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OCTOBER - DECEMBER 2015

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TOP SPIN PUBLISHING, INC.

Sports & Activities Directory

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2114 N. Flamingo Road, #1269

Pembroke Pines, FL 33028

Website: www.sportsandactivities.com

Dear Readers,

Welcome to the best season in South Florida, FALL! Hurricane scares are gone, weather begins to change, our communities come alive again and begin co-mingling in yards and in parks. We gather at football games, head out to Halloween events and stay busy with school and extracurricular activities. Every year, I write about how much I love the first cool breeze that blows in from the North and lowers the humidity, this year being no exception. It is just a wonderful time of the year and I enjoy publishing this issue more than the others in anticipation of these things happening!

We are so blessed to have so many great events, sports, clubs and activities in our communities all year long, however this is the time most families do their planning for the year.

Afterschool programs, sports, hobbies, vacations, events are all put on the 2015 - 2016 calendar. I love bringing all of these things together to assist your family in the planning. Many new activities and sports are added each quarter, making an abundant array of options in the pages ahead.

One of the greatest gifts of publishing the Sports & Activities Directory has been to hear about how our readers discovered a new interest, skill or passion by participating in something we have published. Honestly, everyone that works in our company experiences the same discoveries. We have team members who have become Guardian ad Litem (Melissa), Rotarians (me), and members of organizations such as Women in Business (Kelly) and Chamber of Commerce (Kim, Linda, Julie). Some have tried new sports or activities they never would have done before such as yoga (Kelly), skydiving (me), and Honor Flight (Linda). Personally, I am so proud that this team of ours is so passionate. We all have expanded our horizons, taken chances and grown by being a part of this publication. I am very proud of these women and their accomplishments and am very blessed to be working with them.

As I have mentioned each issue this year, in early January I put together a bucket list for 2015. I set a few goals and promised I would let our readers know as I put a check mark by each box. This August, I checked off a big box when I went skydiving. What a rush! You can read more about the experience in the main directory section (red tabbed). This quarter I have three things left to accomplish: learning to sew, landing a national account and becoming proficient at driving a boat alone. All are very attainable goals and I have already begun working on two of them. Stay tuned.

Our entire team wishes you and your families the very best of holidays. Remember to find time to give to the less fortunate this season. Make it your family's bucket list to make a difference in your community. Your kindness and generosity will grow exponentially.

My best to you,

Margot



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AROUND WESTON

OCTOBER - DECEMBER 2015

LETTER FROM THE MAYOR

Dear Residents,

The Thanksgiving holiday is a time to reflect. We look at all we have to be thankful for and the freedoms that we cherish; it reminds us to help others less fortunate. While an American tradition, it is one that is shared and cherished no matter where we came from.

Since 1992, the annual Harvest Drive culminates each year in November. This year-round project of Children Helping Children is the fundraising and food gathering effort of over 150 public and private schools, as well as churches, temples and community organizations to provide a complete Thanksgiving meal and a week's worth of groceries and necessities to over 2000 food insecure families. The Harvest Drive was initiated at Country Isles Elementary School right here in Weston. In the spirit of Thanksgiving, we would encourage you to do what you can, if you can, to help children help other children in need; please visit www.harvestdriveflorida.com.

While the calendar year has not yet come to an end, the city's fiscal year has. A new budget was adopted with no increase in the City millage rate. The ad valorem rate is also still the lowest in Broward County. It remains unchanged at 2.3900 and we are proud to tell you that it will maintain the same level of quality services that Weston residents have come to enjoy and expect.

Our events season is in full swing and runs through May 2016. The City, in conjunction with the Arts Council of Greater Weston, will offer many great events for families. These include the monthly Moonlight Movies in the Park series, performing arts programs for children at the Weston Community Center, Symphony of the Americas concerts - both ticketed and free, the new WestonNights Outdoor Concert series, a Winter Safety Expo, the Celebrate the Arts event, Weston WorldFest, the Royal Egg Hunt, and much more. Activities such as the Mayor's Get Fit Challenge Cup 1-Mile Walk give families the opportunity to focus on fitness. Please look for details of these and other events on our City website at Westonfl.org/Events.

Lastly, I will end on the suggestion of vigilance to not leave valuables in sight in vehicles, and to always, always lock your car doors. Weston is a safe community, but whether you are just running into the house for a moment, dropping a child off at day-care or pumping gas at the gas station, remember to – Lock it, don't Lose it.

I, on behalf of the entire City Commission and staff, wish you and your families a safe, happy and healthy holiday season and New Year.

Until next time...

Daniel J. Stermer
Mayor



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HARVEST



Drive

23rd Anniversary of Children Helping Children & Families Stamp Out Hunger

By Melissa Harless, Managing Director of Publishing • Photos by Kimberly O'Neill

Back in 1992, Renée Herman took it upon herself to organize a food drive at Country Isles Elementary that would provide a week's worth of groceries to 20 Weston area families who were down on their luck. She rallied the students to help with neighborhood canned food drives and camped outside of Publix Supermarkets to accept donations. They succeeded and the 20 families in need were fed. But she didn't stop there. Twenty-three years later, Renée is still on a mission to stamp out hunger and help families in need.

Since the inaugural Harvest Drive, the number of families in need multiplied, as did the amount of help required to accomplish such a task. After many years of orchestrating the details of this annual event, Renée has been blessed with several special people to assist her in her efforts. Kim O'Neill, Susan Gross, Davi Leoniff, Jodi Samson and Amy Freund all volunteer to share the responsibilities. "It takes thousands of people to make this happen every year. Organizations such as the Rotary Club of Weston and Plantation Rotary have been instrumental in helping with donations and money to buy groceries. Businesses such as The Castle Group help with a tremendous amount of volunteers. Individuals such as Jim Norton, Michael Freedland, Steve Goldstein and Robert Harms among many others, have been life savers in the 11th hour when we did not have enough food for the promised families," said Renée.

Another unique characteristic of the program is the compassion and dedication displayed each year by students who contribute. "What really

makes this work, what is really special about Harvest Drive, is that it is the students and the schools that gather what we need and volunteer their time to make this a reality," she says. Many of the students volunteer every year and she has formed a lasting bond with them throughout her time organizing the Harvest Drive. "Teaching children at an early age that their contributions can make a difference in the lives of others is what makes this project so rewarding," Renée adds. Not only does this make the hard work and sacrifice pay off, it gives her hope for the future and inspires her to do even more.

This year, over 200 public and private schools are involved in the mission to collect enough food to feed over 2,200 families throughout Broward County. Distribution sites will be set up at 13 local schools, with Western High School being the largest. In addition to these sites, approximately 198 other schools will be taking donations that will then be divided up between the area distribution sites.

Families with children in Broward County Schools are referred to the

Harvest Drive by Broward County social workers as well as other local social service agencies based on their financial need. In addition to the week's worth of groceries and Thanksgiving dinner, families are able to shop in the Harvest Drive's makeshift stores for a variety of household items that have been donated. Volunteers work all year long collecting donations for the "Harvest Drive Boutiques" so that these families may find things they need at no cost to them. Western High, Pompano High and Westglades Middle School will be fully stocked with items such as toiletries, shoes, gently used toys, clothes and books; items that many of us may take for granted are most in need by these families.

"What keeps me awake at night worrying is that the day before the families arrive that week before Thanksgiving, we will be short. We need cash donations so we can buy the items we are short at the last minute. I cannot bear the thought that our local, neighborhood families will go hungry when so many individuals, businesses and organizations have so much to give," she said. Herman does not comprehend



Items Needed

Non-perishable items needed (Average for a family of 5):

- | | | |
|-----------------------------------|--|------------------------------|
| - 2 plastic jars of Peanut Butter | - 4 cans of Tuna or other meat | - 8 cans of Soup |
| - 2 plastic containers of Jelly | - 2 Large Juices | - 8 cans of Assorted Veggies |
| - 2 boxes of Cereal | - 2 boxes of Macaroni & Cheese | - 1 large Laundry Detergent |
| - 1 container of Oatmeal | - 3 pounds of Rice | - 1 bottle of Dish Soap, |
| - 2 boxes of Pancake Mix | - 4 pounds of Pasta | - 1 bottle of Shampoo |
| - 1 container of Pancake Syrup | - 3 jars of Spaghetti Sauce (no glass) | - 1 large Toothpaste |
| - 3 boxes of Stuffing | - 2 packs of Cookies | - 2 Soap/Body Wash |
| - 3 cans of Gravy | - 5 cans of Fruit | - 1 Deodorant |
| - 4 cans of Cranberries | - 4 cans of Beans | - 1 package of Napkins |
| | | - 1 box of Aluminum Foil |

Perishable items needed (Average for a family of 5):

- | | | |
|----------------------------|--------------------------------|-----------------------------------|
| - One 10-14 lb. Turkey | - 1 half-gallon OJ Concentrate | - 1 Loaf of bread — white/wheat |
| - 1 Dozen Extra Large Eggs | - 1 package Margarine sticks | - 1 package Dinner Rolls |
| - 1 Pie | - 1 Parmalat Milk | - One 5 lb. Bag of apples/oranges |





the word "no" when it comes to Harvest Drive. Her passion, persistence and work ethic will not allow her to accept "no".

The Harvest Drive team continues their efforts throughout the year. They would like to give special recognition to the North Broward Preparatory Middle School for their Fundraising efforts and collections for Harvest Drive. For the past 3 years they have assisted 75 Broward County School families with food and a boutique at their Spring Into Action Drive. "100% goes to these families in need! No one gets paid to run this organization," Renée says. "We need more help. Hunger is a year round challenge."

In addition to the businesses and individuals mentioned above, Renée and her team would also like to thank Carolina Ale House, Children's Services Council of Broward County, Whole Foods, Ultimate Software, Hard Rock Hotel & Casino, Florida Panthers and Memorial Healthcare System for their continued partnership.



Here is how you can say, "YES, I want to help!"

- Host a Neighborhood Food Drive to collect non-perishables and things from the list below.
- Donate whatever amount of money or and non-perishable food you are able to give.
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BOY SCOUTS OF AMERICA, CUB SCOUT PACK 183, WESTON

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BOYS AND GIRLS CLUBS OF BROWARD COUNTY

The Boys & Girls Clubs of America was founded in 1860 to give local boys a positive alternative to the streets. Over the years, that Club turned into a national movement reaching a membership of over four million boys and girls, making it one of the largest youth serving agencies in the United States. The Boys & Girls Clubs of Broward County joined the national organization in 1965. They now have 13 facilities with a membership of over 13,000 youths. For more information visit www.bgcbc.org. 1401 NE 26th Street, Wilton Manors, FL 33305. (954) 537-1010.

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Dedicated to reducing infant deaths by providing resources and education to pregnant women, parents and their families. They have been a community leader in providing services to pregnant women, teens and families for more than 20 years. They provide access to prenatal care, education, advocacy, and public awareness for all families in Broward County, but especially for those who are unable to afford private care. For more information visit www.hmhbroward.org. (954) 765-0550.

KIDS IN DISTRESS AUXILIARY

General Meetings are held the second Thursday of each month. Kids In Distress is a local, non-profit agency, providing a full continuum of care, dedicated to the treatment and prevention of child abuse. The Kids In Distress Auxiliary is a warm hearted volunteer group, which supports educational and social events, while raising public awareness through their ongoing fundraising efforts. For further information on meetings and getting involved visit www.kidaux.org or send an email to kidaux@yahoo.com. (954) 252-3365.

KIWANIS CLUB OF WESTON

The Kiwanis Club is actively seeking concerned participants who wish to help make a difference in the Weston Community and throughout the world. If you are interested in giving back just a little, then please contact this group. Meetings are the 1st and 3rd Tuesday of each month, at the Bonaventure Town Center Club. For more information visit www.westonkiwanis.com and contact Edward Wallach at edwlla@comcast.net. (954) 649-6791.

LOPSTER'S KIDS CLUB

Do you love animals? Do you want to learn more about taking care of dogs, cats and other pets? Do you want to help the homeless animals? Then join Lopster's Kids Club at the Humane Society of Broward County. The Club meets once a month, for an hour and a half, after school. Lopster has two clubs: The Lil Pups, ages 6 to 9 years old, and The Big Dogs, ages 10 to 13 years old. To sign up download a registration form at www.humanebroward.com. (954) 989-3977.

MAKE A WISH FOUNDATION OF SOUTH FLORIDA

Each wish experience exceeds even the child's expectations, transporting them from a world of doctors, and hospitals, to a world where anything is possible. The foundation grants wishes to children between the ages of 2-18 with life-threatening health conditions. 4491 South State Road 7, Suite 201, Davie, FL 33314. www.sfla.wish.org. (954) 967-9474.

ROTARY CLUB OF WESTON

Rotary is an organization of business, and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. Rotarians develop community service projects that address many of today's most critical issues, such as children at risk, poverty and hunger, the environment, illiteracy, and violence. They also support programs for youth, educational opportunities and international exchanges for students, teachers, and other professionals, and vocational and career development. Meetings: Every Thursday at 7:30am, Weston Hills County Club. For more information visit www.westonrotaryclub.com.

VOICES FOR CHILDREN OF BROWARD COUNTY

Nonprofit organization dedicated to raising money for and awareness of the Guardian Ad Litem Program, which provides an advocate for abused and neglected children. Children benefit greatly from the advocacy of a Guardian ad Litem, a trained volunteer from the community, who simply wants to make sure the best interests of the children are served. The Guardian ad Litem program recruits, trains, and supervises volunteers who work one on one with these children. To join and support Voices for Children, or to learn more about volunteering as a Guardian Ad Litem, visit their website at www.voicesbroward.org or email info@voicesbroward.org.

WESTON AREA CHAMBER OF COMMERCE

The Chamber is committed to promote and serve economic development, whether you're a startup business or an established company. They take pride in helping each business succeed. 1290 Weston Road, Suite 312, Weston, FL 33326. For more information visit www.westonchamber.com or call (954) 389-0600.

WESTON FRIENDS CLUB

A social organization for Weston residents to build friendships with people of similar interests. WFC hosts numerous activities such as outings, games, parties, and theater trips, throughout the year, for its members. For more information call (954) 384-2722.

WESTON PHILHARMONIC SOCIETY

Founded in 1997, the Weston Philharmonic Society is a group of volunteers dedicated to enriching the Weston community through music, arts and culture. All of the money raised is used to bring music education programs to Weston schools and diverse musical experiences. Annual membership is \$40 for individuals and \$65 for families. For more information visit www.westonphilharmonic.com or email roglander@aol.com.

WOMEN'S BUSINESS MASTERMIND GROUP

The organization is devoted to women helping women with their businesses, as well as their personal growth and well-being. The network of women encourage and help each other by sharing hopes, dreams, and inspirations with other women in the South Florida area. Through luncheons, and one-on-one meetings with other Chapter members, they build long-lasting relationships, both in the business and personal lives. This member-only organization allows exclusivity in your chosen business segment, and provides a sales force of other women, who promote your products and services. Contact Barbara Theodosiou for more information or visit www.womensbusinessmastermind.com or email barbara@womensbusinessmastermind.com. (954) 309-0992.



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EVENTS

OCTOBER - DECEMBER 2015



Events

October - December 2015

OCTOBER

EVERY FRIDAY IN OCTOBER

WESTON TOWN CENTER LIVE MUSIC

6:30PM – 10:30PM. Enjoy every Friday Live Music in our Breezeway.

