn’t feel alone, nor afraid. I felt safe with Moca.

Over the course of four hours, we rounded up just over 100 heifers and managed to get most of them across the road.

The cattle drive was done at Saddleback Ranch and is open to beginners.



### Embark on Your Own Equine Adventure

If you’re new to equine adventures, there are plenty of ways to get your feet wet right here in Florida, no matter your skill level.

In a state where there are plenty of opportunities to swim with aquatic animals, you can also swim with your hoofed companions. Both C Ponies and The Real Beach Horses in Bradenton offer horse swimming excursions in Palma Sola Bay, where riders often spot dolphins and manatees. Makin’ Tracks Trail Rides in Ocala also offers a seasonal river ride where riders can splash around with their horse.

For some family-friendly fun, and a taste of ranch life, you can’t beat a good, old-fashioned dude ranch. Westgate has a 1,700-acre resort and rodeo in River Ranch where guests can embark on scenic trail rides or “cowboy up” with a night at the rodeo. Florida residents receive a discount on room rates.

There are also smaller ranches that offer a more personal experience. Diamond Oaks Farm in Ocala provides a low-key, friendly atmosphere where guests are encouraged to walk the 25-acre property freely, getting to know the horses and feeding them carrots. The farm offers trail rides, carriage rides, private lessons, and grooming workshops for adults and children.

If you’re ready to immerse yourself in adventure, consider a full-on equine vacation. Companies such as Hidden Trails, Equitours, and Equitrekking offer horseback-riding getaways throughout the world. Whether you want to ride on safari in Africa, discover an equestrian castle in Ireland, explore the Costa Rican rainforest, trek through the winter snow in Canada, or gallop along the wild volcanic landscape of Iceland, there is an unforgettable experience waiting for you. All you have to do is grab the reins!📍



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# Helping to break the stigma during Suicide Prevention Awareness Month



By Scott J. Brook, MBA, Esquire

Unfortunately, for too many people, there is still a stigma associated with mental illness. It's a shame and it must change. No one chooses to have anxiety or depression or to have a child diagnosed as bipolar. Of course, no one chooses to have cancer either.


Instead of exploring why there is a stigma, I have started an organization, the Mental Wellness Networking Alliance (MWNA), that is committed to "Break the Stigma" for as far as we can reach.

I began the organization with other community leaders shortly after we lost our second teenager in a week, only one year and one month after the tragedy at Marjory Stoneman Douglas High School. Both of our local teenagers experienced unspeakable trauma that day. When I heard about Calvin Desir losing his life, I committed to do something different in my capacity as a concerned dad, as a local leader, and as the son of Marcia Brook, in order to save lives.

You see, I tragically lost my mom, Marcia, to suicide when I was only 23 and she was 58. My family was devastated. We had no idea my mother was ill. She visited me in May 1987 in New Orleans when I graduated from Tulane with an MBA. She seemed a little sad at times, but I thought her emotions were more involved with her pride and love than with any mental illness. However, this article is not about me or my loss. Rather, this is about us. Too many groups of people suffer with mental health challenges in silence. Suicide disproportionately affects numerous populations, including veterans, teenagers, young Black males, and others.

What can you do to help prevent suicide during the month of September, Suicide Prevention Awareness Month? You can reach out to a loved one whom you sense has been going through some difficult times and be present for that person. You can share 2-1-1 as a great resource to help those in crisis, as well as the Suicide Prevention Hotline at (800) 227-TALK.

**You also can join me and others, including several mental health professionals, at our next MWNA meeting on Sept. 14 at Keller Williams, 3301 N. University Drive, for dialogue, connection, and education. On Sept. 23, MWNA is joining forces with the Veterans Networking Alliance to raise money to help with education, advocacy, and treatment. The event will be at the Coral Springs Museum of Art, and you can email me for tickets at [scott@scottjbrookpa.com](mailto:scott@scottjbrookpa.com) or find us on Facebook.**

**If you or someone you know needs help, please seek it. At MWNA, our vision is that we live in a world where mental wellness is equally as vital as physical wellness. An injury above the shoulders should not be treated as any less of an injury worthy of care than an injury below the shoulders. We all want mental wellness. Discussing mental illness and seeking care should not be taboo. **

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## *A drive to Key West is like no other*

*By Jennifer Merrill*

**B**efore I moved to Florida and became a resident here, my only experience with Key West was a half-day Disney Cruise port of call, many years ago. I disembarked the cruise ship there with family and in-laws, and we had a limited amount of time to explore the island before heading back to the ship or risk getting left behind. It was hardly enough time to get to know the “conch republic.”

Now that I live in South Florida, I get to experience it at length, whenever I want to. And I can reach this southernmost point of the United States by car, the best way to do it. Driving through the Florida Keys on the Overseas Highway is half the experience and excitement of going to Key West. There is nothing quite like gliding over all the bridges and seeing the glistening aquamarine water on either side of the road, passing the colorful fishing towns and seafood restaurants, and soaking in the sea breezes and fragrant air.

I have driven to Key West twice since moving to South Florida in July 2020. My most recent experience was five nights this summer on a mother-daughter trip with my 19-year-old daughter Rachel, her best friend, and her friend’s mom (who’s a friend of mine). We splurged and booked a two-level suite in a nice boutique hotel on bustling Duval Street in the heart of old-town Key West. It was the high school graduation trip that the girls didn’t get to have in 2020.

And although the noise levels were always high on Duval — with drunk, revved-up partiers spilling out of bars well into the evening, loud cars and motorcycles hurtling past late at night, and exuberant roosters cock-a-doodle-dooing at dawn — our location was perfect because we could walk everywhere, and it had a parking space for my car on the premises.

We came equipped with lists of the best restaurants in the Keys, and we compared our lists and hit the ones that were reviewers’ favorites. Almost all of them had outdoor seating and most allowed dogs. I brought my little Pomeranian, Lex, and he was welcomed everywhere. I had noticed in my previous time in Key West that it seemed like a very dog-friendly place. So Lex got to join us on this trip.

We consumed more fresh seafood, key lime pie, and Cuban coffee in one week than I usually have in a year, and it was all delicious. We discovered many lushly landscaped courtyard dining areas that were hidden away from the streets. One favorite was a French place for brunch. My friend and I also sampled the cocktails of Key West and enjoyed our favorites — mojitos, daiquiris, piña coladas — without later having to get behind the wheel of a car. We walked everywhere, which was nice and relaxing.

We did many of the touristy things that week as well as



some activities that were off the beaten path. Key West is well known for its Ernest Hemingway house, with all the cats lolling around. There also is the Harry S. Truman Little White House, a beautiful butterfly conservatory, and a shipwreck museum with a widows walk to ascend and view the expansive area and water vistas from up high. We went to the Southernmost Point site, where we posed for pictures “almost to Cuba” at the edge of the water. And we shot photos at the endpoint of Route 1, in a busy little intersection in Old Town.

And we did the sunsets. You can't go to Key West without enjoying a beautiful sunset. Most vacationers head to Mallory Square, which is in the touristy part of town, and turns into a big party for a couple of hours before the sun goes down. There are always street entertainers such as jugglers wowing the crowds there, along with food and drink to purchase at the stands and restaurants nearby.

But for a quieter experience, we did our last Key West sunset at Fort Zachary Taylor, a state park with beaches away from all the noise. Park entrance is not free, so we got a day pass for swimming at the beach during the day, and then returned at night for a sunset viewing.

The sunset at this beach was fabulous. The four of us and Lex sat on the rocks at the ocean's edge and watched the sun go down over the water. It was natural and peaceful and still. There were some boats in the distance, and it felt perfect.

I'll definitely be driving again through the Keys to this place. Not a bad little vacation and you don't even have to leave the state.

*Jennifer Merrill is a recent transplant to South Florida from the northern states. 📍*



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# Tips to follow during Prostate Cancer Awareness Month

By Larry Schwingel

September is Prostate Cancer Awareness Month. Prostate cancer is common and grows slowly. At onset, symptoms may be absent, but as it progresses, early warning signs include an increased urgency to urinate, frequency, and leaking. In more advanced stages, the cancer can metastasize to other organs such as the lungs, liver, and brain. In a majority of cases, bone pain will occur.

According to the American Cancer Society, cancer of the prostate is the second most common cancer, and men are 44 percent more likely to develop it than women.

Mehmet F. Hepgur, M.D., an oncologist/radiologist at Broward Health in Fort Lauderdale, says that depending on the size of the tumor, a person may feel pain in the prostate and see blood while urinating. "The only way to detect the specific stage is through an examination and taking a test to determine a person's PSA (prostate-specific antigen) level," said Dr. Hepgur. "The best chance for a successful treatment is through early detection when the tumor is still confined within the prostate gland."

The PSA test is not for cancer detection but a means of measuring the levels of a specific antigen in the prostate gland. The PSA numbers can indicate other issues ranging from inflammation and infection to gland enlargement and subsequent cancer. According to the Prostate Cancer Foundation, a high PSA level does not always indicate prostate cancer. There are numerous types of prostate cancer, and there's a treatment for each type. In summary, one approach doesn't fit everyone, and treatment is on a case-by-case basis.

"A person in their 40s or 50s with a PSA greater than 3 milligrams per milliliter is abnormal and may need a further workup," said Dr. Hepgur. "The PSA range is usually less than 1. For a person in their 70s, a PSA above 4 is abnormal, and if it rises above 0.3 milligrams per milliliter a year, additional testing is required."

It's important to identify prostate cancer in its early stage and to be aware of any history of cancer in the family, genetics, or abnormal lifestyle habits. "Reports show that African-American men have a

higher incidence rate and may have to be screened at a younger age," said Dr. Hepgur. "There's no hard data to show why certain ethnicities have higher rates of incidence, but we encourage earlier screenings as the best method of prevention."

There is debate in some circles about the age at which screenings should begin. The primary recommendation is between 55 and 69 years of age. "Exercise is important, as is cutting down alcohol consumption," said Dr. Hepgur. "It's critical to be screened at the proper time and talk to your doctor about treatment options."

Older men and women with prostate cancer are under "active surveillance." Specialists find that surgical versus radiation outcomes are very similar. In advanced stages, however, it's recommended to see an oncologist for treatment protocols.

Dr. Hepgur's advice is to be aware of any history of cancer in the family and of any genetic predisposition, and to live a healthy lifestyle through exercise and nutrition. [📄](#)





- Jay  
Prostate cancer survivor

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# Coral Springs artist takes to the streets (with permission)

By Jan Engoren



Coral Springs collage artist Janet Gold emerged as a street artist (with permission) during last spring's COVID-19 quarantine.

Busy working in her Tamarac studio and applying for grants and other opportunities, her trajectory changed

when she was selected for her first Collage as Street Art residency through Kolaj magazine.

The premise of the residency is to bring collage to street art in the manner of Banksy, Keith Haring, Basquiat, and Shepard Fairey.

audience and different venue than my museum-quality collages.”

“In this project-driven collage residency, artists delve into the history, methods, and major artists of the ‘street art’ movement with an emphasis on collage,” says Christopher Kurts of Kolaj Magazine.

“Participants put these methods into practice, taking their collage art out into the streets while documenting the entire process, which will be published in a Kolaj Street Krewe book later this year.”

Not comfortable tagging her city at night, in the dark, dressed in black, Gold sought and got permission from five venues in and around Broward County to display the results of her residency, a project she calls “EVERYBODY’S EVERYTHING.”

The title refers to the theme of gender fluidity, and Gold’s large figurative collages depict mixed-and-matched body parts showcasing her take on the social movement.

Using images she cuts from vintage fashion magazines, she reimagines the stories they tell.

In August 2020, Gold installed her works under the moniker “Criminal Collage with Permission,” at the Coral Springs Museum of Art, the Art Gallery 21 in Wilton Manors, the Cook and the Cork restaurant in Coral Springs, and the Girls’ Club and FATVillage, both in Fort Lauderdale.