SATURDAY, OCTOBER 3

BRAD PAISLEY: CRUSHIN' IT WORLD TOUR

7:30PM. IN CONCERT: Brad Paisley, Justin Moore, Mickey Guyton. Perfect Vodka Amphitheatre at the S. Florida Fairgrounds, West Palm Beach. www.ticketmaster.com.

SUNDAY, OCTOBER 4

MIAMI DOLPHINS VS.

JACKSONVILLE JAGUARS

4:05PM. Sun Life Stadium, Miami. www.ticketmaster.com.

TUESDAY – SUNDAY, OCTOBER 6 – 18

ONCE – A NEW MUSICAL

SHOWTIMES VARY. Winner of eight 2012 Tony Awards including BEST MUSICAL, ONCE is a truly original Broadway experience. ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. ONCE draws you in from the very first note and never lets go. It's an unforgettable story about going for your dreams... not living in fear... and the power of music to connect all of us. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

FRIDAY, OCTOBER 9

MAIN STREET KID'S CLUB:

MATHSTART MUSICAL

10:00AM & 11:30AM SHOWS. Inspired by the award-winning book series written by Stuart J. Murphy, The Main Street Kids' Club: A MathStart Musical tells a tale of adventure, mystery, friendship and math. This high-energy performance features six stories that are creatively woven together with each story focusing on a different mathematical concept such as mapping, bar graphs, negative numbers, numbers 1 through 100, three dimensional shapes and comparisons. Adapted by Scott Ferguson, the creator of School House Rock LIVE!, this is one show you won't want your students to miss. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

SATURDAY, OCTOBER 10

MOONLIGHT MOVIES IN THE PARK

8:00PM. Weston Regional Park, 20200 Saddle Club Road (Event stage). Featuring Home: Oh, an alien on the run from his own people, lands on Earth and makes friends with the adventurous Tip, who is on a quest of her own. Enjoy a full-length feature film projected on a giant inflatable screen with family and friends. Bring lawn chairs or blankets. Coolers are welcome (no alcohol permitted). Movie titles are subject to change.

SATURDAY & SUNDAY, OCTOBER 10 & 11

ANTIQUES & COLLECTIBLES SHOW

Saturday: 9:00AM – 5:00PM. Sunday: 10:00AM – 4:00PM. 50 dealer spaces. Admission \$3.00, Children under 12 free. Free Parking. Southwest Focal Point Community Center: 301 NW 103rd Ave, Pembroke Pines, FL 33026. (954) 450-6888.

SUNDAY, OCTOBER 11

SPOT: FAMILY FUN SERIES

11:00AM & 1:00AM SHOWS. Based on the beloved book series by Eric Hill, this delightful production takes the audience on a musical romp to the farm where all the animals are missing. Spot and his friend Helen need the audience's help to find the animals and bring them back. This colorful, interactive program is designed to captivate children ages three to seven and features charming characters, plush puppets and upbeat songs. Arrive early as the ticket includes free pre-show face painting, art activities and complimentary post-show snacks. Lap Tickets are available for purchase for children 12 months and under at the AutoNation Box Office. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

TUESDAY, OCTOBER 20

FIRST EVER "BEST IN THE WEST" NETWORKING EVENT

5:30PM – 7:00PM. Weston area business owners and managers are invited to join together in this all new quarterly networking event designed to keep our customers & clients in Weston. Network and establish a referral system with other businesses that target the active family market. Bring your business cards and your ideas on how we can work together with our neighboring businesses to keep our current and potential clients shopping and patronizing Weston businesses. Light refreshments will be served. RSVP a must. Location TBA. Find us and like us on Facebook@BestInTheWestNetworking. Please email Jodi Cohen at jcohen@templefordorim.org or Margot Puleri at MargotPuleri@gmail.com for more information.

WEDNESDAY, OCTOBER 21

POKER NIGHT FUNDRAISER FOR HARVEST DRIVE

6:00PM. Come join us at the (Old) Northern Trust Bank building on Weston Road. We're looking for players to play and we will have dinner, drinks and great prizes. All proceeds go to Harvest Drive. If you would like to attend this amazing event, please contact Renee Herman at (954) 444-5548. The buy in is \$100.00.

THURSDAY, OCTOBER 22 – SUNDAY, NOVEMBER 8

BIG FISH

SHOWTIMES VARY. Based on the celebrated novel and acclaimed film, Big Fish centers on Edward, a traveling salesman, who lives life to the fullest and then some! His incredible, larger-than-life stories thrill everyone around him—most of all, his devoted wife. But their son, Will, who will soon have his own child, is determined to find the truth behind his father's epic tales. Big Fish swims deftly between two worlds: the lush, vibrant world of Edward's fantasies and the subtler world of Will's reality. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

SATURDAY, OCTOBER 24

RICKY MARTIN: ONE WORLD TOUR 2015

8:00PM. American Airlines Arena, Miami. www.ticketmaster.com.

SATURDAY, OCTOBER 24

PREMIER MARTIAL ARTS PARENT'S NIGHT OUT

6:00PM – 11:00PM. Parents can enjoy a night out while your kids play in a safe and secure environment. Kids can bring their friends, too. Enjoy pizza and an evening full of fun and entertainment. Only \$20 per child. 4464 Weston Road in Weston. (954) 389-9146.

SATURDAY, OCTOBER 24

JASON ALDEAN: 2015 BURN IT

DOWN TOUR

7:30PM. IN CONCERT: Jason Aldean, Cole Swindell, Tyler Farr. Perfect Vodka Amphitheatre at the S. Florida Fairgrounds, West Palm Beach. www.ticketmaster.com.

SUNDAY, OCTOBER 25

MIAMI DOLPHINS VS. HOUSTON TEXANS

1:00PM. Sun Life Stadium, Miami. www.ticketmaster.com.

FRIDAY, OCTOBER 30

BOO-VILLE

6:00PM – 9:00PM. Ticket Gate opens at 4:00PM. "FANG" tastic event for the entire family. Enjoy a Costume Contest, pumpkin patches with hidden prizes, rides, trick or treat stations, moonlight movies, spooky hollow-day activities plus the Food Truck Round Ups. \$2.00 per person. Pines Recreation Center, 7400 Pines Boulevard, Pembroke Pines. Contact the Special Events Office at (954) 435-6525.

SATURDAY, OCTOBER 31

WESTON TOWN CENTER HALLOWEEN SPOOKTACULAR

4:00PM – 8:30PM. Join us on Main Street for Trick or Treating, DJ, Live Entertainment, Bounce House, Free Raffles, Face Painting, Clown Show and more. Our Custom Parades begins at 6PM and 8PM. Dance and play with all the ghosts and goblins of Weston and have a ghoulishly good time!

NOVEMBER

EVERY FRIDAY IN NOVEMBER

WESTON TOWN CENTER LIVE MUSIC

6:30PM – 10:30PM. Enjoy every Friday Live Music in our Breezeway.

SATURDAY, NOVEMBER 7

FREE MAGIC SHOW WITH DAVE KAPLAN

1:30PM & 3:00PM SHOWS. Calling all curious children! Don't miss this free family event! Coins, cards, ropes, scarves & rings... the magic happens right before your eyes! Shows are for children of all ages. Children must be accompanied by an adult. The show is held inside the Weston Community Center, located at Weston Regional Park, 20200 Saddle Club Road., Weston. For more information, please call (954) 389-4321 or stop by the Community Center.



SATURDAY, NOVEMBER 7

MOONLIGHT MOVIES IN THE PARK

7:30PM. Weston Regional Park, 20200 Saddle Club Road (Event stage). Featuring *Annie* (2014): A foster kid, who lives with her mean foster mom, sees her life change when business tycoon and New York mayoral candidate, Will Stacks, makes a thinly-veiled campaign move and takes her in. Enjoy a full-length feature film projected on a giant inflatable screen with family and friends. Bring lawn chairs or blankets. Coolers are welcome (no alcohol permitted). Movie titles are subject to change.

TUESDAY – SUNDAY, NOVEMBER 17 – 29

DISNEY'S NEWSIES

SHOWTIMES VARY. Direct from Broadway comes *NEWSIES*, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography. Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Recommended for ages 6 and up. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

THURSDAY, NOVEMBER 19

SACAGAWEA

10:00AM. Take students on a journey into American history as they learn about the life and adventures of Sacagawea, a young, Native American woman and key member of the Lewis & Clark Expedition. In this original production, students learn how Sacagawea became an interpreter, negotiator, friend and heroine to two of America's famous explorers, and eventually became an American legend. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

SATURDAY, NOVEMBER 21

WESTON NIGHTS OUTDOOR CONCERT SERIES: DISCO FEVER

7:00PM – 10:00PM. Weston Regional Park, 20200 Saddle Club Road. WestonNights is the perfect date night or family fun night. Enjoy an evening of music under the stars with a different musical theme for each concert. Admission is free!

SATURDAY, NOVEMBER 21

PREMIER MARTIAL ARTS PARENT'S NIGHT OUT

6:00PM – 11:00PM. Parents can enjoy a night out while your kids play in a safe and secure environment. Kids can bring their friends, too. Enjoy pizza and an evening full of fun and entertainment. Only \$20 per child. 4464 Weston Road in Weston. (954) 389-9146.

SUNDAY, NOVEMBER 22

MIAMI DOLPHINS VS. DALLAS COWBOYS

1:00PM. Sun Life Stadium, Miami. www.ticketmaster.com.

MONDAY, NOVEMBER 23

MIAMI HEAT VS. NEW YORK KNICKS

7:30PM. American Airlines Arena, Miami. ticketmaster.com.

FRIDAY, NOVEMBER 27

HOOPHALL MIAMI: MEN'S COLLEGE BASKETBALL TOURNAMENT

TIMES: TBA. Men's College Basketball Doubleheader featuring: University of Kentucky vs. University of South Florida and Ohio State vs. Memphis. Group Tickets, Fundraising and Family Fun Opportunities, visit www.aaarena.com/SNA or call (786) 777-4FUN.

MONDAY, NOVEMBER 30

MIAMI HEAT VS. BOSTON CELTICS

7:30PM. American Airlines Arena, Miami. ticketmaster.com.

DECEMBER

EVERY FRIDAY IN DECEMBER

WESTON TOWN CENTER LIVE MUSIC

6:30PM – 10:30PM. Enjoy every Friday Live Music in our Breezeway.

THURSDAY & FRIDAY, DECEMBER 3 & 4

A CHRISTMAS CAROL

THURSDAY 10:00AM. FRIDAY 10:00AM & 11:30AM. Ebenezer Scrooge, the stingiest man in town, is visited on Christmas Eve by three spirits that change his life forever. You will journey through Christmas past, present and future in this high-energy musical rendition of the Charles Dickens' classic *A Christmas Carol*. This adaption is ideal for family audiences. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

FRIDAY, DECEMBER 4

WESTON TOWN CENTER ANNUAL CHRISTMAS TREE LIGHTING

5:00PM – 9:00PM. Join Local Officials alongside Queen Elsa and Ana from Frozen as they light the Tree. Enjoy Live Music, Magician Show, Rides, Raffles and more entertainment for the entire family.

SATURDAY, DECEMBER 5

SNOWFEST

2:00PM – 6:00PM. Tickets are required for the snow area only. Tickets are \$5 per child ages 2 and up. Pines Recreation Center, 7400 Pines Blvd. For additional information, please call the Special Events Office at (954) 435-6525.

SATURDAY, DECEMBER 5

MIAMI HEAT VS. CLEVELAND CAVALIERS

7:30PM. American Airlines Arena, Miami. ticketmaster.com.

SATURDAY, DECEMBER 5

MOONLIGHT MOVIES IN THE PARK

7:30PM. Weston Regional Park, 20200 Saddle Club Road (Event stage). Featuring *Tomorrowland*: Bound by a shared destiny, n bursting with scientific curiosity and a former boy-genius inventor embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory. Enjoy a full-length feature film projected on a giant inflatable screen with family and friends. Bring lawn chairs or blankets. Coolers are welcome (no alcohol permitted). Movie titles are subject to change. For more information, please call (954) 389-4321 or visit Westonfl.org.

MONDAY, DECEMBER 7

MIAMI HEAT VS. WASHINGTON WIZARDS

7:30PM. American Airlines Arena, Miami. ticketmaster.com.

SUNDAY, DECEMBER 13

17TH ANNUAL RUN FOR TOMORROW HALF-MARATHON & 5K:

6:20AM. Sponsored by the City of Weston and the Rotary Club of Weston. NEW location: Cypress Bay High School, 18600 Vista Park Boulevard. This year will feature a new, improved route for all races. For registration details, visit WestonRotary.com or Westonfl.org.

MAYOR'S GET FIT CHALLENGE CUP 1-MILE FAMILY HEALTH WALK:

9:00AM. NEW location: Cypress Bay High School, 18600 Vista Park Boulevard. \$10 per elementary school student, \$20 per family member. Take a step towards family fitness by participating in this annual event that is perfect for families with elementary school-aged

children. The top school with the most participants (based on a percentage of their enrollment) will win \$1,500. Register online at WestonRotary.com or through your children's school.

GET FIT FEST – FREE:

9:00AM – 1:00PM. NEW location: Cypress Bay High School, 18600 Vista Park Boulevard. Free event offering health and wellness information, games, health screenings, entertainment and more.

MONDAY, DECEMBER 14

AESOP BOPS!

10:00AM. Introduce your students to the classic tales known as Aesop's Fables when award-winning storyteller, actor and musician David Gonzalez presents *Aesop Bops!* In this fast-paced and humorous show, Gonzalez combines physical storytelling, live music and audience participation as he retells the timeless fables *The Lion and the Mouse*, *The Fisherman and His Wife* and *The Turtle's Shell*. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

MONDAY, DECEMBER 14

MIAMI DOLPHINS VS. NEW YORK GIANTS

8:30PM. Sun Life Stadium, Miami. www.ticketmaster.com.

TUESDAY – SUNDAY, DECEMBER 15 – 27

DR. SUESS' HOW THE GRINCH STOLE CHRISTMAS

SHOWTIMES VARY. This award winning musical features the hit songs "You're A Mean One Mr. Grinch" and "Welcome Christmas" from the original animated series. Max the Dog narrates as the mean and scheming Grinch decides to steal Christmas away from the Holiday loving Whos. Magnificent sets and costumes inspired by Dr. Seuss' original illustrations help transport audiences to the whimsical world of Whoville, while the Music and Book of Mel Marvin and Timothy Mason breathe new life into this timeless story of the true meaning of Christmas. Broward Center for the Performing Arts, Ft. Lauderdale. www.ticketmaster.com.

THURSDAY, DECEMBER 17

MICHAEL McDONALD, THIS CHRISTMAS HOLIDAY HITS

8:00PM. Hard Rock Live, Hollywood. ticketmaster.com.

SATURDAY, DECEMBER 19

PREMIER MARTIAL ARTS PARENT'S NIGHT OUT

6:00PM – 11:00PM. Parents can enjoy a night out while your kids play in a safe and secure environment. Kids can bring their friends, too. Enjoy pizza and an evening full of fun and entertainment. Only \$20 per child. 4464 Weston Road in Weston. (954) 389-9146.

SATURDAY, DECEMBER 19

2015 METROPOLIS ORANGE BOWL BASKETBALL CLASSIC

TIMES: TBA. University of Florida, Florida State University, Oklahoma State University and Florida Atlantic University to participate. For ticket information please contact the Orange Bowl ticket sales office at (305) 341-4701 or visit www.orangebowl.org. For group ticket information fans are encouraged to contact BB&T Center ticket box office at (954) 835-7000. BB&T Center is located in Sunrise, FL.