“Janet’s work is very interesting, especially considering that it is collaged work created to be a mural on a building’s exterior,” says FATVillage’s

Not an underground artist, Gold has been a board member of Fort Lauderdale’s Art in Public Places, the Coral Springs Museum of Art, and the National Association of Women Artists/Florida Chapter.

The prolific artist, who twice won the South Florida Cultural Consortium Fellowship (1999 and 2008) and who has had her work on exhibit at both the Coral Springs and the Boca Raton museums of art, was thrilled to be accepted as one of 15 collage artists from around the world.

“I’m not your typical street artist,” says Gold, the former first lady of Coral Springs (her husband, Roy Gold, was mayor of that city from 2010 to 2012).

“I had to pick an issue to bring to the streets,” Gold says. “This is a different







founder, Doug McCraw. “By employing different anatomical photos to compose multiple aspects of gender and identity, Janet’s created a contemporary commentary on her subject matter.

cigarette dominates the foreground, while a pair of androgenous legs in mid-stride, clad in jeans and black-and-white Converse completes the image.

The high-fashion images are at once edgy and provocative and highlight the artist’s perspective that we all exist in each other.

Constance Ruppender of Art Gallery 21, who exhibited Gold’s past works in a one-woman show at her gallery, says, “I admire Janet as an artist, and as a doer. She doesn’t just make art. She puts her creations out to the universe with an open heart and inspires others.”

“She has a very experienced composition aesthetic and a wonderful way of expressing herself through her art.”

At the Cook and the Cork restaurant, Gold’s collage depicts a female model’s head with long dark hair abruptly juxtaposed with a second woman’s torso and exposed breasts, partially covered by that model’s long blonde hair. A large feminine hand holding a lit

For Gold, who has been in museums and galleries and the recipient of a number of grants, winning the Kolaj residency is the icing on the cake. And while she will be retiring her tag name, we’re sure we’ll see a lot more work by Janet Gold in the future. 📍

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PENDING

**PARKLAND GOLF & CC • PARKLAND**

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PENDING

**PINE TREE ESTATES • PARKLAND**

Situated on 1.09 acre, this 7BR/4.5BA/3CG courtyard exudes a coastal/Key West feel. Desirable features incl.; full outdoor kitchen w/sink, fridge & grill; fully fenced yard w/numerous fruit trees; 8" wide plank hardwood flrs main living area; gorgeous kitchen w/white shaker cabinets, center island & top quality appliances; 1st floor MBR w/private gym & amazing, updated master bath w/spa tub. Refinished pool! **\$1,088,000**



SOLD

**CYPRESSHEAD • PARKLAND**

Enjoy the stunning views of Cypresshead Lake from your front porch! This beautiful, 5BR/4BA/3CG .91 acre estate boasts exquisite kitchen w/dark wood cabinets, quartzite counters & huge center island; floor-to-ceiling fireplace; cathedral ceilings, French doors & bay windows; all impact windows; spacious, screen-enclosed lanai, oversized pool & huge backyard! Plus, just steps away from the clubhouse! **\$995,000**



SOLD

**FOX RIDGE • PARKLAND**

Picture perfect — meticulously maintained 4BR+den/3BA/3CG home with nearly 3000 square feet under air! This home offers a brand new roof (2021); two newer A/Cs (2019); freshly painted interior; beautiful kitchen w/white cabinets, granite counters & st. steel appliances; custom closets; triple split bedroom plan; all new LED lighting; & recently resurfaced pool with new heater. Community amenity island w/tennis, playground & more! **\$750,000**



PENDING

**SAN MELLINA • COCONUT CREEK**

Wow! This absolutely stunning 6BR/4BA/3CG home is filled w/the following upgrades: new kitchen w/ wood cabinets, quartz countertops, waterfall island, Cafe appliances, wine refrigerator, etc; wood plank tile floors all living areas; engineered hardwood upstairs; new 7" baseboards; brand new 4-ton a/c; electric remote roller shades; new salt system for pool; new pavers & impact windows & doors. **\$749,000**



SOLD

**FOX RIDGE • PARKLAND**

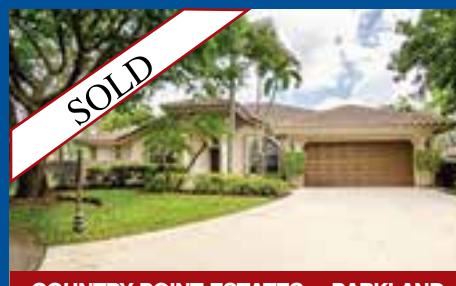
Wow! This 5BR/3BA/3CG lakefront beauty is loaded w/ upgrades & desirable features: paver circular driveway; triple split bedroom plan; volume ceilings; all updated bathrooms; "new" stainless steel kitchen appliances; freshly painted & landscaped; and stunning water views from screen-enclosed pool & patio! Community offers amenity island with tennis courts, jogging/walking path, volleyball & new playground! **\$729,000**



SOLD

**MEADOWBROOK AT HERON BAY • PARKLAND**

Wow...This 5BR+den/3BA/2CG pool home boasts a cul-de-sac, waterfront location! Upgrades include: gorgeous kitchen w/white cabinets, granite counters, large center island, dbl ovens & gas range; diagonally laid neutral tile (wood in bedrooms); triple split bedroom plan; accordion hurricane shutter throughout; screen-enclosed patio & large covered loggia; & solar heated pool w/breathtaking views! **\$700,000**



SOLD

**COUNTRY POINT ESTATES • PARKLAND**

Located in lovely gated community, this 4BR/3BA/2CG .36 acre estate boasts cul-de-sac, waterfront location! Desirable features incl: split bedroom plan; updated kitchen w/dark wood cabinets, granite counters, st. steel appliances and double ovens; all renovated bathrooms; stacked stone fireplace; new Rheem 4-ton A/C; Entegra tile roof 2016; Accordion hurricane shutters; & fully screened patio with expansive pool deck! **\$675,000**



SOLD

**FOUR SEASONS • PARKLAND**

Located in the premier Parkland 55+ community, this exquisite 2BR+DEN/2.5BA/2CG, built in 2018, offers 2560 SF of elegant living space! Upgrades include: stone elevation; custom kitchen w/gas stove & double ovens; beautiful master bath with zero entry shower; gorgeous driftwood-look tile floors throughout; plus crown & chair rail moldings. Amazing community w/ numerous amenities! **\$659,000**

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# Parkland gives back, providing 1,119 backpacks for students in need

By Christina Tsirkas



This year, Parkland's annual Backpack Project provided 1,119 backpacks complete with back-to-school supplies for students in need, aiding a number of nonprofit organizations, including Kids in Distress, Hope South Florida, God's Little Lambs Preschool, and SOS Children's Villages Florida.

What started as a small family and friends operation eight years ago has become a community favorite. "I think the first year we ended up with 300 backpacks," recalls Heather Khalil, founder and driving force behind the annual drive. "We helped one agency with a backpack project."

Over the years, as the Backpack Project grew in popularity, Khalil ran out of room in her house to store the donated backpacks and asked volunteers to become team leaders in their neighborhoods. "More friends and neighbors asked to participate as I added projects, so I reached out to other agencies." She now has team leaders not only in Parkland, but also in Boca Raton, Delray Beach, Coral Springs, Weston, Plantation, and a growing number of other communities. "Everything grew beyond what I thought was possible."

One of the unique aspects of the Backpack Project, and perhaps the reason it resonates with so many, is its personal touch, an idea that originated with Khalil and one that she brought to fruition. "I think I was the first to bring the idea to do it for specific kids so people could actually shop for an assigned child and write a note to them."


Each year, the participating agencies provide Khalil with a list of children in need. Volunteers are then given their particular student's name, age, size, and gender so that they can purchase appropriate backpacks, first day of school outfits,

socks, underwear, toiletries, school supplies, and a book, and they can also include a note of encouragement addressed to their child.

"Many people in the community tell me the whole family shops together for 'their' child," enthuses Khalil. "Volunteers often provide more than what is asked for because they really want to make a difference. I get to witness a lot of kindness and love firsthand, which is truly amazing and a blessing!"

Next up for Khalil is the Halloween Project, which provides Halloween costumes for children in the foster-care and homeless system. "Children in the foster system and homeless system do not get new costumes for Halloween. If they get anything at all, it's usually someone's old costume. This project offers those children the chance to choose their own brand-new costume," explains Khalil.

Again making the experience personal for both child and volunteer, Khalil asks participating agencies to provide a list that includes each child's name, age, gender, size, and top two costume choices. Volunteers are then assigned a specific child and are responsible for providing one of the costumes requested, a durable trick-or-treat bag, and a full-size bag of candy.

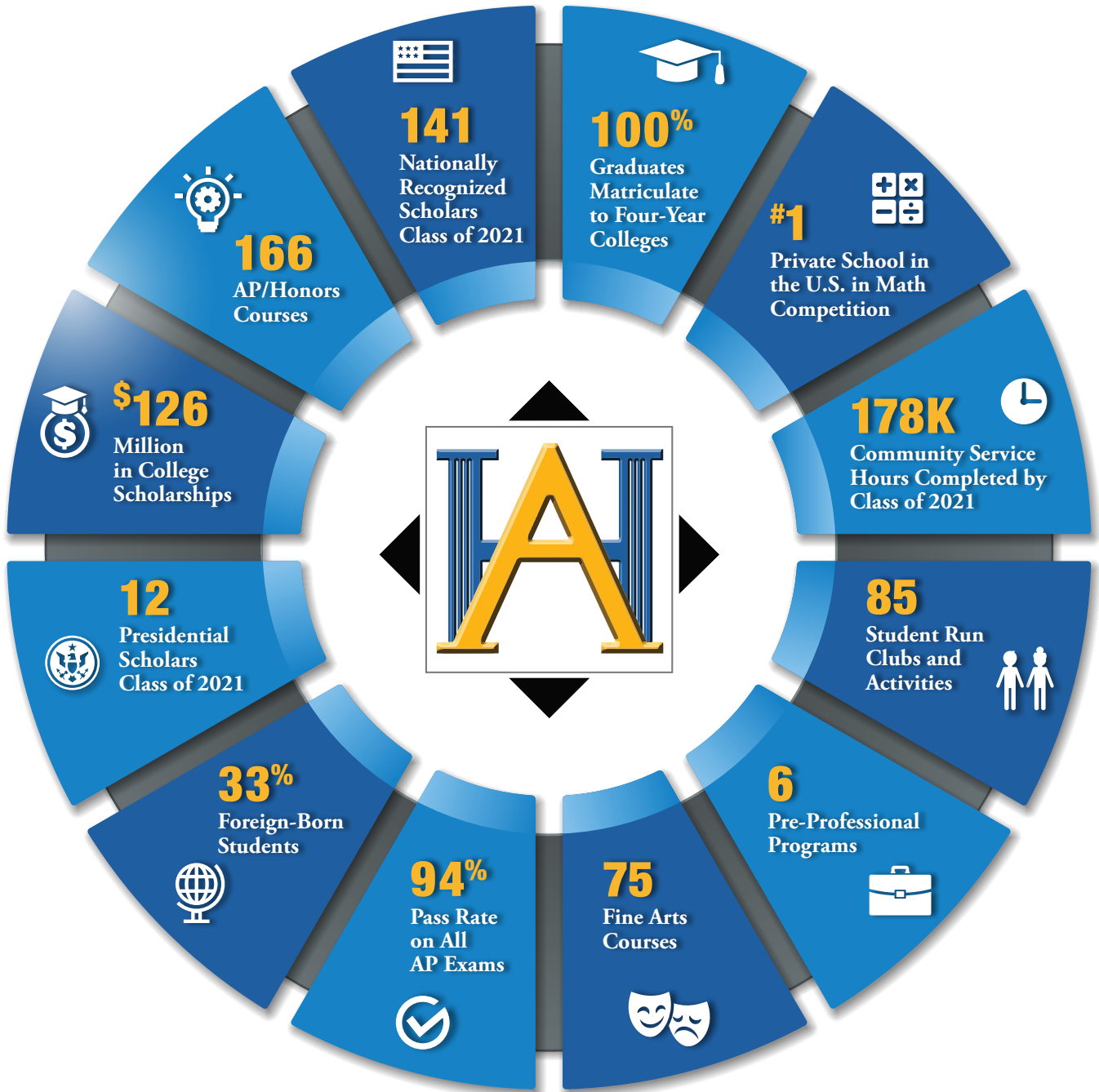
For more information or to get involved, head to Facebook. Khalil has a local group called "Heather's volunteer opportunities" that regularly posts new events and calls for volunteers. 