SUNDAY, DECEMBER 27

MIAMI DOLPHINS VS. INDIANAPOLIS COLTS

1:00PM. Sun Life Stadium, Miami. www.ticketmaster.com.



Savannah's Soldiers Says "Thank You" to Our Troops

By Debby Teich

Thousands of men and women are abroad fighting for our country 24/7. Fourteen-year-old Savannah Maddison of Weston understands how much a simple letter can mean to the soldiers, who are separated from family, friends and loved ones. In 2011, she started Savannah's Soldiers, a letter writing campaign to encourage kids across America to write letters of encouragement to our troops. Her organization has already mailed more than 100,000 letters. She recently won a \$1,000 scholarship from Kohl's Department Stores for her efforts.

"Freedom is something that we do not think about often as kids living in the United States, but there are many men and women who leave their families behind to allow us the freedoms that we enjoy here," said Savannah. "We need to support our troops even if just with a letter. We need to let them know that we support them and are thankful for their service to our wonderful country."

Savannah started the organization after her best friend's dad was deployed. Since she loves to sing, she wrote him a deployment song. She quickly realized that she wanted to more, so she adopted his Army unit and committed to sending all 700 of them one letter a month until they returned from Afghanistan. Savannah's Soldiers has continued to evolve into much more and now sends letters all over the world and to all branches of the military.

Savannah encourages both children and adults to participate by setting up letter writing tables at events and getting the word out through a variety of venues. She partners with hundreds of schools and organizations across the country, as well as many major sports teams, such as Miami Marlins, Florida Panthers, Miami Heat, Dallas Mavericks, and Boston Red Sox. She organizes a national art competition called "Made in America" to collect artwork from kids. She reaches out to the media

and has been featured in places like TODAY, Fox and Friends, Larry King Now, NY Daily News, Huffington Post, Time for Kids magazine, and more. She also speaks and performs for thousands of kids every month to motivate them to follow their dreams.

"I look forward to the day when every school and organization in the country is working with us," said Savannah. "We all have the ability to give back in some capacity and I truly believe that you are never too young to make a difference. Getting involved in community service makes the world a better place. I encourage everyone to join me on my mission to change the world."

The troops often show their gratitude by writing a message on the Savannah's Soldiers Facebook page, sending a letter or even stopping by the office in person. "The responses are my favorite part," said Savannah. "Sometimes I even get to interview the service men and women that received our letters after they have returned home. I love that!"

Savannah recently received a \$1,000 Kohl's Cares Scholarship to be used toward higher education for the positive impact her volunteer efforts have had on the community. Only 200 of the more than 32,000 nominees that applied nationwide received regional scholarships. "Kohl's is thrilled to recognize this year's winners of the Kohl's Cares Scholarship Program, and we applaud their efforts to better the communities in which they live," said Bevin Bailis, Kohl's senior vice president of communications and public relations. "It is an honor to support these students as they pursue higher education and continue to inspire all of us to serve others."

In addition to community service, Savannah is also passionate about singing, performing and writing music. When she graduates, she hopes to perform around the world.

For information, visit www.savannahsoldiers.com.



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OCTOBER

SATURDAY, OCTOBER 3RD

GOLIATH GAUNTLET

The Goliath Gauntlet is rolling out new obstacles this year, so bring your best game as you compete in our updated, 3.5-mile course. 100% of the proceeds from this event go to support the children's homes at Sheridan House. Location: 1700 S. Flamingo Road, Davie. Time: Competitive wave begins at 8:30am. Cost: Individual participant: \$59 - \$89 + \$12 insurance (mandatory) | Spectator fee: \$10. Website: www.goliathgauntlet.com

SUNDAY, OCTOBER 4TH

19TH ANNUAL DUNN'S RUN

The 19th Annual Dunn's Run benefits The Boys & Girls Clubs of Broward County and is quickly approaching. The Dunn's Run has earned its reputation as the race that signifies the start of the running season attracting over 2,000 runners, walkers and participants. One of the largest racing fields in the Tri-County. Because you care, our kids have a chance at life. Location: Two Georges At The Cove, 1754 SE 3rd Ct., Deerfield Beach. Time: 7:30am. Cost: Visit our website for fundraising details. Website: www.dunnrun.com

SUNDAY, OCTOBER 11TH

LIFE ALLIANCE RUN 4 LIFE 5K

Life Alliance Organ Recover Agency (LAORA) third annual Run 4 Life is for runners, walkers, and the entire family to Honor the lives of organ, eye and tissue donors. Celebrate the lives of organ, eye and tissue recipients and Recognize those waiting for a lifesaving transplant. The 5K Run/Walk event is 3.1 miles and runs around Hollywood Beach strip starting and ending at Charnow Park. Say "Yes" and register today to save lives through organ, eye and tissue donation. Location: Charnow Park, 300 Connecticut St., Hollywood. Time: 7:30am. Cost: \$25. Website: www.splitsecondtiming.com/run-4-life-2015.

SUNDAY, OCTOBER 11TH

COLUMBUS DAY TRIATHLON

MultiRace is proud to present the 3rd annual Columbus Day Triathlon, held at beautiful CB Smith Park in Pembroke Pines, Florida on the Sunday before Columbus Day. The swim is in a calm lake with no waves. The bike is super safe, completely separated from all vehicular traffic and crossing no traffic lanes. The run goes along the scenic lake path, making a very spectator

friendly 2-loop course. All finishers will receive a custom designed finisher's medal declaring you as a triathlon finisher! Location: C.B. Smith Park, 900 N. Flamingo Rd., Pembroke Pines. Time: Start time 7:00am. Cost: Individual registration \$89 - \$109 | Relay registration \$139. Website: www.multirace.us/events/28

SATURDAY, OCTOBER 17TH

SCHOTT RUN, WALK & ROLL

The Schott Run, Walk & Roll takes place in the beautiful community of Southwest Ranches on a USTF certified course. Entrants can choose to participate in the timed 5K Run or the 1 mile Walk & Roll. Complimentary breakfast is provided for all event participants. Various awards and prizes are handed out. Location: Schott Center, 6591 S. Flamingo Road, Cooper City. Time: Timed 5K Run 7:30am | 1 Mile Walk & Roll 8:15am. Cost: Early registration \$25 | Race Day \$30. Website: www.schottcommunities.org/index.aspx?NID=133

SATURDAY, OCTOBER 17TH

SUSAN G. KOMEN RACE FOR THE CURE

Twenty years ago, the Susan G. Komen Miami/Ft. Lauderdale Race for the Cure® started with a few hundred participants and a band of warriors who were determined to raise money to find a cure for breast cancer. On October 17th, we celebrate the 20th anniversary of the Race in Miami/Ft. Lauderdale. Be a part of something special and register today so we can break last year's attendance of over 20,000 participants! Location: Bayfront Park, 301 Biscayne Blvd., Miami. Time: 7:30am. Cost: Early registration: Walker \$30, Runner \$35 | After August 30th: Walker \$35, Runner \$40. Website: www.komenmiami.org/komen-race-for-the-cure

SATURDAY, OCTOBER 31ST

HALLOWEEN SPOOKTACULAR

Each winner gets a \$25 Gift Certificate. Gift certificates from our sponsors and GFLRRC will be awarded to all participants who wear a costume in the race. A variety of food and drink will be available to all participants. Location: TY Park, 3000 N. Park Road, Hollywood. Time: 7:30am. Cost: Youth/Kids \$5 - \$10 | Students (19 & Under) \$15 - \$20 | GFLRRC Member \$20 - \$35 | Non-GFLRRC Member \$30 - \$35. Website: events.hakuapp.com/Halloween-spoctacular-5k

NOVEMBER

SATURDAY, NOVEMBER 7TH

BREATHE DEEP POMPANO BEACH 5K

This event is organized by a group of individuals who all have something in common - they have lost a loved one to lung cancer. Their mission is to provide hope and strength to others not to give up. They honor those heroes who have gone before and at the same time celebrate those who are winning their battle. Location: St. Coleman Parish, 2250 SE 12th Street, Pompano Beach. Time: Registration 7:00am | Run/Walk begins 8:00am. Cost: Untimed Adult \$25 | Untimed Senior \$15 | Untimed Student \$15 | Timed Participant \$45. Website: www.lungevity.org

SATURDAY, NOVEMBER 7TH

SALLARULO'S RACE FOR CHAMPIONS

All proceeds from the race will provide needed funds for Special Olympics Florida - Broward County. Every runner/walker receives a participant medal and t-shirt. All race participants are invited to stay and enjoy the Carnival of Champions beginning at 9:00am. Celebrity guests, entertainment, food refreshments and fun activities for everyone! Location: Nova Southeastern University, 3301 College Avenue, Davie. Time: Race begins 8:00am. Cost: Adults \$30. Website: www.sallarulosraceforchampions.org

SUNDAY, NOVEMBER 8TH

3RD ANNUAL FLANIGAN'S

ROCKIN' RIB RUN 10K

The Flanigan's Rockin' Rib Run 10K will be an incredibly FUN event presented by Runner's Depot! This is the BEST value race for your money you will ever see! FREE AWARD WINNING BABY BACK RIBS for participants - compliments of Flanigan's! Finisher Medals to all Participants. Prize money to Top 3 Overall male & female winners. Location: Tree Tops Park, 3900 SW 100th Ave., Davie. Time: Race time 7:00am. Cost: 10K Run \$40 | Kid's Race \$10. Website: www.runnersdepot.com

SATURDAY, NOVEMBER 14TH

18TH ANNUAL FANTASY OF

LIGHTS 5K RUN & WALK

Enjoy the holiday season with this unique evening race on a USATF-Certified course illuminated by thousands of lights and larger-than-life animated displays. The 5k course is flat, fast and

**TO HAVE YOUR RUN/WALK EVENT LISTED HERE FOR FUTURE ISSUES,
PLEASE EMAIL MELISSASPORTS1@AOL.COM.**

ideal for setting a personal best! Awards will be given out in 9 categories for both male and female. Location: Tradewinds Park, 3600 W Sample Road, Coconut Creek. Time: Run 6:00pm | Walk 7:00pm. Cost: Information TBA. Website: www.holidaylightsdrivethru.com/html/5kRunWalk.html

SUNDAY, NOVEMBER 22ND

BE A HERO – RUN FOR A KID 5K

Come dressed as your favorite Superhero! Kakes 4 Kids is a local, non-profit organization that provides birthday celebrations to over 300 foster and underprivileged kids in South Florida every month. Awards for top overall male and female, top 3 male/female runners in each age division, and Best dressed male and female Superhero. Location: Charnow Park, 300 Connecticut St., Hollywood. Time: 7:30am. Cost: Children ages 17 and Younger: \$25 | Adults ages 18 and older \$30 | Website: www.kakes4kids.org/K4K5K.html

SATURDAY, NOVEMBER 28TH

3RD ANNUAL TURKEY TRIATHLON

MultiRace is proud to present the 3rd Annual Turkey Triathlon, held annually at beautiful Tradewinds Park in Coconut Creek, Florida. Start a new tradition! The swim is in a calm lake with no waves. The bike is super safe, completely inside the park with no vehicular traffic. The run goes along the scenic lake path, making a very spectator friendly 2-loop course. Location: Tradewinds Park, 3600 W Sample Road, Coconut Creek. Time: Race begins 7:00am. Cost: Individual \$89 | Relay \$139. Website: www.multirace.us

SUNDAY, NOVEMBER 29TH

5K NITE TRAIL RUN

Rally your family and friends for Fun, Music, Cold Beverages and BBQ. Race briefing is at 7:00pm and the race starts at 7:30pm. A headlamp is mandatory. Location: Oleta State Park, 3400 NE 163rd St., North Miami Beach. Time: Race begins 7:30pm. Cost: Individual \$40. Website: www.active.com

DECEMBER

SATURDAY, DECEMBER 5TH

CALVARY CHRISTIAN ACADEMY 5K WALK/RUN

All proceeds benefit athletics and fine arts programs, technology and tuition assistance. Race shirts guaranteed to only the first 500 pre-registered 5K participants. Free childcare for children ages 3 and up will be available from 6:45am – 9:00am. Location: 2401 West Cypress Creek Road, Fort Lauderdale. Time: 7:30am. Cost: Pre-Registration \$25 | Race Day \$30. Website: <http://www.ccaeagles.org/CCA5K>

SUNDAY, DECEMBER 6TH

NORTH CREEK EXPLORER 5K

The Coconut Creek Law Enforcement Explorers program provides a means through which young men and women, ages 14 to 18, may determine, through actual experience and training, if they would like to pursue a career in law enforcement. All proceeds from the event are used to pay for uniforms, equipment, trips, regional competitions, and supplies for the Explorers. The event will take place at North Creek Presbyterian Church in Coconut Creek. Location: 4601 NW 71st Pl., Coconut Creek. Time: 5:00pm. Cost: \$20 until 11/1 | \$25 after 11/1 and on race day. Website: www.accuchiptiming.com

WEDNESDAY, DECEMBER 9TH

CORAL SPRINGS HOLIDAY MILE

The course start line will have a pink tape on the ground in front of the Coral Springs Diner on the street. From there, runners will head east 1/2 mile; make a U-turn and head back on Sample Road. This is a fun friendly atmosphere. Remember to dress in your favorite Holiday attire and stay to watch the Coral Springs Holiday Parade. Location: 10494 W. Sample Road, Coral Springs. Time: 6:15pm. Cost: Early registration \$15 | Race day registration \$20. Website: www.active.com

SUNDAY, DECEMBER 13TH

WESTON ROTARY CLUB – RUN FOR TOMORROW

Join us for the 18th Annual Run for Tomorrow presented by Dynaserve and the City of Weston. Participate in the 5K and Half Marathon, a 1-Mile Family Health Walk/Run (Mayor's Get Fit

Challenge Cup), and the Get Fit Fest Health and Wellness Festival. Location: Cypress Bay High School, 18600 Vista Park Blvd., Weston. Time: 5K and Half Marathon 6:20am SHARP | 1-Mile Family Health Walk 9:00am | Get Fit Festival 9:00am – 1:00pm. Cost: 5K \$30 | Half Marathon \$50 | Mayor's Mile Challenge \$10 – \$15. Website: www.westonrotary.com/run-for-tomorrow/

SUNDAY, DECEMBER 20TH

LACE 'EM UP ON THE LEVEE

Ever wanted to run the Levee? Now is your chance. Awards will be given for both the 5K and 10K for top 3 overall Male/Female then top 3 male/female in 5-year increments. Park entrance fee is \$1.50 per person. Location: Markham Park, 16001 W. State Road 84, Sunrise. Time: 10K 7:00am | 5K 7:40am. Cost: Individual 10K \$30 | Individual 5K \$20 | Individual 18 & under \$15. Website: www.active.com

SUNDAY, DECEMBER 20TH

FORT LAUDERDALE JINGLE BELL JOG 5K

The Fort Lauderdale Jingle Bell Jog 5K is an annual running event that champions all things associated with the festive winter holidays...Jingle Bells, Santa, Mistletoe, Eggnog, Reindeer, Elves! Most events give out a shirt with your entry; not this event! All participants will receive a Santa Suite costume! You will also receive a pair of Jingle Bells to tie to your running shoes! The sights and sounds of running Santas will take over Fort Lauderdale! All finishers will be treated with a Candy Cane themed medal! Location: Huizenga Plaza, 1 E. Las Olas Blvd., Fort Lauderdale. 5K Start Time: 7:30am | Little Elf Dashes: 8:30am | RunnerPalooza Expo: 9:00am – 2:00pm. Registration \$30 before 10/31, \$40 after 11/1. Website: jinglebelljog.net

SUNDAY, DECEMBER 27TH

BOCA 5K & 10K

This event features both a 5K run/walk and 10K run along A1A starting and finishing in Spanish River Park located on A1A in beautiful Boca Raton, Florida. Location: 3600 North Ocean Blvd., Boca Raton. Time: 10K 7:30am | 5K 7:30am. Cost: Before 9/29: \$25 + \$2.50 signup fee | After 9/29: \$30 + \$2.50 signup fee. Website: boca5k10k.com

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Rotary Club of Weston Prepares for the 18th Annual Run for Tomorrow



By Debby Teich

Runners in Weston and the surrounding areas have been busy training for the Rotary Club of Weston's 18th Annual Run for Tomorrow 5K and Half Marathon, presented by Dynaserve and the City of Weston. Participants of all fitness levels and ages, from babies in strollers to seniors, will gather for the race, 1-Mile Family Health Walk/Run (Mayor's Get Fit Challenge Cup) and Get Fit Fest, which will all be held on December 13, at Cypress Bay High School in Weston. Last year, approximately 1,200 Run/Walk participants and 2,000 visitors attended the event.

"The Weston Run for Tomorrow provides a family fun event for the residents of Weston," said Frank Walker, event chair. "The success of this event, in its 18th year, provides support to over 20 area charities. The money helps to support the less fortunate in our area. You can have a great time and make a difference in people's lives at the same time."

The Run for Tomorrow is one of the Rotary Club's largest annual charitable fundraisers. Last year, it netted approximately \$58,000. Proceeds go to the Weston Rotary Club's local and international charitable, health, and educational projects, such as Harvest Drive, Susan B. Anthony Recovery Center, LifeNet4Families, Hope Outreach, Nininger Veterans' Nursing Home, Horse Heroes, Rotary International's fight to end Polio, and many others.

Registration opens at 5am, with races starting at 6:20am. The half marathon and 5K courses are USATF certified and wind through the tree-lined streets of Weston. Friends, families, and kids of all ages are invited to sign up for the 1-Mile Family Health Walk, which starts at 9am and is not timed.

Weston area elementary students will also have an opportunity to participate in the Mayor's Get Fit Challenge. The school team with the highest percentage of participation wins the Mayor's Get Fit Challenge Cup, a cash prize, and bragging rights until next year. Eight elementary schools will be joining in the fun, along with volunteers from Cypress Bay High School and

Western High School. Last year, over 600 elementary school students participated, and Imagine Charter School at Weston won the challenge, as well as the \$1,500 cash prize.

"We are taking a proactive family approach to the wellness of our Weston area students," said Walker. "In a time when childhood obesity is at an all-time high, Weston Rotary and our Mayor have teamed up to make a difference by bringing awareness to families about the importance of being physically fit. Our participants will experience a "get fit" family walk. Following the walk will be festival for the whole family with kid's activities and attractions."

The Get Fit Fest will be open from 9am to 1pm at Cypress Bay High School. Last year, more than 60 local, regional and national companies participated in this community street festival, which is dedicated to health and wellness. It features a day of fitness events, lifestyle and wellness vendors, health screenings, food, entertainment, kid activities, exhibits, demonstrations and more. There will also be a children's play area.

The Rotary Club of Weston consists of over 125 local businesses, professional, and community leaders united in fellowship, high ethical standards, and the motto of "Service Above Self." The club, which has served the Weston area since 1987, meets at 7:30am for breakfast every Thursday at Weston Hills Country Club and addresses the needs of the community through the committed volunteerism and funding support of its diverse membership. Weston Rotarians focus their community service efforts in the areas of Services to Youth (education, scholarship, health, leadership development), Services to Families-In-Need, and International Service projects.

For online or mail-in Runner/Walker Registration information, visit www.westonrotary.com/run-for-tomorrow. For more information about Rotary Club of Weston, visit www.westonrotary.com or contact Gaye Stewart-Loudis gaylem1@bigplanet.com.

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BIRTHDAY PARTIES

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Private TWO-HOUR parties with a very large spectacular 1000 sq. feet party rooms and glass viewing areas. TAG's LARGEST Gym has the most equipment, inflatables, rope swing, tumble floors, foam pits and trampolines. No extra charges for bounce houses, slide inflatables, indoor basketball / soccer court. Your choice of Mommy & Me, Trampolines & Gymnastics, or Boys Sports parties with structured stations or open gym style. Visit our facility & Compare at www.TagGymnastics.com...You gotta see it to believe it! 1951 North Commerce Parkway, Weston. Call (954) 384-9393 to reserve your party.

KARATE AMERICA

Make this birthday a party to remember with fully supervised fun, games, and martial arts activities! Karate America is the place! Parents can count on a safe environment and kids know they'll get a "kick" out of celebrating their special day at Karate America. WE HAVE 11 LOCATIONS FOR YOUR CONVENIENCE! www.KarateAmerica.info. Find the location nearest you and call to register!

FLORIDA TRIPLE THREAT ALL-STARS

Competitive Cheer and Dance Facility. Come build a Pyramid for your next Birthday Party! A Human Pyramid, that is. Enjoy a 2-hour private party on a Sunday with all your friends. You can tumble on the spring floor and tumble trak, and bounce on the trampoline. Prices are only \$15 per child. (954) 514-7250. www.Fla3threat.com

SUPER MABLE TUBE PARTIES

Looking for something new? Want to be the coolest parents on earth? Have a super party at CB Smith Park. Ride the Super Mable, flying saucer and banana boat. Peg the fun meter and hear "that was the best day of my life!" Covered pavilion and large play area for yard games. Ages 3 to 84. Reserve today at (954) 292-3953, for pictures and details go to www.browardski.com.

MONSTER MINI GOLF

18 holes of indoor, monster themed, Glow-in-the-Dark Mini Golf. Experience cool special effects, great music, an interactive DJ, as well as arcade and redemption games! With two very posh, private party rooms and our Mad Scientist hosts, we are the perfect place for birthday and teen parties, field trips, fundraisers, group outings and corporate events. Monster Mini Golf is frightfully fun for all ages! 14435 Miramar Parkway, Miramar, 33027. ½ mile east of I75 (954) 589-1878. 9533 Westview Drive, Coral Springs 33076 in Regal Cinemas Shopping Center (954) 526-5115.

FLORIDA PANTHERS

Host your next group outing or party at a Florida Panthers hockey game! Whether you are hosting a birthday party, celebrating a business milestone or another special event, the BB&T Center is the place to be! Specially priced tickets and party spaces are available for groups of 10 or more. Call 954-835-7825 for more information.

BRIGHT + SMART – ROBOTICS + CODING BIRTHDAY PARTIES

Robotics Birthday Parties are sensational! They are fun, educational, memorable and unique experience that will engage your child and his/her friends. This perfect party activity will bring the excitement of creating something with their hands, the thrill of seeing their imagination come to life and the satisfaction of being successful with their creation. We offer 90 minute, in-home robotics birthday parties supplying all of the material and equipment needed so each child is able to take a hands-on role in building a birthday robot! Call (954) 816-3346 for more information. info@BrightAndSmart.com, www.BrightAndSmart.com, Facebook: www.facebook.com/BrightAndSmart.

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SUPERSTAR PRODUCTIONS

Providing state and character entertainment for Special Events and Birthday Parties. Hottest shows include "Frozen," "Game Show Trivia," "Minute to Win It," Karaoke, Storybook productions of "The Three Pigs," "Little Red Riding Hood," "Hansel & Gretel," entertaining the Tri-County area. All performers have background checks for entry into public schools. (954) 389-1137. www.Floridasuperstarproductions.com or www.facebook.com/pages/Superstar-Productions/

AMERICAN TIGERS MARTIAL ARTS

Have a Kickin' Birthday party at American Tigers Martial Arts. Children will enjoy fully supervised games and learn new self-defense skills from real martial arts instructors while celebrating the guest of honor. Call Ms. Orchid for more information to find out how to get a KICK out of your birthday at ATMA. 16600 Saddle Club Road, Weston. (954) 529-8619. AmericanTigersMartialArts.com.

SMARTY FIT PARTY

Our interactive parties are designed to give your party guests everything they need for a great time. Smarty Fit Party provides age appropriate games and activities that focus on all muscle groups and all fitness levels. Choose a specific party package or a free-for-all trainer's choice package. Have your party guests put down their electronics and let us entertain them with competitive and challenging games and activities. Let us show you how fill your next birthday, corporate event or team building exercise with FITNESS FUN! SmartyFitParty.com. For more information, call to speak to one of our party specialists at (954) 708-4900.



& SPECIAL EVENTS

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Little Lounge is the first full air-conditioned, indoor, private kids place for dancing and celebrations within Broward County. We provide a colorful party setting ready for your little star. Complete packages cater to your party size and include all services, and topped off with a Crazy Hour! Custom Event Decorations, Character Entertainment, Wii & Movie Zone, Kids Climbing Wall, Bounce House, Toddler Area and Playground. Your little one will always remember their professional, fun and amazing party at Little Lounge. For reservations, call (954) 271-7191 or email: info@littloungeparty.com, visit our website at www.LittleLoungeParty.com. Located at 1960 N. Commerce Parkway Suites 1 & 2, Weston.

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Celebrate a birthday or special event and enjoy our fabulous fresh, and unique setting. Meet our friendly staff, and enjoy free Wi-Fi while splurging. Let your children sit at the special art table, and have some fun, while you encourage their artistic talents. Every batch of our Natural Italian Ice is made from scratch on premises with real fruit or fruit pulp, cane sugar, & filtered water enhanced with organic natural colors. Non Dairy, Fat Free, Gluten & Soy Free, Cholesterol Free, No High Fructose Corn Syrup, No Artificial Flavors or Colors. Our Kosher Premium Ice Cream is high quality with 13 flavors to choose from, including sugar free/fat free. BB's Gelati Layering of any of our 17 flavors Natural Italian Ice & Chocolate or Vanilla Premium Soft Serve Ice Cream. BB's Italian Ice and Ice Cream Delites "Coolicious" Scoops of Joy! 18311 Pines Blvd., Pembroke Pines 33029. (954) 442-3251. bbdelites.com.

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HUMANE SOCIETY OF BROWARD COUNTY

Party like an Animal and have your next birthday party at the Humane Society of Broward County. What better way to celebrate your child's birthday! Not only will your child have fun, but they will also learn about how they can help the homeless animals. Plus, your birthday fee will go directly to the Humane Society of Broward County to help care for the thousands of homeless animals received each year. (954) 266-6848 or www.humanebroward.com.

4KIDSIINNEED.ORG "BE A HERO + HIRE A HERO"

Movie grade costume characters come to life! Available for your next birthday party, Sweet Sixteen, Quince, Corporate event, etc. Offering characters such as Batman, Batgirl, Darth Vader, Obi wan and even a life size remote control R2D2 robot with lights & sounds. Kids both big and small love R2. It's more than an appearance, we offer a hero training with a message along with an autograph session with your hero. Working to help "Change the world one child at a time!" Contact us: 4KidsInNeed.Org, (954) 439-1878. Heroes with a mission.

YMCA OF WESTON

www.ymcabroward.org or (954) 424-9622; 20201 Saddle Club Road, Weston 33327. Inside parties: Contact Elisa Welch, EWelch@ymcasouthflorida.org.

- **ADVENTURE BIRTHDAY PARTY:** Ages 5-13. Children will enjoy playing at the Family Activity Center climbing the rock wall and playing a variety of games and engaging in activities in the gym, outdoors, teen room or MPR that celebrate this amazing day. The party concludes in a room where you may bring cake, pizza and decorations! Cost: Y Members/\$250, Non-Members/\$325. Includes 20 guests. Additional guests are \$5/each.
- **CREATE YOUR OWN PARTY:** Celebrate your big day your own way. Choose from Sports, Dance, Diva, Glee, Princess, etc. Quote available upon request. For more information, contact Wendy Stull-Milordis at wmilordis@ymcabroward.org.

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OCTOBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
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APRIL 2016

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Tuesday, October 20, 2015

5:30PM - 7:00PM

Location TBA in Weston.

*Weston area business owners and managers are invited to join together in this all new quarterly networking event designed to **KEEP OUR CUSTOMERS & CLIENTS IN WESTON!***

- Network and establish a referral system with other businesses that target the active family market.
- Bring your business cards and your ideas on how we can work together with our neighboring businesses to keep our current and potential clients shopping and patronizing Weston businesses.
- All are welcome with your RSVP. Complimentary light refreshments will be served.

RSVP to Jodi Cohen at
jcohen@tempdordorim.org

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DIRECTORY

OCTOBER - DECEMBER 2015

SPORTS

BASEBALL & T-BALL

WESTON AREA LITTLE LEAGUE (WALL)

Mailing Address: WALL, PO Box 268687, Weston 33326. Season runs from February to May with all-stars competing through July in regional tournaments. Games and practices held at Vista, Regional, and Tequesta Park. Weston Area Little League Online registration is underway now. Visit www.wallbaseball.org for pricing and additional details. Evaluations are in January. Boys Divisions and girls' only softball, ages 4-18. We have a Challenger Division for any special need participant aged 4-18.

YMCA OF WESTON

Register at www.ymcabroward.org. (954) 424-9622. 20201 Saddle Club Road, Weston 33327.

- **YOUTH BASEBALL & T-BALL:** Ages 4-14. All games played on the baseball fields at Weston Regional Park. Season includes 8 games, uniforms and participation award. Y Members \$140, Non-Members \$230.

WESTON RATTLERS YOUTH TRAVEL BASEBALL

Tequesta Trace Park - Nick Arata (954) 232-0256, westonrattlerspd@gmail.com. westontravelball.com/rattlers. Weston Rattlers Youth Travel Baseball has been a South Florida staple for the last 20 years. Giving kids a year-round opportunity to hone their skills and challenging them to reach the next level. Many ex-professional coaches provide guidance and expertise on the nuances of the game while encouraging sportsmanship and hard work.

BASKETBALL

COMBINE ATHLETICS: BASKETBALL EDITION® CAMP

Give your child the summer of a lifetime! Girls and boys, ages 5-13. Register for a day, week, or all summer! We help our campers find their sweet spot by teaching the fundamentals of basketball in an incredibly fun and creative environment. We believe there is a ton of potential at the intersection of sports, innovation and instruction. Our Formula: Top Notch Instruction + Creativity & Fun = Experience of a Lifetime! Each uniquely themed, weeklong camp uses a proprietary curriculum to engage and improve muscle memory for each camper while building confidence on and off the court, and teaching the benefits of working as a team. Have peace of mind knowing that your children are learning from the best and having the time of their lives in a safe, kid-friendly environment. Your child will create memories that he/she will cherish forever. Become a Combiner today and see how we're building a new kind of sports camp for our community. Contact us today! hello@go-combine.com or call (800) 386-0179 or visit www.go-combine.com.

HOOPBALL COLLEGE BASKETBALL MIAMI INVITATIONAL DOUBLE-HEADER

UK vs. USF & Memphis vs. Ohio State. Friday, November 27th - American Airlines Arena. Save \$5+ on all ticket prices. Groups over 100 can earn fan experiences (limited). Get your tickets now! www.aaarena.com/groups. (786) 777-4FUN (4386). bhasan@heat.com

YMCA OF WESTON

Register at www.ymcabroward.org. (954) 424-9622. 20201 Saddle Club Road, Weston 33327.