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# Coming home for the summer: *My new favorite restaurants in Parkland*

By Benjamin Taubman

**R**eturning from my stressful yet delightful freshman year of college, I came back home to Parkland for a much-needed summer break. While in Parkland I was able to relax on our serene South Florida beaches, catch up with my friends from high school, spend precious time with my wonderful family, and – most importantly – enjoy incredible cuisine at my favorite restaurants in Parkland and Coral Springs.

Although I craved and ate, the comfort food at the restaurants that my stomach already held dear, my time at college had made me a much more adventurous individual. As such, I was hungering

for new dining experiences. To satiate my ravenous appetite, the hunt for my new favorite restaurants immediately began. Surfing the internet, I found a myriad of highly-rated restaurants in the area, all begging to be experienced.

Ergo, I tried a bunch of them out and was much better, and fuller, for it. That being said, here are my new favorite restaurants that I discovered when I came home to Parkland for summer break.



## **Papamigos**

The first new restaurant I came to adore actually began its livelihood as a food truck. As time went on, the truck had become so popular and well-revered, it was crucial to settle down as a brick-and-mortar establishment to serve all who sought their delicious cuisine: a magnificent fusion of Mexican street food and sushi, which they call “Mexi-Crasian.”

In addition to classics like birria tacos (soft braised beef tacos that you dip into the savory stew they were cooked in), elote (sweet corn grilled in mayonnaise and sprinkled with cheese), and “fat” burritos, Papamigos serves its one-of-a-kind sushi tacos. The tacos, which substitute flour tortillas for crispy deep-fried nori sheets, are delectable selections of fresh tuna or salmon featuring all the typical toppings you would expect on a regular taco. If you want to devour scrumptious Mexican street food or try the exclusive Mexi-Crasian dishes, give Papamigos a shot.

## **Crafty Crab**

The Crafty Crab is my new go-to restaurant whenever I crave a delicious Cajun seafood boil. The seafood boil, a dish beloved to those living in the American South, is an aromatic stew filled with a selected assortment of crustaceans (crawdads, crab, shrimp, etc.), the desired herbs and spices, and savory veggies like potatoes, corn, and onions.

Akin to actually making one yourself, each boil is custom made to order; you choose your seafood and spice mix to your heart’s desire. After your order is set and everything is done boiling, each seafood boil arrives at the table in a bag and accompanied by the standard accoutrements required for shellfish: a crab cracker for cracking, a mini fork for stabbing, paper towels for cleaning, and a stylish bib to protect your shirt. As soon as you smell the Cajun fragrance, dig in and try not to worry about the ensuing mess.





## Patron Azteca

In addition to being relatively inexpensive, Mexican restaurants always have fantastic cuisine, and Patron Azteca is one step above the rest! On their menu, you can find all the classics – delicious fajitas, stuffed burritos, loaded tacos, and my personal favorite, enchiladas. Although these are standard fare for most Mexican restaurants, the food here is of higher quality and fresher than most other restaurants in this price range. Additionally, on Taco Tuesdays, you can enjoy all-you-can-eat tacos for only six dollars. If you are looking to fulfill your Mexican food cravings, look no further.



## Gyroville

A gyro, pronounced “YEE-roh,” is the enticing Greek sandwich filled with veggies and gyro meat, a blend of lamb and beef grilled on a spit. Gyroville has deconstructed this popular sandwich and turned it into a rice bowl, made to order. If you are like me, you will have your bowl with everything on it; if not, you are able to choose fresh toppings like cucumbers, olives, chickpeas, onions, peppers, and much more. After the toppings, the bowl is perfectly topped off with greek tzatziki, hummus, or both.

What really makes this Gyroville location special are the people behind the business. The owners, Maria and Irving Rodriguez, are a retired New York City Police Department couple who endured and worked through the tragedy of 9/11. As past police themselves, they make it a mission to support the hardworking first responders of Parkland and Coral Springs. So, visit Gyroville for great food and an excellent cause. 🇵🇸



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# Warning signs of a brain aneurysm

September is Brain Aneurysm Awareness Month. According to the Cleveland Clinic, 6% of people in the United States have an aneurysm in their brain that is not bleeding – an unruptured aneurysm. It is more likely to affect women ages 40 to 60 years old. If you have relatives who have had an aneurysm, you should discuss it with your primary care provider.

The most common symptoms of an unruptured aneurysm, per the Cleveland Clinic, are headaches. Other signs may include the following:


- Vision changes
- Enlarged (dilated) pupil, the black part of the eye
- Seizures
- Numbness or tingling on the head or face
- Pain above and behind the eye
- Neck pain
- Nausea and vomiting.

If your aneurysm ruptures, as Cypresshead resident Mrs. Alonna Miller found out, it is an emergency. The most common symptom is a severe headache that comes on suddenly and lasts hours or days. Other

symptoms can be the following:

- Stiff neck
- Drowsiness or even coma
- Mental confusion
- Dizziness or problems with your balance
- Difficulty speaking
- Weakness or no feeling in an arm or leg
- Heart attack.

For Miller, she had to spend weeks in the intensive-care unit, and she experienced “unimaginable pain.” It took many weeks to recover, and two unruptured aneurysms were also discovered and removed in August 2020.

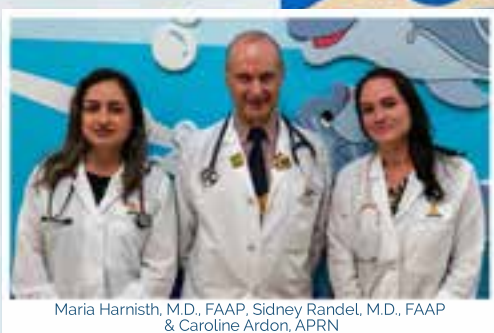
If you have concerns or have a family member who has had an aneurysm, please discuss it with your primary care doctor. 



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- ✓ Payroll tax debt of **\$104,264** settled for **\$5,383** (Savings: \$98,881)
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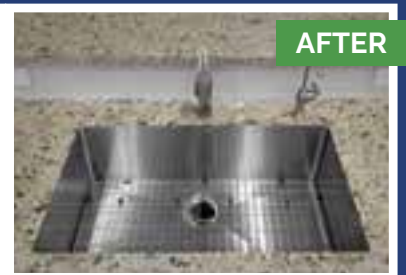
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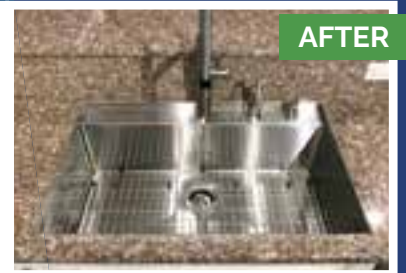
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**AFTER**



# REAL ESTATE UPDATE

## 2021 Parkland Year-to-Date Market Update.

SINGLE FAMILY HOME SALES

Comparison: 2021/2020



	Total Homes Sold	Median Price/Sq. Ft.	Average Days on Market	Median List Price	Median Sales Price
Year to Date <b>2021</b>	<b>515</b>	<b>\$260.77</b>	<b>38</b>	<b>\$850,000</b>	<b>\$850,000</b>
Year to Date <b>2020</b>	<b>384</b>	<b>\$208.47</b>	<b>79</b>	<b>\$685,000</b>	<b>\$661,000</b>

## 2021 Coral Springs Year-to-Date Market Update.

SINGLE FAMILY HOME SALES

Comparison: 2021/2020

	Total Homes Sold	Median Price/Sq. Ft.	Average Days on Market	Median List Price	Median Sales Price
Year to Date <b>2021</b>	<b>915</b>	<b>\$228.82</b>	<b>22</b>	<b>\$500,000</b>	<b>\$510,000</b>
Year to Date <b>2020</b>	<b>744</b>	<b>\$192.70</b>	<b>48</b>	<b>\$439,000</b>	<b>\$429,000</b>



LOCAL REAL ESTATE MARKET UPDATE

By Michael Citron, Parrot Realty

## Will The Summer Seller's Market Continue Into Fall?

In 2021, the Parkland and Coral Springs Real Estate market is on fire! In Parkland, the current median sales price is \$850,000 which means that home values increased by approximately 21% from last year alone. In Coral Springs, home values increased by approximately 16% from \$429,000 to now \$510,000.

Year-To-Date, the amount of overall sales has also skyrocketed by 25% in Parkland and by 19% in Coral Springs. With record low available home inventory, buyers are still in the market looking to pay high premiums for homes just like yours! A balanced real estate market's average supply of available inventory is between 4-6 months. Shockingly, our local market has only a 3-4 week supply of inventory still resulting in a seller's market with high buyer demand.

As a result, there has never been a better time to consider up-sizing or downsizing than right now by selling your current home for a record high price and then taking advantage of historically low interest rates when purchasing your next home. This crazy market can't last forever, so time is of the essence!





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## In Memoriam:

# James R. Dunn

**J**ames R. Dunn, co-founder of J.R. Dunn Jewelers and philanthropist in the South Florida community, passed away on May 21, 2021, at the age of 78.

A Massachusetts native, Jim founded J.R. Dunn Jewelers in 1969 with his loving wife, Ann Marie, and continued the family business together alongside their son, Sean, growing it into one of the most successful omnichannel family-owned jewelers in the county.

What the couple once began as the House of Gems in a quaint older home in Hanover, Massachusetts, J.R. Dunn Jewelers has now become a more than 8,000-square-foot luxury jewelry and timepiece destination in Lighthouse Point, Florida, with a team of more than 40 dedicated people and a successful e-commerce business on [jrdunn.com](http://jrdunn.com).

During his career, Jim had achieved many accolades, including the Sun Sentinel's Excalibur Award for Small Business Leader in 2002 as well as being inducted into the Nova Southeastern University Entrepreneur Hall of Fame. The company was also honored with Luxury Jeweler of the Year in 2015, celebrating its milestones and forward-thinking endeavors.


In 1996, Jim founded the iconic Dunn's Run, a 5K walk/run and 5-mile run benefiting the Boys & Girls Clubs of Broward County, which has raised over \$3 million in its duration. This year marks the 25th Annual Dunn's Run, a momentous milestone that he was so proud of, and it will be dedicated to celebrating his memory. Jim's favorite moment of Dunn's Run was always seeing a huge American flag raised above Deerfield Beach from the fire truck. He loved that it was an event built around family for people of all ages, from the young future of our community to its experienced elders. This year Dunn's Run will be on Sunday, October 3, and is dedicated in his honor, "Run for Jim!"

Jim is survived by his loving wife, Ann Marie Dunn; son and daughter-in-law, Sean and Viviana Dunn; beloved grandchildren, Nico and



Briana Dunn; and many other family members who will carry on the legacy that Jim built.

A celebration of life will be held in his honor on a date to be announced.

The family asks that in lieu of flowers, donations may be made to a charity near and dear to your heart or one close to his: the Boys & Girls Clubs of Broward County. 