- **YOUTH RECREATIONAL BASKETBALL:** (Ages 4-17) Boys and Girls. 8 game schedule, jersey and participation award included. Y Members \$110, Non-Members \$200. (early registration) SPRING SEASON: April - May. SUMMER SEASON: July - September. FALL SEASON: Late October - December.
- **BASKETBALL ACADEMY:** Monthly, March - November. Every Monday & Wednesday 6:00pm - 7:30pm. Y Members \$85, Non-Members \$125.
- **TINY TOTS T-BALL:** Ages 3-5. Monthly ongoing classes through the year, Tuesdays and Thursdays, 8 classes / 4 weeks. Parents must remain on-site. Limited space, early registration encouraged. Y Members \$65, Non-Members \$130.

CHEERLEADING

FLORIDA TRIPLE THREAT ALL-STARS

Come be a part of the back-to-back National Champions in competitive all star cheerleading! Fully air conditioned building featuring two spring floors, tumble trak, rod floor and trampoline. All Ages, All Skill Levels! 2015-2016 TRYOUTS held on May 16, 2015, 10am - 5pm, everyone makes a team! Mention this ad and receive a \$5 discount on your first tumbling class. (954) 514-7250. www.Fla3threat.com.

WESTON WARRIORS CHEERLEADING - AYFL

Practices and home games take place at Tequesta Trace Park. Ages 6-15 years. Season: July - November with Spring Training in May. Registrations: March - July or until teams are filled. Register EARLY! Fee: \$275 includes uniform except shoes (fees may change). For information go to www.westonwarriorsfootball.com or email westonwarriorsfootball@hotmail.com or call (855) 469-1436.

CYCLING AND BIKING

WESTON FLYERS CYCLING CLUB

Membership has grown to over 140 cyclists. Membership fee is \$35 annually. We are made up of mostly intermediate and advanced riders. Our advanced rides take place on Tue., Thu., Sat. and Sun. and our beginner/intermediate rides are on Mon., Wed. and Fri. We have rides 7 days a week and our routes allow for early cut-offs or longer rides; most of which take place on bike-friendly roads. Join in many charity rides, receive information on all South Florida organized rides and build some long lasting friendships. www.westonflyers.com or INFO@westonflyers.com.



TEAM MEMORIAL ROAD BIKING

Team Memorial is a bicycle club founded by Memorial Healthcare System, a non-profit healthcare organization based in Hollywood, Florida, and created to serve the community by promoting the many health benefits of bicycling. Team Memorial's mission is to encourage everyone to participate in bicycling - whether for recreation, transportation, fitness or competition. Team Memorial hosts rides regularly throughout the South Florida area for participants of intermediate and advanced levels. Ride listings can be viewed on our ride schedule. www.teammemorial.com.

TEAM MEMORIAL MOUNTAIN BIKING

An offshoot of Memorial Healthcare System's road biking group, which was founded 23 years ago and includes hundreds of cyclists that participate in rides throughout West Broward. Mountain biking members join through the road biking group and wear the same Team Memorial outfit. Some are motivated by the competition, while others ride for the fun of it. All levels are welcome. Members meet at one of the many parks in the area that offer mountain biking, such as Oleta River State Park, Markham Park, Quiet Waters Park, Virginia Key Beach Park, and Amelia Earhart Park. Most of the parks have extensive trail systems, ranging from 7 to 17 miles, which offer a challenging experience at any level. www.teammemorial.com or email ppasche@mhs.net.

FOOTBALL

MIAMI DOLPHINS

Your Miami Dolphins are a member of the American Football Conference (AFC) East division in the NFL. They play their home games at Sun Life Stadium in Miami Gardens. The stadium has undergone a major renovation for the 2015 season to include a state-of-the-art, open-air canopy to offer dramatically increased shade and protection from the elements, four HD video boards and improved audio, all new seats and new seating experiences, improved food and enhanced concourses in the 100/300 levels, 300 level patio bars with field views beneath all four video boards. Season tickets on sale now. Individual game tickets available. Reserve your spot to be a part of the action! www.miamidolphins.com.

WESTON WARRIORS TACKLE FOOTBALL - AYFL

Practices and home games take place at Tequesta Trace Park. Ages 6-15 years. Season: July - November with Spring Training in May. Registrations: March - July or until teams are filled. Register EARLY! Fee: \$325, includes all equipment except shoes (fees may change). For information go to www.westonwarriorsfootball.com or email westonwarriorsfootball@hotmail.com or call (855) 469-1436.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622; 20201 Saddle Club Road, Weston 33327.

- **FLAG FOOTBALL:** Ages 4-17. All skill levels are invited and encouraged to play. Season includes city field usage fee, 8 games, uniforms, and participation award. Y Members \$110, Non-Members \$200.

GOLF

MONSTER MINI GOLF

18 holes of indoor, monster themed, Glow-in-the-Dark Mini Golf and more! Feel the excitement and adventure of playing mini golf amidst cool monster décor that includes custom artwork and animated props. Our courses are challenging enough for adults to navigate, yet very playable for children. Experience our Weird Radio interactive DJ, who plays music and hosts contests for prizes. Monster Mini Golf is frightfully fun for all ages! 14435 Miramar Parkway, Miramar 33027. ½ mile east of I-75 (954) 589-1878. 9533 Westview Drive, Coral Springs 33076 in Regal Cinemas Shopping Center. (954) 526-5115.



100 PLUS GOLF

Average Golfer? Love the game? 100 Plus Golf is for you! 100 Plus Golf is a Recreational Organization for Men and Women who love to play golf for the pure enjoyment of the game and shoot about 100. Beginners and seasoned players welcome. 4-Person Team Scramble format. Play some of the finest golf courses in South Florida. Membership: \$99.99 includes Logo Polo Shirt, Logo Golf Hat, Logo Tees and Magnetic Hat Clip. Discount Greens Fees and preferred Tee Times. A portion of our proceeds are donated to one of the fine charities we support. Call (954) 540-4966.

GYMNASTICS

TAG USA GYMNASTICS + TRAMPOLINE

Nationally known "progressive" gymnastics programs for boys and girls. TAG's difference: Largest facility, most equipment, class lesson plans, Class Managers, full cleaning staff, fingerprinted coaches. Awarded Programs for: Lil Tumblers (age 6 weeks), Preschool (age 3+), Beginners (age 5+) to Advanced Classes with State - Regional - NATIONAL CHAMPION Competitive teams for Girls & Boys gymnastics and Coed Trampoline. Also: Two-Hour BIRTHDAY PARTIES / Popular Saturday Night OPEN GYM / Gym & Sports DAY CAMPS. Schedule a visit & compare prices at www.TagGymnastics.com...You gotta see it to believe it! Monthly discounts for New Members or Transfers. 1951 North Commerce Pkwy, Weston. Call (954) 384-9393.

HOCKEY

FLORIDA PANTHERS

Playing in the National Hockey League's (NHL) Eastern Conference, the Florida Panthers are a part of the Atlantic Division. With a roster of promising young players and championship-level veterans, a growing excitement surrounds the Panthers heading into 2015-16. Don't miss all of the action at the BB&T Center this season. For tickets call (954) 835-7825 or visit www.floridapanthers.com/ticketcentral.

LACROSSE

WESTON WARRIOR LACROSSE CLUB, INC.

Rich Barba, President. (754) 264-2405. Boys & Girls Teams for K - 8th grade @ Tequesta Trace Park. Season: January - April, Registration: October - December. (limited spots, register early!) Developmental travel team competing at various parks throughout South Florida. Novices as well as experienced players are encouraged to join the Warriors to develop and improve skills, conditioning and competitive play. As one of the fastest growing sports in the south, this is excellent preparation for those interested in making their High School team. Recreational League: westonwarriorlacrosse.com. For Fall & Summer travel program for boys & girls U-13 - HS, go to www.praetorianlacrosse.com.

MARTIAL ARTS

KARATE AMERICA

Our traditional martial arts programs help children and adults find a new sense of empowerment that extends past the physical maneuvers. Karate America students develop the confidence and self-esteem it takes to face life head on, seeking new challenges and persevering when times get tough! Free uniform for new student sign-ups! WE HAVE 11 LOCATIONS FOR YOUR CONVENIENCE! www.KarateAmerica.info. Find the location nearest you and call to register.

KTMA MARTIAL ARTS - TAE KWON DO

98 Indian Trace Rd., Weston 33326. Experienced TaeKwonDo Korean Master Teaches Olympic Style TaeKwonDo and Traditional Martial Arts. Benefits include: Confidence, Respect, Discipline, Focus, Self Defense and Coordination. (954) 217-0626.

AMERICAN TIGERS MARTIAL ARTS

Self-defense is just one of the many personal attributes developed in our students through American Tiger's classes. Your child will also become physically fit, develop self-confidence, and improve social skills! Parents rave about the positive changes they see in their child's lifestyle at home and at school. From grades to household chores, our certified martial arts instructors work to cultivate a mindset geared towards order and achievement in all phases of life. 16600 Saddle Club Road, Weston. Call for more information: (954) 529-8619.

PREMIER MARTIAL ARTS

With locations in Weston and Pembroke Pines, PMA offers martial arts and fitness programs for the entire family unit. Under 5th Degree Black Belt Master Kurt Asesor, students as young as 3 can learn the basics of martial arts training. Those with more experience can advance their skills through Tae Kwon Do, Extreme Martial Arts and weapons training with the benefits of Character education and life-skill building. Krav Maga, Brazilian Jiu Jitsu and MMA classes conducted by nationally certified instructors specializing in teaching children and adults. Whatever your fitness level and goals, PMA has a program for you. FloridaPMA.com. (954) 389-9146.

PARKOUR

FLORIDA TRIPLE THREAT PARKOUR

We have the most experienced staff and safest program and we were the FIRST in Broward County! Beginner to advanced Parkour, Free Running, Tricking now available at Florida Triple Threat. Ages 8 and up. Friday nights 7:00pm - 9:00pm there is a structured class teaching the skills and the art of Parkour. Newly added obstacles to simulate the outdoors. (954) 514-7250. www.fl3threat.com.

RUGBY

OKAPI WANDERERS RUGBY FOOTBALL CLUB

Ages 6 to high school. We also have a Men division and Old Boys division. Season begins in October. Competitive Youth, Middle School and Junior Varsity and Varsity teams. No experience necessary. Tequesta Trace Park. For more information and for registration go to www.okapiwanderersrugby.com or email info@okapiwanderersrugby.com.

FORT LAUDERDALE MEN'S AND WOMEN'S RUGBY

No experience necessary. All play is at Mills Pond Park. Call (954) 543-6287 (men's division) or (201) 787-6503 (women's division) or visit www.flrugby.com.

ROLLER SKATING & SKATEBOARDING

WESTON SKATEPARK

Weston Regional Park, 20200 Saddle Club Road, Weston. (954) 389-4321. Open daily 8:00am - 10:00pm. Free for in-line skaters and skateboarders, the skate park is modular steel construction equipment by Skatewave, laid out in a 72 foot by 144-foot rink. No fees. You must bring full protective equipment - helmet, wrist guards, elbow and kneepads. Unsupervised. Children under 17 years of age need to file a waiver.

SOCCER

FUTSOC

Competitive and Elite Developmental tournament soccer program. Participation in local, state and regional Premier and national Premier Elite tournaments. All level players accepted for progressive development program. Accepting players all year long. Season runs from September to June, each year.

• COMPETITIVE AND ELITE DEVELOPMENTAL SOCCER CLUB:

U11-U23 Boys: www.futsoc.club & www.futsocusa.net. (954) 907-6848. Email: director@futsocusa.net & futsocusaenigma@aol.com. Contact: Jose Tamayo - Executive Director / Director of Coaching. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

• BAMBINOS ACADEMY: U5-U10 Boys & Girls www.futsoc.club & www.futsocusa.net. (954) 907-6725. Email: Bambinos@futsocusa.net.

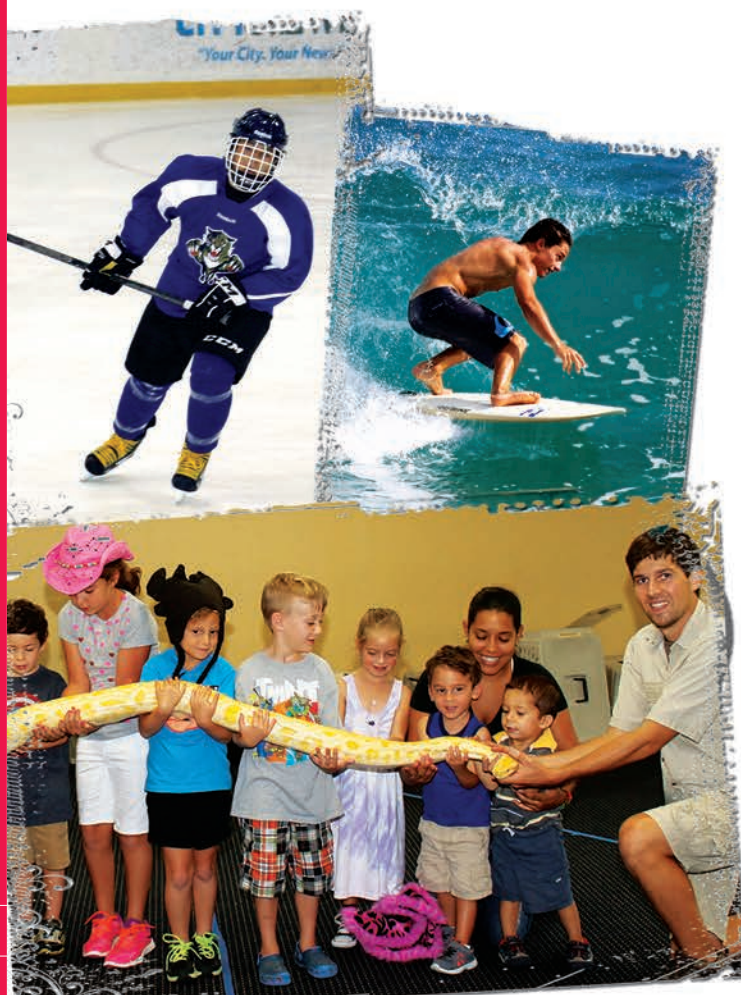
Contact: Francisco Tamayo - Bambinos Academy Director. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

• SPRING, SUMMER AND WINTER SOCCER CAMP PROGRAMS:

U5-U16 Boys & Girls www.futsoc.club & www.futsocusa.net. (954) 907-6848. Email: Camps@futsocusa.net. Contact: Jose Tamayo - Executive Director / Program Director. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

WOMEN'S OVER 30 RECREATIONAL SOCCER LEAGUE

\$150 Registration Fee for the entire year includes team shirt and socks. Sunday afternoon games and Friday evening practices. Seasons: September - December and January - May. Beginners are welcome, individuals only. For more information, call (954) 445-8367, send an email to browardrecsoccer@comcast.net or visit browardrecsoccer.com.