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# Prepare your finances for a



## “rainy day”

## — top banking tips for hurricane season

By David Druey, Florida Regional President, Centennial Bank

**F**loridians have seen their fair share of hurricanes and know storms can turn on a dime. With the National Oceanic and Atmospheric Administration’s prediction of 13 to 20 named storms this hurricane season, it is crucial for locals to prepare their finances in the event of a power outage, water damage, or evacuations.

According to FEMA’s most recent annual hurricane preparedness survey, only 48 percent of Americans have emergency plans for disasters. In fact, most Americans do not factor finances into their evacuation and safety preparations.

Tropical Storm/Hurricane Elsa’s recent landfall in Florida serves as a reminder that there is no better time than now to get your “financial house” in order. We recommend the following hurricane banking tips:

- **Cash is king.** Withdraw a week’s worth of living expenses in the event of fallen power lines and/or trees; it is important to have extra cash on hand to help with cleanup. Most banks offer drive-through ATMs and interactive teller machines that can be accessed when bank lobbies are closed.
- **Have your bank on speed dial.** Familiarize yourself with your local branch’s special services and hurricane evacuation plan in the event of a storm.
- **24/7 access.** Download your bank’s mobile app and ensure that all accounts are set up digitally so you can access funds from anywhere in the country. Do not forget to save your mobile banking username and password in a safe place.
- **Get your camera ready.** Scan and/or photograph your most important personal and banking documents (i.e., IDs, titles, deeds, birth certificates, Social Security cards). It is always a good idea to keep important documents in a water-safe area or sealed bag in the event of a flood.
- **Keep an “eye” out for scams.** After storms, banking scams are unfortunately a common occurrence. Be on the alert for suspicious phone calls, mail, texts, emails, and more from companies or individuals pretending to be your bank.

When in doubt, get in touch with your local banker to ensure your account information is up to date and to learn more about the services they offer in the event of an emergency.

Making accommodations to have extra cash on hand, reaching out to your local branch, taking photos of important documents, and double-checking your access to your bank’s mobile app does not take more than a few hours. These simple tips can save you time and money in the long run. **P**





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# Space ... the *finally* here frontier

By Amy Martin

**H**ave you ever looked toward the night sky and wondered what exists beyond our pale blue dot?

Recently, I had the opportunity to speak with one of South Florida's own local astronomers, Kyle Jeter. A teacher at Marjory Stoneman Douglas High School since 1994, he started teaching the very first astronomy course in Broward County in 1997, originally just titled "Research."

Recognized as the 2017 Broward County "Teacher of the Year," Jeter certainly has had some out-of-this-world experiences. In 2018, he was selected for the Astronomy in Chile Educator Ambassador Program, in which he had the rare opportunity of visiting the Atacama Large Millimeter Array, one of the premier research and observation telescopes in the world, at 16,000 feet with an oxygen tank. Jeter also had the unique experience of being invited on the inaugural zero-gravity flight for teachers in the United States in 2005, and he flew once again in 2007.

There are so many wonderful reasons to look toward the sky with wonder at this time in history, as we embark on space exploration as we never have before.

For the astronomy novice, Jeter has many suggestions to get started. First, he recommends two apps you can download on your phone to aid in your stargazing and cosmic knowledge. They are "Stellarium," a free app to learn about the constellations in the sky, as well as "Starwalk," an app that allows you to point your phone in real-time toward the firmament to learn more about what you are viewing at that very moment.

As for places to view the night sky in South Florida, Jeter says to begin you can just step out into your own backyard. However, with the abundance of light pollution, he encourages taking a drive to some local dark-sky areas. He suggests the west

end of Loxahatchee Road, the Arthur R. Marshall Reserve, or for the more adventurous, just 30 minutes from Parkland to the Glades, the Harold Campbell Public Use Area. Jeter recommends facing west in the night sky to avoid the city lights. He also says that a simple pair of binoculars is a perfect way for any beginner to get started.

Here are some night-sky highlights this month:

- **All Month – *Jupiter and Saturn.*** Perfect visibility. Both planets will be visible most of the night during the whole month!
- **All Month – *Venus.*** Good visibility. Look West at sunset to see Venus shining very brightly in the sky.
- **All Month – *The Milky Way, many star clusters, and nebulae are out as well*** – if you are able to get somewhere extremely dark (deep in the Everglades - SAFELY).
- **Sept. 7 – *New Moon.*** It's the best time of the month to search for fainter objects in the night sky.
- **Sept. 15 – *Inspiration 4 Mission.*** Four civilians will be launched into orbit - the first all-civilian mission in history!
- **Sept. 21 – *Full Moon.*** With the moon shining bright in the sky, it can be very difficult to see anything but the brightest interstellar objects.

If you'd like to become more involved in astronomy in South Florida and meet like-minded star nerds, Jeter says, the South Florida Amateur Astronomers Association at Markham Park is fantastic, equipped with a state-of-the-art telescope, and the perfect way to take the next step in discovering our celestial sky.

**Happy exploring!** 📡



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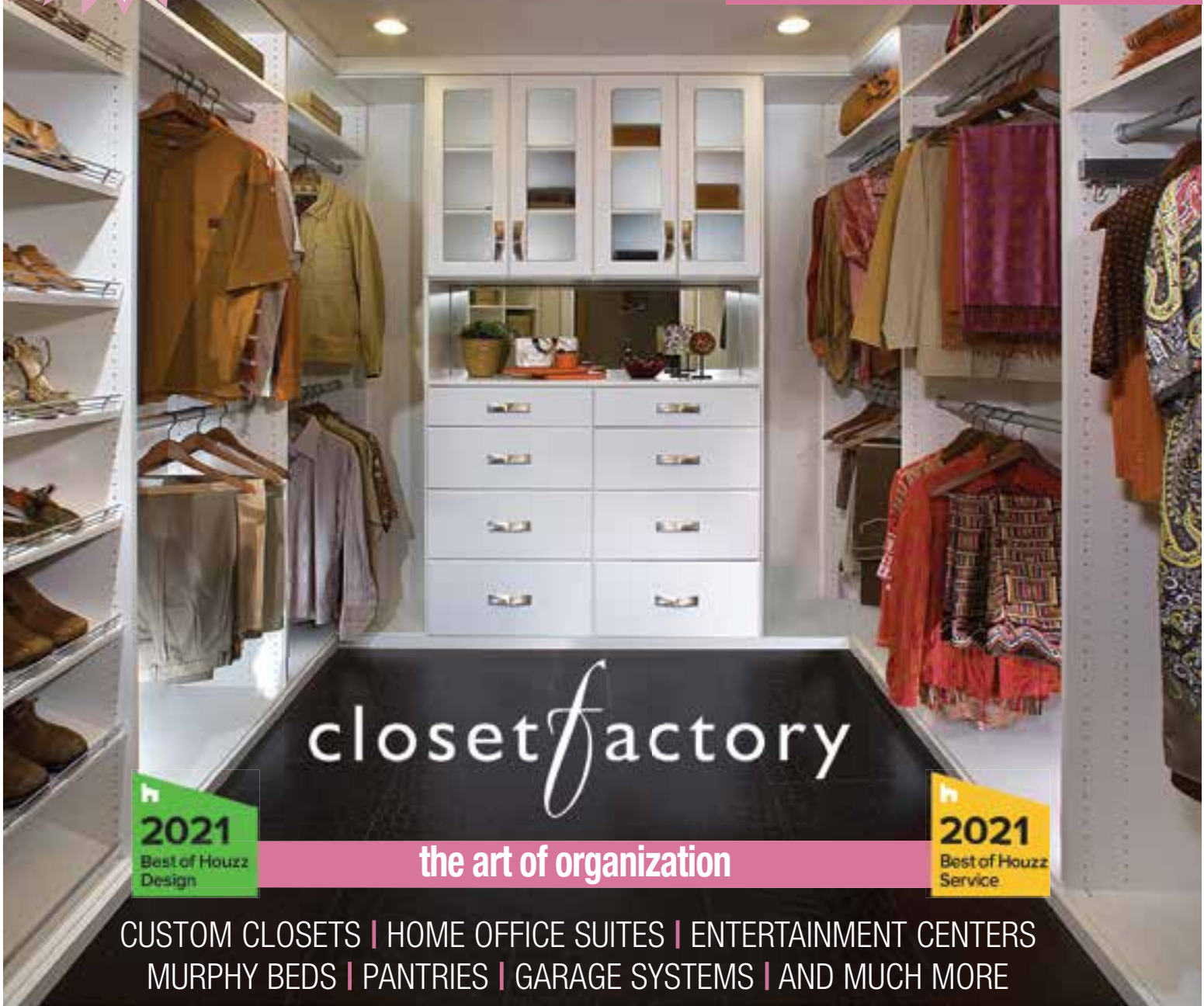


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# IV vitamin therapy: Why should I use it?

By Carla Joseph

**W**hy should you use IV therapy? The usual answer is that intravenous (IV) vitamins, minerals, and nutrients delivered directly into your bloodstream carry the nutrients straight to your cells where they can immediately do their job as cofactors for a wide variety of cellular processes. Intravenous delivery is the most efficient method of administration for any compound or medication, not just vitamins. IV antibiotics work better and faster than oral antibiotics. IV pain medications work better and faster than oral pain medications. IV saline solution works better and faster than drinking a glass of water. It's simply a universal truth of medicine.

Our digestive tracts have to break down the food we ingest to extract everything from minerals to amino acids to antioxidants to fat and even water-soluble vitamins. This process is very complex and it's actually pretty inefficient. Only a small amount (20-30%) of the vitamins we ingest gets absorbed. The rest is excreted. Plus a lot of things can go wrong in the process of extracting nutrients from food ... especially when you are stressed!

Here's a quick list:

- **Poor breakdown:** Eating too fast without chewing and pH changes in the level of stomach acidity affect the breakdown of food and the activation of enzymes and vitamins like B12.
- **Poor-quality food:** Let's face it ... under stress, we tend to eat comfort food, which is usually of poor nutritional quality.

- **Poor digestion:** Stress triggers the “fight or flight” sympathetic nervous system, which decreases blood flow to the digestive tract and lowers the output of pancreatic enzymes by as much as 20,000-fold. These enzymes are responsible for the breakdown of fats, carbohydrates, and protein into small, absorbable pieces and for the release of vitamins and nutrients from food so they can be absorbed into the circulation.
- **Poor absorption:** The healthy bacteria in the gut, which also produce vitamins and regulate our immune systems, die under stress. Unhealthy “pathogenic” (bad) bacteria and fungi grow in their place. These bugs disturb digestion and trigger inflammation, causing damage to the gut lining. When the gut lining of the small intestine (which is where nutrients are absorbed) suffers under stress, vitamins, minerals, and nutrients are not taken up properly into the blood to be transported to our cells.

The bottom line is this: Nutrients in food are harder to break down, digest, and absorb because the digestive tract itself is a very complex, sensitive mechanism that doesn't perform well under stress.

Now the next question that inevitably comes up: Who cares if my supply of nutrients is low if nothing else is wrong?

Well, there's more bad news. Stress increases our need for energy. Brain cells need more neurotransmitters, cells need to divide and make DNA, stress hormones need to be manufactured, and muscles need to contract harder.



The liver may have to work overtime to clean up toxins if we decide to “soothe” our nerves by drinking alcohol and smoking.

The energy for all this extra activity is made in your mitochondria — the microscopic power plants in each of our cells — with the help of vitamins, minerals, and nutrients. We already know these are in short supply, because of the negative effects of stress on the digestive tract. So guess what? You're going to have a very difficult time making enough energy to maintain your stressed-out state if you're suffering from a nutrient deficit.

You can lower stress and increase your micronutrient and vitamin intake, especially with IV nutritional therapy.

The effects of making these nourishing vitamins available to your cells in abundance can be dramatic and almost instantaneous. Many patients report an increase in energy, better mood, less anxiety, improved immunity and sleep, faster recovery from muscle fatigue, and a lifting of their mental “fog” soon after treatment.

*Carla Joseph, MSN, APRN, FNP-BC, is a nurse practitioner at Nutriflo Medspa and IV Lounge, Shoppes at Heron Lakes, Coral Springs. For more information: (954) 406-3155 info@nutrifloiv.com / www.nutrifloiv.com.*



# Northern Star Construction for general contracting projects

Thinking of doing some home remodeling? Who is right for the job?

If it's a simple project, do-it-yourself can be the way to go. If it's somewhat more complex, such as changing cabinetry or fixtures, a handyman could be who you need. But if you are planning a more major remodel or renovation, you need a licensed general contractor (GC).

A GC coordinates and supervises the entire project, including hiring and coordinating the work of subcontractors with specialized skills such as electricians and plumbers, carrying the necessary insurance, securing any permits, and ensuring that the work is done to comply with product warranties. The best client-contractor relationships are ones where the contractor has the experience and creativity to get the job done well, listens and asks questions, and communicates clearly and regularly. This builds trust and lasting relationships.

Keith Gamble, president of Northern Star Construction Inc. in Coral Springs, is a general contractor, we specialize in whole home renovations, including kitchens, bathrooms, and flooring from start to finish. More than 20 years ago, as a college student from up north, Gamble worked summers in South Florida doing construction with his father. In 2009, he got his GC license and opened his own business. He has extensive experience in Miami-Dade, Broward, and Palm Beach counties.

Having worked in the South Florida market for his entire career, Gamble has developed close relationships with numerous designers and architects, and he offers high-end results without the high-end pricing. Northern Star Construction has an A+ rating from the Better Business Bureau.

With a love of the process for transforming spaces, and having a keen eye for architecture and design, Gamble's hands-on approach means he tackles each project with the enthusiasm and care he would as if the home were his own. But ultimately what sets him apart is communication — understanding clients' needs, walking them through the process, and being quickly responsive to their questions and concerns.

Gamble said, "I will be there to explain the situations and present options, always solution-oriented. I am one of those who actually love what I do." As a testimonial to the high regard with which they hold Gamble and his work, many of his former clients are now his friends.



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# Get your *Wagyu* in Coral Springs

By *Curiously Hungry*

It's 7,500 miles from Coral Springs to Japan, the home of the Wagyu. *Wagyu* is the Japanese name for beef, but here in the United States, it's often associated with the well-marbled beef that is commonly found on restaurant menus.

In grocery stores, you will find USDA prime, choice, and select steaks. They are graded based on the fat streaking in the steak. And for those who love barbecue, more marbling often means great flavors and tender meat.

Wagyu is graded based on the meat yield, from A (highest) to C (lowest); and marbling, from 1 (lowest) to 5 (highest). This is where you may find the highest-grade Wagyu as A5. The Beef Marble Score is often referred to; scored 1–12, the higher the number, the more marbled the meat.

If you have had A5 Wagyu, you know it's unique. The melting temperature of Wagyu beef is lower than other beef, at 77 degrees F. Extra care is required in the preparation, to provide that buttery, melt-in-your-mouth experience that you will remember long after you wolf down your steak.

Japan has long controlled the export of cattle, as it's considered a national treasure. The Japanese government put a ban in place in 1997. Before the ban, a few were exported to the United States, and there were 200 full-blood Wagyu in the United States. U.S. ranchers were able to cross Wagyu with other popular breeds, like Angus, and they were referred to as Wagyu-influenced breeds. This is where American Wagyu came from;

and to be considered Wagyu, the beef needs to be at least 50 percent Wagyu.

If you want to experience the rich flavor and unique, melt-in-your-mouth experience, you can find Wagyu in many fine restaurants, or you can buy it directly from a local butcher shop in Coral Springs, Meat N' Bone. They have a storefront on Sample Road, near city hall.

The proprietors of Meat N' Bone provided a sampling of their favorite American Wagyu cuts to try. The Coral Springs store manager, Thomas LoBracco, is a food enthusiast. He comes from a family of butchers, and he loves to explain all the great cuts of beef available at his store.

LoBracco shared a few cuts he wanted



**Wagyu is the Japanese name for beef.**

us to try. The flap steak, well-marbled and thin, can be prepared quickly over high heat. Denver steak is a tender and economical cut, and it can be braised and cooked like a short rib.

Another good cut that LoBracco has is Picanha. First made popular in Brazil, it is a great steak. It has a fat cap that imparts the steak with an extra oomph of flavor.

Meat N' Bone also carries a wide range of non-Wagyu beef. So whatever you are fancying for the weekend barbecue, you will not be disappointed. 📌





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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**

## What Conditions Has LD Successfully Treated And Will It Help YOU?

The main conditions it has great success with are:

- Spinal Stenosis
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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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If you would like to see if LD will be the answer to your back, neck or nerve pain, you can – at a dramatically reduced cost – for a very limited time. Just call 954-752-7373 before the expiration date and here is what you will receive:

- An in depth consultation to discuss your problem and answer ALL your questions you may have.
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Greg Snyder inlet snook

# September means snook season on the Atlantic

By Steve Waters

**S**nook fight hard and are delicious to eat, and there's no better time to catch the fish than in September.

Snook season opens on Sept. 1 after a three-month closure on the Atlantic coast. One of Florida's most popular saltwater gamefish, snook are protected during the summer because that's when they gather at inlets as they prepare to spawn and are easy to target.

After spawning in South Florida, many snook head back into the Intracoastal Waterway and local canals. But a bunch remain in inlets, as well as off beaches and around fishing piers, where they can be caught on live bait and a variety of lures such as jigs, plugs, and soft-plastic baitfish imitations. That means land-based anglers have just as good a shot at catching a snook as those fishing from boats.

Because snook are so fun to catch and so good to eat, they are intensely managed by the Florida Fish and Wildlife Conservation Commission. Anglers are allowed to keep only one snook per day with a total length of 28 to 32 inches along the Atlantic coast.

The season is closed from June 1 to Aug. 31. Open season is Sept. 1 to Dec. 14, and then it closes Dec. 15 to Jan. 31, when

the potential for cold weather can make snook so lethargic that unethical anglers could simply scoop up the fish with a landing net. The season reopens from Feb. 1 to May 31.

For anglers without boats, the fishing piers in Deerfield Beach and Pompano Beach are good places to try to catch a snook, but it can be a challenge. One of the great mysteries of the undersea world is why snook that are caught and released at fishing piers all summer suddenly stop biting when the season opens.

It's not that the fish have left the piers — you can usually see snook swimming in front of the underwater camera at Deerfield Pier (<https://deerfield-beach.com/1474/Live-Cameras>) — it's that they're not too interested in eating. Nevertheless, a few people always manage to catch a keeper snook.

Some anglers use sabiki rigs to catch baitfish such as pilchards, then put the baits back out on heavy outfits with egg sinkers to keep them near the bottom where the snook hang out. You can also use a small gold hook baited with a piece of shrimp to catch small jacks, pinfish, and croakers for bait. Or you can buy some live shrimp, the bigger the better, to tempt a snook to bite.





Brian Sanders snook



“The secret of snook fishing is that snook are feeding on the bottom, not on top,” said Greene, although he acknowledged that the fish will occasionally hit a top-water lure.

Those who prefer to fish in canals can try the Hillsboro and Cypress Creek canals anywhere west of U.S. Highway 1. Greene suggested slowly trolling diving plugs from a small boat early in the morning and in the evening. He said kayak anglers should fish early and cast plugs or DOA plastic shrimp around seawalls and docks.

Rain also plays a role in snook fishing this time of year. After heavy rains, spillways in South Florida are opened to release the excess water into the Intracoastal Waterway. Snook wait at the spillways to feed on small freshwater fish such as bluegills, shad, and shiners that are swept through the water control structures.

Greene said the top spillways include the Cypress Creek in Pompano Beach and the Hillsboro in Boca Raton. His favorite way to fish the spillways is to hook a live or dead bluegill, shad, or shiner through the bottom of the mouth and out through the top on a 1/2- or 3/8-ounce jig. He casts the bait into the fast-moving water at the mouth of the spillway and bounces the jig on the bottom.

“I would find myself at a spillway at daylight and fish that,” Greene said. “If you can’t make the daylight bite, fish a spillway late in the afternoon. If you have to work all night, you can still fish them in the middle of the day because fish at spillways will eat all day.”

And if you’re successful, you’ll be eating fried or grilled snook for dinner. 3

When fishing from piers at night, the best place to fish your bait is along the shadow line in the water, because snook typically lurk on the dark side of the line and ambush baitfish that swim along the edge.

Boat docks and bridges also harbor snook this time of year. Snook hang around pilings and wait for the tide to bring baitfish or shrimp. Anglers who fish at night prefer bridges and docks with lights and, like pier anglers, fish their baits and lures so they drift from the light side of the shadow line to the dark side. If you’re fishing a dock without lights, cast your lure or bait under the dock and let it sink to where the snook are waiting.

Tom Greene of Lighthouse Point, who has fished for snook for more than 60 years, said bridges across the Intracoastal Waterway in Pompano Beach, Deerfield Beach, and Boca Raton can be snook hot spots at the start of the outgoing and incoming tides. The fish will almost always be on the down-current side of the bridges.

Greene said he’d cast a Flair Hawk jig and bounce it on the bottom parallel to the bridge and along the shadow line. He also recommended working a Spooltek lure along the bottom.





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# Parkland Library Events

SEPTEMBER 2021



Register online [www.cityofparkland.org/library](http://www.cityofparkland.org/library) or call 954-757-4207. Parkland Library card is required to participate.

## ARTIST OF THE MONTH: PHILIP ALLEMAN

*Artist's reception, Sat., Sept. 18, 1 to 4 p.m.*

*Work on display, Sept. 1–Sept. 30*

Philip Alleman's artistic abilities using many expressive media through his career ultimately led him to his greatest pleasure, painting with acrylics and mixed media. He earned several degrees to work in the professional field of architecture as well as teach drafting at a technical college. Whether abstract or realistic, his use of color and technique in his paintings draws observers in, evoking their senses of excitement, joy, calm, and peace.

## REGISTRATION FOR FALL STORYTIME

*Begins Wednesday, Sept. 1, 8:30 a.m.*

Online registration will enable you to register your child for Storytime on a first-come, first-served basis through the website. Your Parkland Library card is required to register for this six-week session with classes for children as young as age 9 months through second grade. Visit [www.cityofparkland.org/library](http://www.cityofparkland.org/library) to view the schedule and to register. Registration is limited to one class per child.

## BRICKS 'N' BOOKS

*(Age 5 and up)*

*Wednesday, Sept. 1, 3:30 p.m.*

Children 5 and up, bring your imagination and Lego building skills to the library! Build with a buddy or work on your own. Parkland Library card required to register.

## SEPTEMBER 11TH TRIBUTE DISPLAY

*Thursday, Sept. 2, through Saturday, Sept. 11*

In honor of September 11th, the Parkland Library will host a remembrance wall of cards. Stop by during the library's operating hours any time from Sept. 1 to Sept. 11 to color a card or write a message and have it posted on the wall. Registration is not required. All materials will be provided.

## PARKLAND LIBRARY BOOKS CLUB: "EXTREMELY LOUD & INCREDIBLY CLOSE"

BY JONATHAN SAFRAN FOER

*Saturday, Sept. 4, 10:30 a.m.*

Nine-year-old Oskar Schell has embarked on an urgent, secret mission that will take him through the five boroughs of New York. His goal is to find the lock that matches a mysterious key that belonged to his father, who died in the World Trade Center on the morning of September 11. This seemingly impossible task will bring Oskar into contact with survivors of all sorts on an exhilarating, affecting, often hilarious, and ultimately healing journey.