WESTON FC SOCCER CLUB

Mailing address: 4581 Weston Rd., #264, Weston 33331. Weston FC is one of the largest, most complete and prestigious Soccer Clubs in the State of Florida. There are multiple boys and girls' programs available for ages 5 to 18 years (U19). Tryouts are usually held in the months of May or June. Season runs from August to May. The Weston Cup, featuring 625+ teams from all over the world, is hosted in February. All interested players and sponsors should contact the club through its website westonfc.org. The Club is structured in several major divisions:

- **JUNIOR ACADEMY:** Players from 5 to 8 years old that have a special love for the sport.
- **PREMIER TEAMS:** 70+ mid to highly skilled teams between the ages of 8 and 19 competing in Florida's premier leagues.
- **GIRLS PRE-ACADEMY PROGRAM:** Under the guidance of the most acclaimed coaches in the country. Currently experiencing tremendous growth.
- **U.S. SOCCER DEVELOPMENT ACADEMY:** 8 highly skilled Pre-Academy and Academy teams play against other prestigious Academies across the Nation.
- **NSPL FRANCHISE:** only one step away from being considered a Soccer Professional, this franchise / league is the most competitive league in non-professional soccer.
- **WESTON FC:** features the only in-club Sports Science Program in the state.

SOCCER FEVER: AN INDOOR EXPERIENCE

West Broward's newest indoor soccer facility featuring high performing INDOOR soccer and Futsal courts. Enjoy South Florida's most popular sport in an air-conditioned and comfortable facility very close to Weston, Davie, Sunrise, Pines and Plantation.

- **COURT RENTALS:** State-of the art soccer and futsal courts.
- **PICKUP GAMES:** Mondays and Wednesdays, 8-10 PM. Bring your friends.
- **BIRTHDAY PARTIES:** Exclusive party area. 2 and 3 hour packages.
- **SOCCER ACADEMY:** 5-13 years, 6 weeks, 2 classes per week. Register now!
- **CAMPS:** Summer, Winter and Spring. Ages 5-13 years.
- **ADULT LEAGUE (+35):** October 17th to December 6th. 9 games + playoffs
- **5v5 INAUGURAL TOURNAMENT:** October 3-4, 2015, Boys and Girls U8 to U16, *3 games guaranteed

15481 SW 12th Street, Sunrise, Florida 33326 (Weston: Indian Trace, Pass over I-75. Left at first light). (844) 230-3073

www.soccerfeverusa.com, info@soccerfeverusa.com

SOFTBALL

WESTON AREA LITTLE LEAGUE (WALL)

GIRL'S FASTPITCH RECREATIONAL LEAGUE. Girls only Softball ages 4-16. Season runs from January to April. All skill levels are invited to play ball. Played at Weston Regional Park. Please visit www.wallbaseball.org for more information. Evaluations held in December. Girls T-Ball offered for ages 4-6.



WESTON EXPLOSION GIRL'S TRAVEL SOFTBALL

Travel Softball Teams in place for girl's 8U, 10U, 12U and 14U. We are part of the Weston Sports Alliance and play year round out of Weston Regional Park. Our coaches are experienced and dedicated. Practices are a minimum of twice a week, with games on Sundays and tournaments around South Florida. See our website at: www.westonexplosion.com. (954) 258-9427 or westonexplosion@gmail.com.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **YOUTH GIRLS SOFTBALL LEAGUE:** Ages: Girls 4-14 Years Old. Early Registration Period: June - August. Early Registration Fee: \$110/Y Members, \$160/Non-Members. Fall Season: September - November. Fee includes weekday practices, Saturday Games, full replica MLB uniform and trophies. Season is a minimum of 8 games and includes playoffs for ages 8 and up.

SPORTING GOODS & GEAR

ZAGARRA ORTHODONTICS

You have given them helmets, cleats, and padded gear, why would you not give them a custom fit mouth guard as well? At Zagarra Orthodontics, it is simple and affordable to have a custom fit mouth guard. A forerunner in the most state of the art technology, Dr. Zagarra uses non-invasive digital scanning technology to prepare your guard, which can be worn over or without braces. Do not risk burns with boil-and-bite mouth guards. Protect your child and your investment with a custom mouth guard from Zagarra Orthodontics. 2711 Executive Park Dr. Suite 4, Weston. Call (954) 321-5600 to schedule an appointment. DoctorZag.com.

PREMIER MARTIAL ARTS

For all your Martial Arts and Fitness Needs

- Tae Kwon Do
- Extreme Martial Arts
- Weapons Training
- Krav Maga
- Brazilian Jiu Jitsu
- MMA
- Kali
- Build Character and Life-Skills

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for New Students

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SWIMMING

THE SWIM ACADEMY

Provides a variety of aquatic programs including one-on-one learn to swim lessons, water safety & education, small group lessons, semi-private lessons, stroke improvement & conditioning classes, camp swim lessons and seasonal swim clubs. We focus on positive, caring and progressive teaching methods for babies, toddlers, kids and young adults. A truly developmental learning and student centered approach as opposed to the short-term survival method. We hope to instill a lifelong love & respect for the water. **HEATED POOLS!** (954) 384-4500. 1570 Sagemont Way, Weston 33326. www.TheSwimAcademy.com, [FOLLOW US ON FACEBOOK - www.Facebook.com/WestonSwimAcademy](https://www.facebook.com/WestonSwimAcademy).

YMCA OF WESTON - AQUATICS PROGRAMS

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **YMCA GROUP SWIM LESSONS:** Ages 6 months – Adult. Swim Lessons objectives: personal safety, personal growth, stroke development, water sports & games, and rescue skills. Each session contains 8 classes. SESSIONS: please call for detailed schedule or visit our website.
- **SAFE START:** Ages 6 months – 4 years. This course is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and in everyday clothes. This is a 6-week course; children attend lessons 5 days a week for 10 minutes each day.
- **BARRACUDAS SWIM TEAM:** Ages 6–12. The YMCA Swim Team is a competitive team, accommodating all skill levels from beginner/recreational swimmer to the Olympic athletic. Swimmers will attend meets held by the 'Florida Gold Coast' and the YMCA. For YMCA members only. Monthly fees vary with age group, call for details.
- **MASTERS SWIM TEAM:** Ages 18 and up. The Masters Swim Team is designed for health, fitness and overall well-being. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive). For YMCA members only.
- **PORPOISE CLUB:** A non-competitive swim club for children ages 10 and up. Will learn stroke development, attend volunteer opportunities and go on group outings.

TENNIS

BONAVENTURE TOWN CENTER CLUB

The Bonaventure Town Center Club offers tennis programs for adults and children of all ages and skill-levels. Programs are open to club's members and non-members as well. The BTCC is located at 16690 Saddle Club Rd. in Weston. Our experienced coaching staff provides our students with the comprehensive skills necessary to bring their game to the next level. For further details or to register for any program, call Rick at (954) 663-0316.

VOLLEYBALL

WILDFIRE VOLLEYBALL ACADEMY

West Broward's Premier Girl's Volleyball Club. Ages 6 and Up. Over 20 years coaching experience at College and High School and Juniors levels. Year round Recreational, Travel, Elite and College Level training. Ongoing camps and evaluations. Located at Sagemont Upper School, 2585 Glades Circle, Weston 33327. (954) 439-1852. www.wildfirevolleyball.com or www.wildfire.steptotheball.com. CLUB TRYOUTS: OCTOBER 24 & 25. Visit website for details.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **GIRLS VOLLEYBALL:** DIVISION I: Ages 7–10. DIVISION II: Ages 11–15. Practices are on Tuesday OR Thursday and games will be Saturdays starting at 11:00am. Each team will have a maximum of one indoor practice each week. Season includes 8 games, uniforms, and participation award. Y Members \$140, Non-Members \$230.

WATER POLO

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **WATER POLO INSTRUCTIONAL CLASSES:** Ages 10 and up. Classes designed to teach participants the game of Water Polo. Classes work on conditioning, skills, techniques, and theory. Fees (may change): YMCA Members Only \$50/ month. MONDAY/TUESDAY/THURSDAYS 6:30pm – 8:00pm.

WATER-SKIING & WAKEBOARDING

WATER-SKIING + WAKEBOARDING LESSONS

Waterski & Wakeboard lessons and rides at CB Smith Park. Beautiful, private, fresh water lake, Malibu ski boat with tower & training boom. Slalom, Kneeboard tube rides, birthday parties, camp field trips, surfing, etc. All equipment supplied. Open year round. Call Mike for appt. & information at (954) 292-3953, www.browardski.com.

ACTIVITIES

ACTING & DRAMA

BROADWAY KIDS STUDIO – PERFORMING ARTS CENTER

9042 West State Road 84, Davie 33324 (Same Plaza as Kabooms and RoundUp). BKS offers group and private lessons in Acting, Singing, Dancing, & Musical Instruments (Piano, Drums, & Guitar). Additionally, we have an After-School Program, Camps, Dance Competition and performance opportunities (Plays and Musicals). Look out for opportunities to audition for one of our many productions, dance competition team or Star Performers. Contact us at (954) 693-7500 or www.BroadwayKidsStudio.com.



RISING STARZ

At Rising Starz, every student excels. We are the leaders in performance training. Our students have appeared on The X Factor, The Voice, Broadway & Primetime T.V. Rising Starz offers advanced acting coaching from leading industry professional whose client lists are sure to impress. Covering everything from group classes to private lessons, performance coaching, college, high school and scholarship audition prep, summer camp, and more Rising Starz is where you want to be! For more information call: (954) 370-3308 or info@risingstarzmusic.com.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **Y-GLEE:** (7 years old & up) Meet Monday evenings to learn singing techniques, dance choreography, and expectations for performance. The semester will culminate in a performance for friends and family. 4 class sessions – please check the schedule online at www.ymcabroward.org.
- **PERFORMING ARTS AFTERSCHOOL PROGRAM:** Mon – Fri, 2:00pm – 5:45pm. Grades K–8. Every child is a star in this amazing program. Performers will work on every aspect of a final production and enjoy: acting, dance, art, set design, recreational swim, hip-hop, creative illustrated writing and much more! Transportation from local area schools is provided. FEES (may change): Grades K–5 Regular Price \$300 / Y Members \$240. Grades 6–12 Regular Price \$165 / Y Members \$95. Registration Fee: \$55 per child.

AFTERSCHOOL AND DAY OFF CAMPS

TAG USA GYMNASTICS + TRAMPOLINE

www.TagGymnastics.com. 1951 N. Commerce Parkway, Weston. Register by phone, (954) 384-9191.

- **AFTERCARE SCHOOL PICK UP 7 PARENT DROP OFF:** Pick up from all Weston and Cooper City Public and Charter Schools, directly to our gym or parent drop off. Monthly price \$245 (4 wks.) with 5 day pickup includes two classes per day and snack. On site homework help with licensed teacher. Drivers are Background checked, Licensed, & Certified. Spots are limited!
- **DAYS OFF SPORTS CAMP:** Action packed camp days for kids! For BOYS: The largest, most popular day off camp for boys includes Indoor Basketball & Soccer, Trampoline, and Flips & Pit. For Girls: Gymnastics, Tumbling, Trampoline & Cheer. Only \$45 per day! Half Day Preschool Camp available!

KARATE AMERICA

NOW OFFERING AFTER SCHOOL PICKUP FROM MOST SCHOOLS!! CALL FOR DETAILS! Our traditional martial arts programs help children and adults find a new sense of empowerment that extends past the physical maneuvers. Karate America students develop the confidence and self-esteem it takes to face life head on, seeking new challenges and persevering when times get tough! Free uniform for new student sign-ups! WE HAVE 11 LOCATIONS FOR YOUR CONVENIENCE! www.KarateAmerica.info. Find the location nearest you and call to register!

BROADWAY KIDS STUDIO – PERFORMING ARTS CENTER

9042 West State Road 84, Davie 33324 (Same Plaza as Kabooms and RoundUp). Broadway Kids Studio After-School program has two options. The first includes transportation from select local schools for \$285/month or a drop off option for \$260/month. The program entitles students to up to 15 classes per week in all aspects of the performing arts. Classes are from 3pm-6pm daily (ages 5-11) or 4pm-7pm (ages 12+). The program allows for homework time and is deeply discounted over the normal group class rate. Private lessons in singing, acting, dancing, and instruments are also available for additional fees. Contact us at (954) 693-7500 or www.BroadwayKidsStudio.com.



EVERGLADES ACADEMY

Designed for Elementary School students. Includes free transportation from school to academy including early release days, in which students follow an after school curriculum. Snacks are included. Offered services include tutoring by certified teacher. www.eavpk.com, 6941 SW 196th Avenue, #21, Pembroke Pines 33332. (954) 434-8884.

IMACS – MATH, COMPUTER PROGRAMMING + LOGICAL REASONING ENRICHMENT

Take your child's logical reasoning skills to the next level! IMACS gives students a competitive edge by teaching them how to think critically in a fun environment. Call (954) 791-2333 or visit www.imacs.org to schedule a FREE Placement Class. Weekly after-school/Saturday classes. Grades 1–12. Weston, Plantation, Boca, Fort Lauderdale, Pembroke Pines, Delray, and Aventura.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston 33327.

- **FUNDAYS AT THE Y:** Ages 5–12. When Broward County Schools are out, the Y is in! Enjoy swimming, sports, activities and arts & crafts. Runs 7:30am – 6:00pm. Pre-registration required. Cost: \$35/Y Members, \$45/Non-Members.
- **KIDZ CLUB AFTERSCHOOL PROGRAM:** Monday – Friday, 2:00pm – 5:45pm. Ages 5–10. This program offers transportation from local area schools, special interest clubs, homework time and assistance. Also, computer, fitness, swimming, arts and crafts and more. Grades K–5 Regular Y Members \$195, Non-Member \$282. Registration Fee \$35.
- **MIDDLE SCHOOL MANIA:** Monday – Friday, 3:30pm – 6:30pm. Grades 6–8. This unique YMCA program offers transportation from Tequesta Trace Middle School. In this program, participants have the perfect opportunities to learn valuable leadership skills, plus have an action-packed itinerary which includes special interest clubs, community service projects, homework helper, team building activities, fun, special events, fitness and more. Regular Price Middle School Grades 6–12 Y Members \$95 and Non-Members \$195. Registration Fee \$35.

EDUCANDO A AMÉRICA – SPANISH SCHOOL

Our school offers a 100% Spanish Immersion afterschool program for children from 3 to 16 years old. Our focus is the acquisition of the Spanish language in reading, writing as well as speaking. Based on a 3-hour/week program, we offer classes in different locations such as Pembroke Pines Charter Schools, Imagine Charter at Weston, Beachside Montessori Village in Hollywood and West Pines preschool. Monthly tuition begins at \$85. Private tutoring is also available, as well as adult and teenager's classes for advanced students. Visit www.educandoamerica.com or write to ea@educandoamerica.com. Call to find out more about our different locations, days and time for each program. (954) 261-2432.

ART

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622, 20201 Saddle Club Rd., Weston, 33327.

- **ART EXPLOSION PROGRAM:** Ages 5–12. Participants will use their imaginations to create FUN. Study past and current artists while learning skills and creating projects using pencils, clay, paint, nature and much, much more! Please bring a cover-up for your creative genius at work. Regular Price \$80 / Y Members \$50 / Kids Club Special \$45.

ATTRACTIONS & THEME PARKS

MONSTER MINI GOLF

18 holes of indoor, monster themed, Glow-in-the-Dark Mini Golf and more! Feel the excitement and adventure of playing mini golf amidst cool monster décor that includes custom artwork and animated props. Our courses are challenging enough for adults to navigate, yet very playable for children. Experience our Weird Radio interactive DJ, who plays music and hosts contests for prizes. Monster Mini Golf is frightfully fun for all ages! 14435 Miramar Parkway, Miramar, 33027. ½ mile east of I75 (954) 589-1878. 9533 Westview Drive, Coral Springs 33076 in Regal Cinemas Shopping Center (954) 526-5115.