## STEM CLASS: EXCITING ELECTRONS

*Thursday, Sept. 9, 3:30 p.m. (grades 1–5)  
and 4:30 p.m. (grades 6–8)*

The South Florida Science Museum will lead electrifying, hands-on demonstrations that include testing the strength of an electromagnet and experiencing the static electricity from a Van der Graaf generator.

## KNIT 'N' KNOWLEDGE

*Monday, Sept. 13, 10:30 a.m.*

Do you enjoy knitting? Bring your own projects, tips, techniques, and ideas to share with fellow knitters at the Parkland Library. For more information, visit [www.cityofparkland.org/library](http://www.cityofparkland.org/library) or call (954) 757-4207.

## PEACEFUL PIECES JIGSAW PUZZLE MEETUP

*(Adults)*

*Tuesday, Sept. 14, 10:30 a.m.*

Put it all together with new and old friends during this relaxing morning of jigsaw puzzles. Enjoy snacks, listen to music, and get that sense of completion. Registration is not required. For more information, visit [www.cityofparkland.org/library](http://www.cityofparkland.org/library) or call (954) 757-4207.

## CHESS CLUB

*(Age 8 and up)*

*Tuesday, Sept. 14 and Sept. 28, 4:30 to 5:30 p.m.*

Come to the library for a friendly game of chess. All levels welcome. Parkland Library Chess Club is for children 8 and up. Registration is required for each game date.

## LEARN TO PLAY CANASTA

*(Adults)*

*Mondays beginning Sept. 20, 4 p.m.*

Bring a partner and learn to play canasta. This six-week course will teach you everything you need to know to play canasta, a form of rummy using two decks of cards and four jokers. Jokers and deuces are wild; the object is to form groups of the same rank. If you don't know what any of this means, don't worry! Instructor Jill Vogel will guide you through this fun and social game.

## KEEP CALM AND BINGO ON

*(Adults & teens)*

*Wednesday, Sept. 22, 4 p.m.*

Are you feeling lucky? Want to have some fun? Try your luck at winning some fun prizes! Come join in and be ready to shout "BINGO!"

## COOK, LAUGH, AND EAT WITH CHEF ALICE

*Thursday, Sept. 23, 11 a.m.*

Chef Alice's classes are hands-on and designed to teach and inspire. No matter the class topic, expect attentive, patient instruction peppered with laughter. Classes are focused on teaching proper knife skills and culinary techniques, like grilling, roasting, baking, poaching, and making sauces and the perfect vinaigrette. Chef Alice Colin has been offering hands-on cooking classes and cooking demonstrations in a variety of exciting global cuisines since 2005.

## MINDFUL MEDITATION

*(Adults & teens)*

*Saturday, Sept. 25, 10:30 a.m.*

Sahaja meditation is a simple, time-honored meditation that reduces stress and increases wellness. It brings better focus and helps people become more centered and better balanced. Anyone can do it, and no equipment is necessary as this is done sitting comfortably in a chair. Apurva Puranik, a Sahaja yoga meditation practitioner since 2005, will lead this session. 📍



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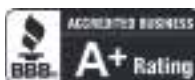
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# A ‘Stitch’ in time: Making vital connections

By Giordina Liguori

**O**n March 11, 2020, we were sent home. A coworker developed COVID. Suddenly, I was alone and homebound. I'd raised a family, but was now an empty nester; blessed with many friends, but I couldn't visit them. A social “butterfly” usually out five nights a week, now isolated. No writers group, political group, or women's group. No brunch on Seasons 52's patio ... depressing.

Then I got the email: A network, Stitch (stitch.net), had formed in Australia, but it was available to members in England, Canada, and the U.S. I was intrigued.

As a member of Stitch, for a modest cost, you can join, via Zoom, live dance classes, photography workshops, philosophy discussions, guitar jamming, and more. There are fun activities – word games, happy hours, and chats – all live and in real-time.

I realized they lacked a women's group. I've run women's groups. Andrew Dowling, who runs Stitch, told me, “Go for it.” I now have 192 women across the globe.

Facilitators aren't salaried, so dues are inexpensive.

Stitch is open to anyone over 50. I love the diversity: White, Black, Asian, Latino. Divorced, married, straight, gay. I've made friends with people from California and from London.

Stitch offset the isolation felt during the pandemic. Even as we return to living as we did before COVID, I encourage



membership in Stitch.

Dowling, Stitch's founder, has a background in socialization. “I founded Stitch after researching the importance of social connections,” he says. “If you are lonely, you have a 45% higher chance of dying in the next 12 months than someone with good social connections and a 64% higher chance of developing dementia.” The Surgeon General ranks loneliness as negative a health impact as smoking.

As we age, we face a challenge to sustain social connections.

Stitch enables its members to interact *live* with others in varied activities. I did a virtual train ride across America, played word games with people in Sydney, and joined a book club in Coventry, U.K. There are many options – from dance, to fishing, to knitting, to vintage radio. Within the sessions are opportunities to form new friendships.

Stitch has members in 85 countries, and it offers more and more live meetings locally as well as virtually. South Florida members had a luncheon recently in Broward.

Stitch offers a wonderful opportunity to make new friends, expand knowledge, and share laughter. I encourage anyone over 50 to join. During the pandemic it was a gift. It still is. [▶](#)





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## Coral Springs mom releases memoir about son battling cancer

Destiny Haggett is grateful for so much in her life — a successful career as a model, public speaker, and manager of a private, 962-seat live entertainment venue; a happy marriage to Bill Haggett, the general manager of the Coral Springs Center for the Arts; mother to five beautiful children; and now the author of an inspirational memoir, *Gifts Along the Broken Path*.

But with all the blessings have come many challenges, particularly serious health problems for both her and her 20-year-old son, Chansen Savakinus, who is now battling his third life-threatening illness, this one a previously unknown variant of liver cancer. How Haggett and her family have dealt with these challenges is the subject of her new memoir, which will have its official book launch on Tuesday, September 14, from 5 to 7 p.m. at Deja Blue restaurant, 7805 N. University Drive, Parkland. It will include a meet-and-greet with Haggett, a

book signing, and a raffle of a donated painting from artist Nava Lundy.

“While written before the latest cancer diagnosis, *Gifts Along the Broken Path* is a tale of hope and grace that is sure to inspire anyone who reads it, particularly those who are trying to overcome similar hurdles in their lives,” Haggett said. “All proceeds from the sale of this book will be used to help offset the costs that will come with Chansen’s latest treatment.”

All copies of the book sold through Sept. 23 will be limited and autographed first-edition copies that will contain an electronic PDF version to be read on electronic devices. Books can be purchased online at [www.haggetthouse.com](http://www.haggetthouse.com).



## New bill on water safety for children

A new bill, HB1119, requires public schools to provide information regarding water safety education to parents when they initially enroll their children. This is the culmination of many years of effort by nonprofit and private-sector supporters. The bill is also referred to as the Edna Mae McGovern Act, to remember Edna, who sadly drowned in her Coral Springs home in 2009.

Parkland residents Dr. Arthur Keiser

and Belinda Keiser, chancellor and vice-chancellor of Keiser University, held a kickoff for their new Olympic-size pool at the Keiser University flagship campus and stressed the importance of water safety for young children. Lt. Governor Jeanette Nuñez was on hand to bring her support to the importance of the bipartisan



bill’s passing, with the goal to reduce unintentional drownings in Florida. A bipartisan group of lawmakers, including local State Rep. Christine Hunschofsky, was also on hand to show support.

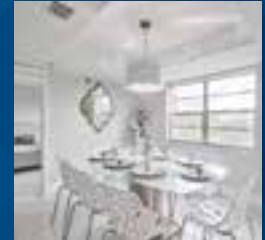


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## Glades Capital announces launch of its first fund

Glades Capital has announced the launch of its first fund, aimed at investing in early-stage tech startups in the South Florida ecosystem. It seeks to deploy seed-stage investments of \$50,000 to \$250,000, with resources available for subsequent rounds. The firm was founded by Jim Ryan, a Florida-based entrepreneur and startup veteran who has provided capital investments and strategic guidance for regional companies over the past decade.

“Our mission is to partner with extraordinary and innovative startups to build successful businesses and contribute to our South Florida regional economy,” Ryan explained.

Ryan is the founder of OutPLEX, an international company with more than 2,000 employees that specializes in digital transformation at an enterprise scale. He has been an investor with the Miami Angels and Florida Funders, as well as an advisor to regional university startup accelerators. These include programs at Florida Atlantic

University, Florida International University, Nova Southeastern University, and Broward College. He was selected by the American Academy of Entrepreneurs and GrowFL to support Florida-based companies as a mentor.

Ryan also received the American Dreamer Award in 2019 and was the keynote speaker for South Florida’s annual Entrepreneur Summit. He is a co-founder and board member of the Venture Mentoring Team, a not-for-profit organization that works to train and certify executives as mentors, then matches them with promising entrepreneurs to provide ongoing guidance.

“Why Glades? We’re headquartered in Parkland, where our back yard is the Everglades,” said Ryan. “This natural wonder is a perfect analogy for the startup ecosystem. There is so much beauty in the Everglades, but also danger. There are channels to navigate safe passage through the treacherous waters. Similarly, early-stage companies have



Jim Ryan



boundless possibilities. But a wrong turn or a poor decision can take a startup underwater. Sharing experiences and best practices is our value-add, helping the entrepreneurs we invest with to chart the best course for their companies.”

## New wine and food fest slated for October

**Basser’s Fine Wine is planning its first annual Food and Wine Festival on Sunday, Oct. 24, in Coral Springs.**

**Wines that will be featured include Caymus, Del Dotto, Peju, Faust, Austin Hope, Cakebread, Grgich Hills, Jordan, Hestan, Animo, Two Hands, Biserno, Luce, Failla, Orin Swift, Belle Glos, Turnbull, Frank Family, David Ramey, Joseph Phelps, Immortal Slope, Daou, Justin, Rochioli, Heitz Cellars, Kistler, Stag’s Leap, Penfolds, Giacosa, Charles Heidsieck, Gaja, Champagne Laurent-Perrier, and many more. Local restaurants will be there such as Tavalino Della Notte, Meat N’ Bone, Vs Cheese Cakes, A Flair for Fudge, All Star Pizza of West Parkland, and several others.**

**Basser’s Food and Wine Festival will be held from noon to 5 p.m. Oct. 24 at the Heron Bay Marriott, Grand Ballroom, 11775 Heron Bay Blvd., Coral Springs.**

**To purchase tickets, call (954) 840-3122 or visit [bassersfinewine.com/bassers-food-and-wine-festival](https://bassersfinewine.com/bassers-food-and-wine-festival).**







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## Construction approved for 2 full basketball courts at Cypress Hammock Park

The Coral Springs City Commission has approved the construction of two full basketball courts that will be located at Cypress Hammock Park. In September 2020, the city installed pickleball courts to provide residents with new sports activities. However, the City of Coral Springs

recognizes the importance and availability of basketball courts and actively worked to provide a resolution for basketball enthusiasts.

“Pickleball is a fast-growing sport that many of our residents have come to enjoy, including me,” Mayor Scott J. Brook said. “However, when

new pickleball courts were installed that replaced the basketball courts at Cypress Park, several residents expressed their frustration. We, as a commission, listened. As a city, we want to ensure our parks and facilities are enjoyable for all recreational activities. I am very proud

that city staff developed a great solution, constructing new full courts for basketball enthusiasts.”

Construction was expected to begin in late summer, weather permitting. Free parking is available on-site during operational hours.

## Latina reunion kicks off 20th anniversary of Hispanic Women of Distinction

Latina leaders gathered for a reception hosted by Signature Grand, kicking off festivities for the upcoming 20th Hispanic Women of Distinction charity luncheon set for Sept. 10. The party preceding the big celebration offers an opportunity for honorees from previous years to share memories as well as meet the 2021 honorees.