THE BB+T CENTER

The BB&T Center is the premier sports and entertainment venue in South Florida. Located in Sunrise, the BB&T Center plays host to more than 200 events annually including Florida Panthers hockey. For further information and a schedule of events please visit www.thebbtcenter.com. The BB&T Center is the Center of it All.

HOOPHALL COLLEGE BASKETBALL MIAMI INVITATIONAL DOUBLE-HEADER
UK vs. USF & Memphis vs. Ohio State. Friday, November 27th - American Airlines Arena. Save \$5+ on all ticket prices. Groups over 100 can earn fan experiences (limited). Get your tickets now! www.aaarena.com/groups. (786) 777-4FUN (4386). bhasan@heat.com

PARADISE COVE WATER PARK AT C.B. SMITH PARK

Paradise Cove is the Broward County Parks and Recreation Division's largest aquatics facility, offering family fun for everyone. \$9.50+ tax/person for all-day admission and \$6.50+tax/person after 3 p.m. Children under 1 year of age are admitted free. The park's regular gate entrance fee of \$1.50/person (children 5 and under free) is also in effect on weekends and holidays. Open: 9:30am – 5:20pm weekends only through October. 900 N. Flamingo Road, Pembroke Pines, FL 33028. (954) 357-5161.

- Paradise Pipeline features four five-story-tall waterslides, enabling riders to experience corkscrew rides exiting into the four-foot-deep plunge pool. The 32-inch wide-open body slides vary in length from 395–430 feet. The 400 gallons of water per minutes move riders down the slides for an incomparable experience. Riders must be 42 inches tall, weigh less than 250 pounds, and be able to swim.
- Sharky's Lagoon is the water playground for all ages, featuring an 18-inch-deep pool that includes many interactive play elements, as well as three waterslides that vary in length from 83–125 feet.
- Parrot's Point is the water playground for ages 5 and under, featuring a 12-inch-deep pool with two small waterslides and many interactive play elements.
- Crazy Creek is the 410-foot-long meandering tube ride with interactive elements along the route.

CASTAWAY ISLAND WATER PARK AT T.Y. PARK

Castaway Island offers two interactive water playgrounds: one for smaller children, with climbing features and a small slide, and the other with features more suitable for older children, including buckets that regularly fill with water and then dump it out onto the playground below. In 2007, the water park's original sand-bottom lagoon was replaced with a zero-entry, hard-bottom Swim Lagoon with a waterfall at one end. The recently renovated aquatics complex also includes a marina that provides boat rentals. \$8/person for the entire day; \$5/person after 3pm. Children 12 months and under are admitted free. An individual season pass (Find It All card) is available for \$64 per person, which includes admission to Tropical Splash, Splash Adventure, and Castaway Island water parks. The park's regular gate entrance fee of \$1.50/person (children 5 and under free) is also in effect on weekends and holidays. Applicable Florida sales tax will be added to all fees except gate fee. Open: 9:30am – 5:20pm weekends only through October. 3300 N. Park Road, Hollywood, FL 33021. (954) 357-8811.

SPLASH ADVENTURE WATER PARK AT QUIET WATERS PARK

This interactive children's water playground features slides, tunnels, turn valves, wheels and levers, water curtains, crawl tunnels, and a huge bucket that fills and empties onto the playground below at regular intervals. The depth of the pool ranges from zero at its edges to 12 inches at its deepest. Lifeguards are on duty whenever the water park is open. Children 12 and under must be accompanied by an adult at least 18 years of age. \$5/person per session when sessions are in effect, \$5/person per day when sessions are not in effect. Children under 1 year of age are admitted free. The park's regular gate entrance fee of \$1.50/person (children 5 and under free) is also in effect on weekends and holidays. Applicable Florida sales tax will be added to all fees except gate fee. Open: 9:30am – 5:20pm weekends only through October. SESSION TIMES: Session I – 9:30am – 1:20pm. Session II – 1:30pm – 5:20pm. 401 S. Powerline Road, Deerfield Beach, FL 33442. (954) 357-5100.

CHILDHOOD DEVELOPMENT

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622; 20201 Saddle Club Rd., Weston 33327.

- **TINY TOTS:** Fun and instructional sports every Tuesday and Thursday. 8 Classes/4 Weeks. Monthly sessions starting at the beginning of each month. Classes: Flag Football/Soccer on Hockey Rink #8 and Basketball on Outside Court #1. Each child receives a medal! Parents must remain on-site. Limited space early registration encouraged. Y Members \$65/Non Members \$130. SOCCER (Ages 2–5) 10:30am – 11:00am or 4:00pm – 4:45pm. FLAG FOOTBALL (Ages 3–5) 3:00pm – 3:45pm, BASKETBALL (Ages 3–5) 5:00pm – 5:45pm. Classes are monthly ongoing through the year.



COOKING

SMARTY FIT PARTY KITCHEN

Introduce healthy recipes and food preparation kids will be excited about with SFP Kitchen! SFP Kitchen can be paired with a personal training package to enhance the experience. After a heart-pumping workout, Smarty Fit Party will accompany your child into the kitchen to discuss healthy eating habits and prepare a fresh, nutrient-rich meal providing all of the important vitamins and minerals they need. SmartyFitParty.com. For more information, call to speak to one of our party specialists at (954) 708-4900.

DANCE

BROADWAY KIDS STUDIO – PERFORMING ARTS CENTER

9042 West State Road 84, Davie 33324 (Same Plaza as Kabooms and RoundUp). BKS offers group and private lessons in Acting, Singing, Dancing, & Musical Instruments (Piano, Drums, & Guitar). Additionally, we have an After-School Program, Camps, Dance Competition and performance opportunities (Plays and Musicals). Look out for opportunities to audition for one of our many productions, dance competition team or Star Performers. Contact us at (954) 693-7500 or www.BroadwayKidsStudio.com.

PURE ENERGY DANCE

Dance Classes for Ages 2–Adult. Mommy and Me Transition, Preschool Tutus and Tap Shoes, Pee Wee Hip Hop/Ballet Combo, Ballet/Tap Combo, Ballet/Jazz-Hip Hop Combo, Tap, Jazz/HipHop, Classical Ballet, Lyrical. Personalized Attention, Quality Instruction, Raised Oak Floor. NO COMPETITIONS. Non-threatening, positive, fun environment, ORGANIZED fun recital. Promoting self-confidence and building self-esteem, while fostering a love for dance & the arts! Offering 3 different summer camps, call for information (954) 217-9778. 1306 SW 160th Ave., Sunrise/Weston 33326. (In the Weston 8 Cinema Plaza). www.pureenergydance.net.

LITTLE LOUNGE

Little Lounge facility offers a fun and exciting indoor atmosphere that is safe and fully air-conditioned. We will help your child develop social skills, rhythm, hand and eye coordination and stimulate their senses in an energetic, challenging environment while furthering their dance abilities with high-energy music. Professional instruction for children of all skill levels from ages 3–13 in a variety of dance styles such as; Zumba, Flamenco, Jazz, Ballet, Hip Hop and more. For more information, call (954) 271-7191 or email: info@littlouloungeparty.com www.LittleLoungeParty.com. 1960 N. Commerce Parkway Suites 1 & 2, Weston.

RIISING STARZ

At Rising Starz, every student excels. We are the leaders in performance training. Beginners to career seekers. Our students have appeared on The X Factor, The Voice, Broadway & Primetime T.V. Rising Starz offers group classes, private lessons, performance coaching, toddler music, dance classes, art classes, musicals, songwriting, music production classes, college, high school and scholarship audition prep, summer camp, live performance opportunities, Birthday Parties and more! For More information call: (954) 370-3308 or info@risingstarzmusic.com.

YMCA OF WESTON

Register at www.ymcabroward.org or (954) 424-9622; 20201 Saddle Club Rd., Weston 33327.

- **HIP HOP:** This program includes daily dance lessons with a choreographed performance at the end of session. Call for schedule. 4-week sessions. Y Members \$40, Non Members \$55. Kids Club Special \$35.
- **BALLET:** Ages 3–6. Proper etiquette and execution are stressed while children learn to use dance steps and have a ton of fun. Leotard, tights and ballet shoes are required. CALL FOR SESSION DETAILS.



FAMILY PROGRAMS

YMCA OF WESTON

20201 Saddle Club Road, Weston 33327. (954) 424-9622. For more information, contact Wendy Stull-Milordis at wmilordis@ymca.org.

- **Y ADVENTURE GUIDES: BOYS & GIRLS AGES 5–14.** The Adventure Guides and Princess Program is designed to help strengthen the relationship between children and parents. As an Adventure Guide, you and your child will join a unique “Circle” with whom you’ll participate in games, camping trips and ceremonies
- **Y PRINCESSES: GIRLS AGES 5–13.** Y-Indian Princess programs are for dads who want quality, planned, one-on-one time with the daughters. Father and daughter share in games, crafts, outings and campouts. Y members \$25, Non Members \$50. Visit www.iprincess.org for more information. REGISTER NOW!
- **FAMILY CAMP NIGHT:** Campers and Parents Welcome! Join us for an evening of camp fun. Meet the counselors and the campers your child can’t stop talking about. We will have a blast singing, eating and laughing! 6:00pm – 7:30pm.
- **PARENTS NIGHT OUT:** Ages 3–12. Enjoy a night on the town while your child enjoys a night at the Y. Keep the camp fun rolling with instructional activities, fun and much more! 6:00pm – 9:00pm. FREE to Y Members.

FISHING & BOATING

SOUTH FLORIDA CAREFREE BOAT CLUB

Boating without owning...It’s about time! The South Florida Carefree Boat Club members enjoy the fun and the lifestyle of boating without the hassles of owning. A boat owner maintains, cleans, repairs, and invests hours of time into up-keeping his or her boat. Club members have access to a variety of boats, unlimited use, and a concierge service to go along with it. Own the water, not the boat. This company created a model that makes it stress-free to get out on the water, and membership is a fraction of the cost of owning just one boat. With convenient locations in Ft. Lauderdale, Pompano Beach, Miami and 22 other locations, Carefree Boat club members enjoy the best availability and the best variety of boats, at a fraction of the cost of boat ownership. Visit their website at www.carefreeboats.com.

[FISHING AND BOATING CONT.]

KIDS FISHING CLUB

Want to learn how to fish? Looking for a great way to reconnect with the kids? Then join The Kids Fishing Club! Our club is family oriented and non-competitive. Both parents and kids will have a great time and learn. All ages and skill levels are welcome. Bring the whole family, parents can fish, too. We teach kids how to cast, tie fishing knots and all about fishing in South Florida. Thanks to Fish Florida, all kids receive a FREE FISHING ROD to keep. Rods, bait, tackle; drinks and snacks are included at every event. The majority of our events are shore based and in the freshwater lakes of West Broward. Special events include the everglades, kayak fishing, pier fishing and deep-sea fishing. Student volunteers are needed, no experience required. Events are once a month, late afternoon on Saturday or Sunday. For more information or to join visit www.kidsfishing.org.

MOVIE THEATERS & MOVIES

AUTONATION® IMAX 3D THEATER

401 SW Second Street, Fort Lauderdale 33312. (954) 467-6637 or (954) 463-IMAX (4629), www.imax.com/movies. SHOWS DAILY.

MUSIC

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9042 West State Road 84, Davie 33324 (Same Plaza as Kabooms and RoundUp). BKS offers group and private lessons in Acting, Singing, Dancing, & Musical Instruments (Piano, Drums, & Guitar). Additionally, we have an After-School Program, Camps, Dance Competition and performance opportunities (Plays and Musicals). Look out for opportunities to audition for one of our many productions, dance competition team or Star Performers. Contact us at (954) 693-7500 or www.BroadwayKidsStudio.com.

RISEING STARZ

At Rising Starz, every student excels. We are the leaders in performance training. Beginners to career seekers. Our students have appeared on The X Factor, The Voice, Broadway & Primetime T.V. Rising Starz offers group classes, private lessons, performance coaching, toddler music, dance classes, art classes, musicals, songwriting, music production classes, college, high school and scholarship audition prep, summer camp, live performance opportunities, Birthday Parties and more! For More information call: (954) 370-3308 or info@risingstarzmusic.com.

PIANO + KEYBOARD INSTRUCTION IN YOUR OWN HOME

Professional Pianist Roger Lander offers private instruction for children and adults. Beginner through advanced levels. Roger will have you playing fun music for your friends in 4 lessons! (954) 849-8374.

SKEET & TRAP SHOOTING

MARKHAM SKEET + TRAP CLUB

Markham Skeet & Trap Club sponsors a Youth Program offering free trapshooting instruction and gun safety training every Monday night from 6:00pm – 9:00pm at the Markham Park Gun Range (Markham Park is located at the intersection of Weston Road and State Road 84). Ages 10–17 are welcome to join at no cost. The program provides shotguns to those who do not have them. This six-year-old program is the largest in the state of Florida with over 500 youth shooters having passed through the program. We start with the basics of gun safety and how to shoot all the way up to competing on a state and national level. All of our instructors are certified NRA Safety Officers and many are also certified at higher levels by the ATA, NSSA, and NSCA. For more information contact: Steve Norris at (754) 264-9584.

SPECIAL POPULATION: SPORTS & ACTIVITIES

AMERICAN TIGERS MARTIAL ARTS

Taekwondo has been a great sport for our students with autism. Through the assistance of a licensed Physical and Occupational Therapist, Instructor Jose has developed an effective curriculum for students with Autism. We are aware that Autism is a spectrum disorder and taking that into mind, we work with our students to make their classes interesting, and fun. Students have benefited greatly from our curriculum and we would look forward to helping more. For information about our Special Population classes, please call (954) 529-8619. 16600 Saddle Club Road, Weston. AmericanTigersMartialArts.com.

AMERICAN THERAPY HOUSE [ATH] + THERAPIES 4 KIDS [T4K]

American Therapy House (ATH) & Therapies 4 Kids (T4K) provides PT/OT/SLP to children with developmental disabilities. Services include direct treatment, patient education, and specialized programs to meet the growing health needs of the community. American Therapy House has become the leader in Pediatric and Adult programs for neurological disorders such as Cerebral Palsy, Autism, & Stroke. Diagnostic testing for Autism & ADHD. Medicaid & Most Insurances accepted. OPEN SATURDAYS. 2 Locations: 10261 Pines Boulevard, Pembroke Pines 33025 & 1750 N. University Drive, Suite 105, Coral Springs 33071. www.americantherapyhouse.com. (954) 356-2878. Private School K-12 now taking applications: www.brightstepsforward.org. - NO WAITING LIST.

WESTON AREA LITTLE LEAGUE [WALL]

CHALLENGER DIVISION for mentally/physically-disabled children, ages 4–16. Season runs March – May. Home games played at Weston Regional Park. Away games in Broward County. The league is designed to provide all physically and mentally challenged children an opportunity to play baseball in an organized, fun, and safe environment. No fee to participants. Volunteer Buddies assist players on field. Please visit www.wallbaseball.org for more information.



WESTON MIRACLE LEAGUE

Open to any disabled child, ages 5-15, with a desire to play baseball. Season runs November - January. Practices and games held on Sundays from 4:00pm - 5:00pm. Cost: FREE. Held at Rose Price Park, 901 NW 208th Avenue, Pembroke Pines. Volunteers are welcome, ages 13 - Adult. Players and Volunteers can register by contacting Linda Jurko at (954) 478-9694, lindajurko@yahoo.com.