This milestone celebration was founded in 2001 by the late Erwin M. Vasquez, M.D., and his wife, Elaine, local philanthropists with a goal to help empower Latinas and to recognize the influence they have in the South Florida community. Presented by Latina Style National Magazine in partnership with the Sylvester Comprehensive Cancer Center, guests will enjoy a complimentary “motito” from Tito’s Handmade Vodka upon arrival, Latin entertainment, a business expo, a fantastic lunch, and a special live concert with Grammy winner Nestor Torres along with the 20-piece Bobby Rodriguez Orchestra to open Hispanic Heritage Month in South Florida. A silent auction will benefit HANDY, a nonprofit founded in 1985, which has met the needs of more than 50,000 Broward County children in foster and relative/nonrelative care associated with the child dependency system.

The 2021 honorees are Melida Akiti, Maria Antuna, Yineth Sanchez Aslan, Erbi Blanco-True, Thayra Hausheer, Heidi Alzate Kaufman, Jacqueline Lopez-Devine, Jessica Marra, Jaene Miranda, Lubby Navarro, Kimberly Valentin, Up & Comer honoree Juliette Ashley Valle, Carolina Veira, and Latina pioneer Omaid Velazquez.

The Hispanic Women of Distinction luncheon was nearing its sellout of more than 900, but some seats may still be available for \$95 per person. For more information, visit [www.hispanicwomenofdistinction.com](http://www.hispanicwomenofdistinction.com).



2021 Honorees Juliette Ashley Valle, Melida Akiti, Kimberly Valentin, Jackie Lopez-Devine, Thayra Hausheer, Omaid Velazquez, M.D., Yineth Sanchez Aslan, Maria Antuna, Erbi Blanco-True.



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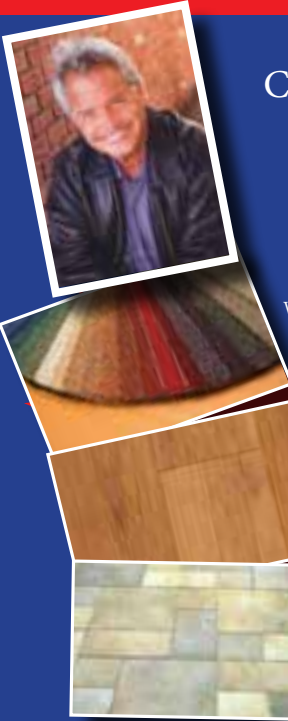


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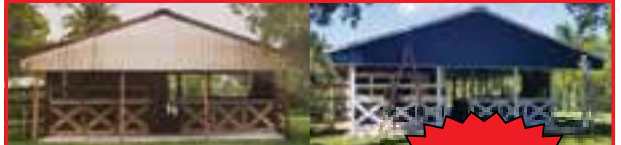
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## Tomorrow's Rainbow expands mission and rebrands

One in 12 of Florida's children will experience the death of a parent or sibling by the time they reach 18 years of age. In Broward County alone, that is more than 30,000 children grieving the death of a loved one. When this tragedy is exasperated by trauma, the lifelong effects are overwhelming.

Tomorrow's Rainbow, located on a 2.5-acre mini-ranch in Coconut Creek, has been an oasis for grieving children since 2005. The nonprofit has helped more than 5,000 grieving children and teens through peer support groups, miniature (and large) horse interactions, and therapeutic art and play for children ages 3–18 along with their adult caregivers — all at no cost. "Grieving families are typically financially devastated," says Abby Mosher, founder and executive

director. "It's important that our services are accessible to all."

Tomorrow's Rainbow did not let a global pandemic get in the way of expanding its mission. COVID-19 only reinforced the agency's commitment to grow. "How could we ignore a mental health crisis?" asked Mosher. "For such a long time, Tomorrow's Rainbow was one of our community's best-kept secrets. That's about to change."

A rebranding and marketing campaign titled Rebranding Hope was made possible with financial support from the Children's Services Council of Broward County. Armed with a fresh new logo and mission statement — "Nurturing emotional wellness and resiliency for children, teens, and families experiencing grief, loss, or trauma" — the local nonprofit is now able



to promote Tomorrow's Rainbow as the alternative to traditional four-wall therapy. Services are highly effective, and because they are naturally outdoors, they follow CDC safety guidelines.

## Coral Springs further expands recycling for residents

The city of Coral Springs announced the expansion of its drop-off recycling program for residents who would like to ensure noncontaminated recycling. In addition to the current recycling containers located at Mullins Park (2501 Coral Springs Drive) next to the Coral Springs Gymnasium, and the Waste Transfer Station (12600 Wiles Road), the city is adding a new collection point at Whispering Woods Park (7701 Wiles Road) for drop-off 24/7.


Regarding the expansion of recycling drop-off, Public Works Director John Norris said, "The importance and need for clean recycling options for our environmentally conscious residents continue to be a top priority for our city. It's been five months since we launched this initiative, and after seeing an improvement in recycling habits and a decrease in contamination at the Mullins Park drop-off location, we are happy to expand this recycling solution in the north end of Coral Springs."

For more information, visit [www.coral Springs.org/recycling](http://www.coral Springs.org/recycling).



## Privacy Glass Solutions on list of America's fastest-growing private companies

Inc. magazine announced that Privacy Glass Solutions of Coral Springs is on its annual Inc. 5000 list, a ranking of the nation's fastest-growing private companies. The list takes a look at the most successful companies within the American economy's most dynamic segment — its independent small businesses. Intuit, Zappos, Under Armour, Microsoft, Patagonia, and many other well-known names gained their first national exposure as honorees on the Inc. 5000.

"We are incredibly proud to be recognized in this select group of companies across the country," said Kevin Roth, CEO and founder of Privacy Glass Solutions. "We have come a long way since our inception in the United States, from one privacy glass product with two standard size options, to a full range of products that suit every need and budget. Our growth is a direct result of building a team of professionals who uphold the value of providing high-quality, innovative products, solutions, and the ultimate in customer care." 





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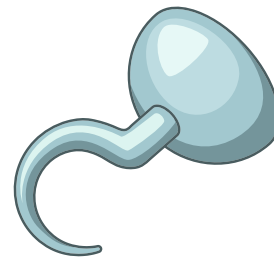
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# Modern love – this does not have a happy ending



By Giordina Liguori

Most are aware that the internet has been used to steal credit card numbers, to fraudulently order from Amazon, to try to sell your house. Perhaps the worst scams happen on dating sites.

Someone tried to buy World Cup tickets on my son's card. Another used my Social Security number at CarMax (the salesman said he didn't look like a Giordina). Had these transactions succeeded, we'd have blamed "those crooks." But dating scams are especially heinous because the victims believe they deserve it.

Jill noticed her neighbor Helen outside weeping: "I'm a fool. Can't believe what I did. But I'm going on TV, telling my story. Maybe I'll save another woman."

Helen lives in Parkland. She did go on TV and tell her story. She's 70, average-looking, overweight.

Helen showed Jill a photo of a handsome man, the man she met online who fell immediately in love with her. He didn't care that she was older, or plain. He "saw her heart" and wrote beautiful messages: He'd been waiting to find a woman like her. He was picturing their wonderful future together.

She bought it. He said he had a business in Africa but was looking forward to coming home. He would fly in for Christmas. Helen told her family. More than one family member warned her to be careful.

Just before Christmas, he sent her an email: "Sorry. Had an auto accident. Car was totaled. In hospital with serious but non-life-threatening injuries." He posted

photos of the demolished car. How could she be angry?

The next email: He was embarrassed but must ask, "Could you send money?" Business was excellent, but he couldn't be there and the invoices were coming in. So she sent \$10,000.

After three weeks he was "out of the hospital" and coming home. He proposed marriage but wanted a fresh start, meaning not living in "her" home. An agent in Orlando found the perfect house. He sent pictures; it was \$480,000. He would send half immediately.

It was a great deal! Could she send the rest? He'd be back in six weeks; the house would be ready for them. Helen sold her home and sent the money.

That was the last she ever heard from him. No home. No agent. No handsome man. She'd never even met him.

I met Sheila in Tamarac. She met "her guy" online, incarcerated but innocent, awaiting a new trial. She flew to New Jersey. Edward called her "my angel" and wove stories of what they'd do when he got out. If he only had the money for a good lawyer. "I had a public defender who didn't remember if I were Edward R. or Eddie from Panama," he told her.

Sheila's profile noted that she'd won \$50,000 on a game show. She financed a new trial, but she has no idea if he won. Once the check cleared, he never spoke to her again.

Both these women share not just the loss of money, but a terrible sense of shame. Sheila never reported what

happened. Helen tried to trace the man but couldn't. Everything he'd told her was fictitious.

I don't belong to a dating site, but I posted a profile and get occasional notices. I received a "smile" from David of Cheyenne, Wyoming. I'd been to Cheyenne; every guy looks like an ad for "The Roundup," with boots, Stetsons, and big-buckled belts. I wrote back: "New Yorker, not looking for Dick Cheney (from Cheyenne)."

David responded, "Where do I begin, nothing special about me, grew up everywhere, father served in the army. Lived overseas and in four different states. Moved to Cheyenne when my mother became ill. I'm new at this dating thing. Professionally, I have a goldmine. It's flourished."

He continued, "My wife died of lung cancer. I have a daughter born deaf. She's the apple of my eye. My phone number is \_\_\_\_\_. Please call."

I knew that area code. It's not Wyoming. So I did something I'd never done – I Googled the phone number. I saw this:

*"Terry" responded on a dating site. He'd lived all over the world, because of his father. Wife died of lung cancer. Daughter, born deaf. Owned a gold mining business in Dubai. Then he hit the "jackpot" gold, worth*



\$2 million. They mined diamonds and found 6 million dollars worth. He had to stay in Dubai to get the gold melted, before it would be shipped to USA. But, suddenly he didn't have money to pay the Dubai government a fee to ship the products out of Dubai. That's when "Terry" asked for \$10,700. I didn't have it. Then, he said he'd sold some things, but still needed \$5,900. He'd pay me back. He loved me and would be with me, forever. I sent the money, in Amazon cards. He'd said all the right things. I believed him. Texted daily until the money was sent. I've never done such a stupid thing. I want this guy punished and get my money back.

I blocked "Terry"/"David" – I couldn't believe he used the same phone number.

Recently, I received this email from "Ted":

*I so happy to read from you and to know we both looking for same thing. Where do I start? it disturbing to see people appreciate love, but we have to go extra mile to get my heart seeks a beautiful angel. Ted from Virginia but in Nigeria. I own my construction company. oil platforms. I am in states in 2 weeks. I can add to your beauty (lol). I'm hanging the hat this year. I got success but am nothing without a partner. She'd stand by me no matter. A witch who protects like lioness her cub (lol) who tells honey, you can do it. I worked hard to get this height. Here to pick my woman to make happy, my co-pilot, (lol). saw your face, made my heart pause, love at first sight? (lol). as if forces guiding you to someone make you happy beyond wildest dreams. I hope direct communication via email.*

Lucky me. Another billionaire had found me. A business owner, with a business in Africa, and he loves me! He just took one look at my face and fell in love.

I answered, "'So happy to read from you.' You are not a native English speaker. I will not send ONE DOLLAR. Do not waste your time."

Ted responded, "Thank you."

And then later I got this message: "Bill W. is perpetrating frauds on this site. We wanted to give you a heads up."

Two of my friends are happily married to men they met online. It's possible to meet a nice guy online, but some common sense is needed. Be very wary of anyone who is not writing cohesive sentences. Be wary of anyone doing business in Africa, especially in oil, gold, or diamonds.

The biggest red flag: They instantly love you. You're "the one." They haven't met you, but they want to build a life with you.

I once left a restaurant when a man told me that he couldn't wait for us to start our life together. I hadn't met him online, but this was our first date.

**As in any other endeavor: Be cautious. And *never* send money.🚫**



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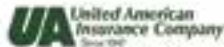
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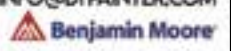
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# A blended family: not perfect

I have a saying on my wall, “A beautiful life is never perfect.” While I obviously like the sentiment, I don’t think I understood the meaning until recently.

If you read my last column, you know that I am trying to change from a Type A personality to what I refer to as a Type R (retirement) personality. This involves relaxing more, having the ability to just read or watch TV (during the day) without feeling guilty. It also involves not obsessing on being productive instead of merely happy.

I know it sounds funny, but for me, this does take work. I’m not sure if that indicates defeat or not, but I am a work in progress. I mention this again because it appears that I am on a second self-help mission. Not only am I looking to change my work ethic, but also I’ve begun to think that my Type A personality extends into expecting perfection from myself and maybe from my family as well.

I have been with Neil for 16 years. When we got together, all of our children were at least 25 years old. All were independent. Luckily, as newlyweds, we did not have to share our new home with anyone but could invite them as we pleased. As the years continued, our combined family grew to include the four spouses of our children and 10 grandchildren. From the get-go, all the grandchildren, regardless of who was their biological grandparent, referred to both of us as their grandparents.

When we moved to Florida eight years ago, we tried our best to retain the closeness with our children and grandchildren. We went back North for every grandchild’s birthday. As the grandchildren started having “friends only” parties, and it seemed like a lot of weekends back and forth to New York, we cut back our visits yet still spent time regularly with each family. Then COVID

came, and it was a full year of FaceTime and Zoom to stay in touch.

I thought that our blended family was perfect and looked forward to the future when we could have them here and go back there. But life is never perfect.

I began planning what I thought was a “perfect” family celebratory vacation. I planned the trip without consulting any of the participants, including my husband. And boy, was I wrong. I thought I had done a lovely thing and was surprised to learn that most were not as pleased as I was.

I am not sure that they all wanted to spend a week with the entire family or even go on a cruise. I had thought we were the “Brady Bunch” – all love, no baggage. My idea of a perfect family vacation was just that: *my idea*. It wasn’t anyone else’s ideal. This was a rude awakening and caused me and the rest of the family some problems. I canceled the trip 5 hours after the invite and tried to analyze my needs and their reactions.

It finally occurred to me that rarely is a blended family perfect. There is too much baggage! We have all gotten along perfectly well for the past 16 years, which has never included an extended vacation together. It would have been better to have left good enough alone.

I now understand that while our blended family is not perfect, they are fine as they are. To push everyone toward my vision of the perfect family life is neither productive nor realistic.

This has been a couple of months of self-reflection and hopefully self-growth. After all, “a beautiful life is never perfect.”





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# Wine lover's manifesto: *The best wine is the wine you like best*



I guess you can call this a manifesto, and I start with two statements: (1) There are no longer any bad wines made today, and (2) my motto.

The first statement reflects modern sanitary knowledge and the fact that a bad or even poor wine could ruin a winery's reputation. In the past, a wine could be ruined by a bad cork rotting, resulting in what is called a corked wine, or at worse, allowing bacteria to enter the bottle and turning the wine into vinegar (which comes from the French word for sour wine, *vin aigre*). Corked wines do still occur occasionally today, but they are very rare. It is a fact that wine collectors must have their older wines recorked every 30 years to keep the wine from spoiling due to a rotting cork.

Winemaking is no longer just jumping on some grapes and two weeks later you have wine — not at all. Grapes grow in an open field with all of the problems that entails. The list starts with fungus, bugs, bird droppings, animal refuse, and a hundred other things, including grapes that have split open and are rotting the bunch. Next comes the people who pick the grapes by hand and the myriad of diseases they could be carrying ... “Aah choo!”

In the winery, the grapes are washed as well as hand-sorted to remove whatever stems, leaves, and anything else that should not


be there. Then they are pressed to extract the juice. The juice, called “must,” is then put into tanks, and yeast is added to begin fermentation. While the alcohol will kill many of the microscopic problems, it takes about a week for fermentation to begin in full force and several more days for enough alcohol to be produced to have a sterilizing effect. If the wine is to be aged in wooden barrels, we run into another source of contamination. Wooden barrels, however, are treated with sulfur dioxide or by burning sulfur candles inside them to sterilize them prior to filling. This is part of the reason for the “sulfite” warning on the rear label of a wine.

As a point of reference and FYI, one ton of grapes makes approximately 756 bottles of wine, and the grapes for a wine can cost as much as \$5,000 per ton for premium grapes, so a bad ferment could be very, very costly. All in all, the production of wine is not an easy project, and I believe that winemakers must be a very religious group and do a lot of praying.

Now for the second part of this manifesto: my motto. While the world is full of experts on every possible subject, no one can tell you what wines you like or dislike. All that the “experts” can tell you is their opinion of the characteristics of a wine, and nothing else. There are even those experts who bestow quality numbers on wines that, unfortunately,

some people believe. There is nothing more stupid in life than allowing someone you don't know, and who doesn't know you, to tell you what you will like. Here are questions that the experts of the numbers racket do not tell you: What toothpaste and/or mouthwash did they use that morning? What did they eat or snack on before the test? (It could have been pickled herring.) Do they smoke or chew tobacco? Do they take any medications? And on and on.... As you can probably tell, all of these, and many many more that you have probably thought of, could easily have an effect on their final consecration or desecration of a wine.

What this is all about is that wine is the only agricultural product that is written about, criticized, and endlessly discussed. I have never read a critique of a can of peas or a writer waxing poetic over an ear of corn. I have personally tasted wine that has received glowing reports and high numbers that I did not like. The wine was not bad — it just did not please me. This is why I am not a critic, but rather a wine educator.

You, dear reader, are the expert. Yes, you. If you enjoy a wine, it is a very good wine. If you did not enjoy it, you will never buy it again and the winery ceases to exist in your future choices. I close with my tried and true motto: “The best wine in the world is the wine that you like best.” 



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# Perspectives: Pets, prevention, and vaccination



For years I was part of the interview process of the University of Florida (UF) vet school, reading application essays and interviewing the students. One unfortunate issue was that I couldn't counsel any of my clients' kids who wanted to apply to UF vet school because of conflict issues. Last year was my first year helping my alma mater, Tufts University veterinary school, with applications, and wouldn't you know it, a client's daughter wanted me to read her essays to UF. It was an incredible moment for me reading an essay that asked students about their future interests.

This student spent six weeks every Friday with me during her senior year at Marjory Stoneman Douglas High School, shadowing me in surgery and in exam rooms. Her essay described her first day at my hospital. The day started with my first appointment when a client brought in a 7-year-old Labrador for incredibly high water consumption. The owner had Googled the causes of elevated water consumption, and she was literally telling us that her dog was diabetic and needed insulin. Unfortunately, the blood work didn't affirm her diagnosis, so I insisted on an abdominal x-ray and ultrasound, which confirmed that the Labrador had a pyometra. A pyometra is the condition when a non-spayed female dog/cat's uterus fills up with pus. One mantra that I learned at Tufts is to "never let the sun set on a pyometra" — which means emergency surgery. Today, So, the first appointment for this student created a very memorable surgical moment that she will never forget.

The student was so excited that she didn't stop talking during the surgery. She stood at the doorway of the surgical suite and her eyes, which I could see over her surgical mask, never blinked. After the surgery, I discussed with her the fact that I had known this client for over a year and had recommended that she spay her dog. I am sure her previous veterinarian did as well. She didn't agree, even though she had lost a previous female dog to pyometra. She thought that it was a one in a million risk that she would take. And she did.

Later in the day the student and I went for coffee, and we talked about preventative medicine. I told her at that talk that I had never in 25 years of practicing seen a dog with rabies, distemper, or parvovirus that had been vaccinated. I remember crying with a client when her 12-pound cat lost 8 pounds and I diagnosed the cat with feline leukemia. She had just moved from Connecticut, and I saw in her records that the owner didn't want the leukemia vaccine even though it was an



outdoor barn cat. When I told the owner that feline leukemia had a vaccine, she cried. She said that she never knew about the vaccine, but it clearly stated in the chart that she did.

The student and I had discussions about prevention medicine. Vaccines work. We also discussed that I have never seen a dog be heartworm positive when given monthly heartworm prevention. Spayed dogs don't get pyometra. Non-neutered male dogs are predisposed to perineal hernias and prostatic hypertrophy, which causes difficulty urinating. I have never seen a neutered dog get either condition. It was a great conversation.

Now, 5 years later, I am reading an essay about this student's future goal. She wants to be a veterinarian who specializes in shelter medicine and embraces the One Health initiative. She says that her goal is to educate and treat animals that can't advocate for themselves. I'm so proud.

Vaccines work. Preventative medicines work. So please get vaccinated. Wear a mask. We are all in this together. 🐾

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# Football tailgating menus don't have to be unhealthy

With the football season starting, and whether your team runs plays with pint-size players, the Friday night lights group, or the NFL, dishing up good things to eat is a big part of the game. Game-day snacks are often not the best choice for the well-being lifestyle. Now I am not trying to preempt your football party; my goal is to share options that are just as tempting but will score big if you're playing for better health. With preplanning and a little creativity, you can turn your tailgate into a spread of good-for-you choices.

The successful tailgater makes planning a priority. You'll need to have the essentials on hand for safe food handling and hand washing or sanitizing, along with the gear to keep hot foods hot and cold foods cold. Also, pack two sets of utensils to make sure you have separate utensils for handling uncooked and cooked foods. If you are firing up the grill, ensure that you bring a metal bucket or heat-safe container to douse hot coals safely. Include garbage bags and antibacterial wipes for cleanup. You should also bring a first-aid kit — you can buy one or put together one that contains Band-Aids, Neosporin, alcohol wipes, sterile gauze, and bug repellent. This is a general list; you may also want to add items that are your personal must-haves for game day.

Now in planning the food, take a look at your team's colors: Do the team colors lend themselves to a play on what to add to the menu? For example:

- **Tampa Bay Buccaneers.** Black, white, and red — blackened chicken tenders, fresh tomato salsa, and baked white tortilla chips
- **Miami Dolphins.** Green, white, and orange — kale salad, carrot curls, chopped jicama, and ranch dressing
- **Green Bay Packers.** Green and gold — low-fat spinach dip, zucchini and summer squash slices, and pita triangles
- **San Francisco 49ers.** Red and gold — turkey chili, shredded cheddar cheese, and Greek-style plain yogurt

If it is challenging to match the team colors with menu items, some of the regional foods may add up to a winning play:

- **Buffalo Bills.** Oven-baked chicken wings, low-fat blue cheese dressing, and celery sticks



- **Chicago Bears.** Turkey frankfurters in whole-wheat buns with toppings like chopped onion, relish, and mustard
- **New Orleans Saints.** Red beans, brown rice, and toasted garlic-flavored pita triangles

- **Dallas Cowboys.** Lean beef brisket tacos with fresh salsa

Beverages are also important. You want to make sure that your group consumes plenty of fluids and won't become dehydrated. Well-being libations include mocktails, alcohol-free beer, low-sugar fruit-based drinks, lemonade or limeade, vegetable juice, club soda, carbonated water, your favorite zero-calorie carbonated or noncarbonated drinks. Any of these can be paired with healthy fan foods to round out the tailgate menu.

The game is the main event. Plan the day to arrive and set up the food about two hours before kickoff. You do not want to rush through the pre-game rituals, fellowship, and bragging that are part of the tailgate experience. Once everyone on the team's bandwagon has eaten, ensure that your area is clean and you have packed a few snacks and beverages that are easy to reach for the post-game celebration.

**Take-away:** *In playing the game for good health, add wholesome food choices to your menu when entertaining.*



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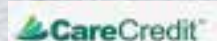


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