WARRIOR CHEER BUDDIES

We are Weston Warriors first cheer squad for kids with special needs, ages 5-21. Warriors Cheer Buddies will be working alongside our other cheer squads and working with our Coaches learning the fundamentals of cheerleading. Season runs July - November. Practice on Tuesdays & Thursdays, 6:00pm - 7:00pm. Home Games on Saturdays. Registration fee: \$125 includes practice uniform/game uniform/city fees & insurance. Additional costs: shoes & bloomers. Contact Jill Alter at warriorcheer@bellsouth.net.

TEEN PROGRAMS

BABYSITTING BASICS

Teaches youth ages 11 through 15 skills for preparation to care for infants and children. Class includes CPR demonstration and hands on practice. Creating and managing a babysitting business is discussed. Parent must sign a permission form for the youth to participate and an adult must bring child to class. Class leads to certification as a certified babysitter. Fee: \$20 per student. To register for a class parents can email Child's Name, Child's Date of Birth, Address, Phone Number & Parent's Name to family@mhs.net or call (954) 265-4484 to register. Class location: Esther Grossman Women Center: 4320 Sheridan St., Hollywood, FL 33021. Next class dates: October 25th from 10:00am to 1:00pm; December 21st from 5:00pm to 8:00pm.

FALL & WINTER BREAK CAMPS

TAG USA GYMNASTICS + TRAMPOLINE

Come to the Award winning "Best Weston Camp" in our 38,000 sq. foot sports facility. Spring / Summer / Winter / School Days Off Camps from 8:30am - 4:30pm. The most gymnastics, trampoline power tumble equipment for boys & girls ages 3 to 14 years old. Camp also includes indoor basketball, soccer, dodgeball, and indoor games. All action, all day! All coaches are background checked and safety certified. Game room freeplay open before 9:00am. Extended care from 7:00am to 6:00pm available. Visit our facility and Compare at www.TagGymnastics.com. 1951 North Commerce Pkwy, Weston. Call (954) 384-9393 to register.

KARATE AMERICA

Get fit and stay sharp with martial arts! Karate America camps are a great way to learn structure and discipline while having fun. You can save money and guarantee availability by enrolling early! WE HAVE 11 LOCATIONS FOR YOUR CONVENIENCE! www.karateamerica.info. Find the location nearest you and call to register!

EVERGLADES ACADEMY

Everglades Academy offers daily field trips along with correlated planned activities for students older than 5 years old. For VPK and students younger than 5 years old, the academy will offer an "In House" curriculum. Preschool curriculum will be operated regularly. www.eavpk.com 6941 SW 196th Avenue, #21, Pembroke Pines 33332. (954) 434-8884.

WILDFIRE VOLLEYBALL ACADEMY

West Broward's Premier Girl's Volleyball Club. Ages 6 and Up. Over 20 years coaching experience at College and High School and Juniors levels. Year Round Recreational, Travel, Elite and College Level training. Located at Sagemont Upper School, 2585 Glades Circle, Weston 33327. (954) 439-1852. www.wildfirevolleyball.com or www.wildfire.steptotheball.com.



SCIENCE EYE DAY CAMP + IN-SCHOOL PROGRAMS

If your child enjoys nature, critters, conducting experiments, building stuff, and taking things apart to see how they work, we have an adventure for them! Science Eye Safari Camp & In-school Safaris are engaging, hands-on, inquiry-based programs that enable them to explore the world around them, gain new insights and make them aware that science is an exciting part of everything they do. Our goal is to have fun while instilling self-confidence, develop critical thinking skills and to create a positive relationship with the environment. We don't just do S.T.E.M., Science Eye goes full S.T.E.E.M. ahead! (Science Technology Engineering Environment & Math) Ages 7-12. WWW.SCIENCEEYE.COM, enviroedu@scienceeye.com, (954) 680-7977.

COMBINE ATHLETICS: BASKETBALL EDITION® CAMP

Give your child the summer of a lifetime! Girls and boys, ages 5-13. Register for a day, week, or all summer! We help our campers find their sweet spot by teaching the fundamentals of basketball in an incredibly fun and creative environment. We believe there is a ton of potential at the intersection of sports, innovation and instruction. Our Formula: Top Notch Instruction + Creativity & Fun = Experience of a Lifetime! Each uniquely themed, weeklong camp uses a proprietary curriculum to engage and improve muscle memory for each camper while building confidence on and off the court, and teaching the benefits of working as a team. Have peace of mind knowing that your children are learning from the best and having the time of their lives in a safe, kid-friendly environment. Your child will create memories that he/she will cherish forever. Become a Combiner today and see how we're building a new kind of sports camp for our community. Contact us today! hello@go-combine.com or call (800) 386-0179 or visit www.go-combine.com.

PREMIER MARTIAL ARTS

This Winter, give your kids a camp with a KICK! At Premier Martial Arts, children will enjoy all day long fitness fun. Your kids will come home excited to tell you about their day. Give your child a Winter Break to remember at Premier Martial Arts. Locations in Weston and Pembroke Pines to best meet your needs. Call (954) 389-9146 to reserve your spot. FloridaPMA.com.



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– Elijah V.

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– Derek D.

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Brian Piccolo Park's Velodrome Offers a Safe Place for Riding and In-line Skating

By Debby Teich

There is only one velodrome in Florida and it is right here in Broward County. Located at Brian Piccolo Park, the facility attracts more than 3,500 athletes annually and is used for both competitive and recreational cycling, as well as in-line skating. It also hosts a variety of races for riders of all ages and abilities.

The velodrome opened in March 1992 and hosted its first major race a year later. It is a banked oval track for bicycle racing. The competitive track is 333.3 meters long with maximum banking of approximately 30 degrees at the apex of each turn. The recreational track is 200 meters long and has a maximum 10-degree banking at each end. Bright lights allow cyclists to ride safely after dark.

"Riding on a velodrome gives you a sense of speed, safety, and exhilaration," said Carl Sundquist, an accomplished rider who works for the Florida Velodrome Association. "Velodromes were created as racing venues. If you ride with a group on the velodrome, your sense of speed and the visceral feeling of going faster than you felt possible will make you feel exalted. Because they are designed exclusively for use by bicycles, you can focus on your riding with none of the concerns of riding on city streets."

Riders must use the proper bikes for velodrome cycling. Since the bikes do not have multiple gears or brakes, they help maximize speed, reduce weight, and avoid sudden braking. They are available for rent at the facility, along with other necessary equipment. Helmets are also required when riding the track. Cyclists with other types of bikes can use the Brian Piccolo Road Course, which is adjacent to the velodrome and has a paved course with 500 and 800-meter loops.

Anyone can ride at the velodrome Monday to Friday, from 3:15pm to 9:45pm; Saturday, from 8am to 9:45pm; and Sunday/holidays, from 8am to 7:30pm. Several types of riders use the facility. Some enjoy traditional bicycle racing, while others are triathletes or part of the "fixie" group that rides single speed, fixed gear bicycles. Many riders also use the velodrome for easy riding at less than race speeds and without any racing interests, because it is a safe place to ride. On Monday nights, from 6:30pm to 9pm, weather permitting, new riders can learn the basics of how to ride comfortably on the track, as well as how to ride with other riders on the track.

From November to March, the velodrome will host several races. The Florida Junior State Championships (ages 10-18) will be held November 14-15. The fall racing series will be held on Saturday afternoons, at 5pm, on November 7, 14, 21, and at 4pm on December 5 and 12. The winter racing series, which begins in January, will also be held on Saturdays. Racing is broken down into three groups based on relative experience and fitness so new riders do not have to feel intimidated by competing with experienced, highly fit riders. All of the Saturday race series will have three races for each of the three groups. Riders typically ride all three of the races in their group.

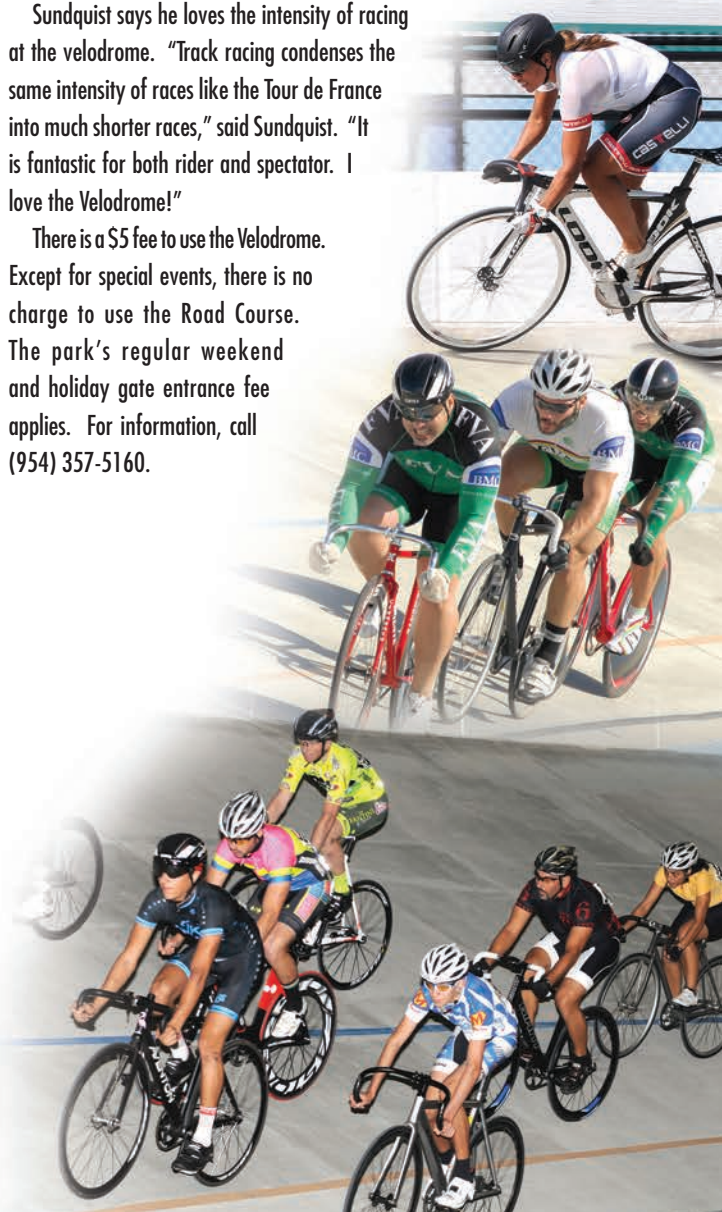
There is a family atmosphere at the races. Riders are very supportive of each other, and friends and families love to watch. "A velodrome is unique in bicycle

racing," said Sundquist. "In a road race or mountain bike race, spectators can only see the riders flash by for a second or two. In the velodrome, every seat and viewing point shows the entire track, so the spectators' viewing experience includes non-stop action."

Sundquist is one of the frequent riders at the velodrome. Since he started racing in 1982, he has been second in the world championships, a member of the 1988 and 1992 Olympic teams, and won 18 national championships. "At age 54, I am still racing and can't see stopping," said Sundquist. "There is so much I love about riding, including the sense of freedom, accomplishment and competition. I feel connected to my surroundings. I love how I feel when I am worn out after a good hard ride."

Sundquist says he loves the intensity of racing at the velodrome. "Track racing condenses the same intensity of races like the Tour de France into much shorter races," said Sundquist. "It is fantastic for both rider and spectator. I love the Velodrome!"

There is a \$5 fee to use the Velodrome. Except for special events, there is no charge to use the Road Course. The park's regular weekend and holiday gate entrance fee applies. For information, call (954) 357-5160.



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Local Athletes Participate in European Maccabi Games in Berlin

By Debby Teich

More than 2,100 amateur Jewish athletes from 36 countries participated in the 2015 European Maccabi Games in Berlin, Germany this past summer. During the 8-day Olympics-style competition, they had an opportunity to test their strength and endurance while they created long-lasting friendships. Many of the athletes were from West Broward.

Team USA consisted of 168 athletes, primarily between 15 and 25 years old. They participated on 20 teams and competed in 14 sports: Badminton, Basketball, Bridge, Chess, Equestrian-Dressage, Fencing, Field Hockey, Golf, Half Marathon, Soccer, Swimming, Table Tennis, Tennis and Water Polo.

Some of the USA team members from the area included:

- Open Men's Basketball: Ross Udine, Weston
- Youth Men's Soccer: Jake Fuhrman and Ilan Naibryf, Weston
- Junior Boys' Basketball: Harrison Arnberg and Michael Egozi, Weston
- Junior Boys' Swimming: Elad Fraiman, Davie
- Open Men's Water Polo: Tomas Tussie, Weston

The games, however, were about much more than just athletics. They also stood for tolerance and world peace and against anti-Semitism and racism. They were filled with emotion and symbolism. It was no coincidence that the opening ceremonies took place in Berlin's Olympic Park, which was built for the 1936 Olympics, when Jewish athletes were excluded from participating. This same Olympics also served as a showcase for Hitler's rise to power in Germany.

Jake Fuhrman was captain of the USA Youth Men's Soccer team. He is currently a senior at Cypress Bay High School. Since his freshman year, he has been a starter on the boys' soccer team, which was ranked best in the state in 2013 and 2015. Some of Fuhrman's soccer accolades include All County Soccer (2015) and Boys All County Soccer (2013). He is hoping to play soccer at the college level.

In Berlin, his team's roster consisted of 16 players, including Ilan Naibryf of Weston. After beating Germany, the team lost in the Bronze Medal Match to Sweden (1-0).

"I've been lucky enough to play soccer in roughly ten different states around the USA, participating in showcases, camps and league games, but nothing compares to this," said Fuhrman. "This definitely was the experience of a lifetime. It was an amazing opportunity

to represent my country and travel the world at the same time. It was interesting seeing the different styles of play from other countries. I made many new friends and we played at one of the best facilities in the world against teams from all over Europe."

Ross Udine played on the USA Open Men's Basketball team. Udine is currently a sophomore at New York University, where he plays point guard for the men's basketball team. In 2014, he graduated from Cypress Bay High School, where he helped lead the Lightning Boys Basketball team to three district championships. As a senior, he was named First Team All-County and Third Team All-State; selected to the Dade/Broward All-Star Game and the Big Eight All-Tournament Team.

In Berlin, he was part of a 12-man team that included a few pros and several high-level college players. Although they were only together a couple of weeks, Udine says that the team really bonded. The squad posted a 4-1 record and came away with the Silver Medal after falling to Russia in the Gold Medal Game.

"Playing basketball for the USA Maccabi Team was an absolutely remarkable experience," said Udine. "To be able to represent your country and religion in such an iconic and historical event was a blessing. Being invited to participate in these games, especially in a place so historically significant to the Jewish people as Berlin, was an honor and I am so thankful for the opportunity. I had an amazing time with my teammates, coaches and family. Being in Germany with all of these amazing people from different countries was truly a life-changing experience that I will never forget."

Harrison Arnberg and Michael Egozi played on the Junior Boys' Basketball team, which beat Israel in the Gold medal game (83-70). "The games were an all around amazing experience, between meeting people from other countries and competing in international basketball," said Arnberg, who is a sophomore at American Heritage School. "We practiced at the Charlottenberg Sporthalle," said Egozi, who is a sophomore at Pine Crest School. "We stood at center court with our eyes closed and imagined what it would feel like to have returned to Germany in triumph and have a Gold medal placed around our necks."

Two other local athletes also played well. Tomas Tussie played on the Open Men's Water Polo team, which beat Germany (16-3) in the Bronze Medal game. Elad Fraiman was a member of the Junior Boys' Swimming team. He won a Gold medal in the 200m Medley; Silver medal in the 100m Backstroke; and Bronze medal in the 50m Breaststroke.



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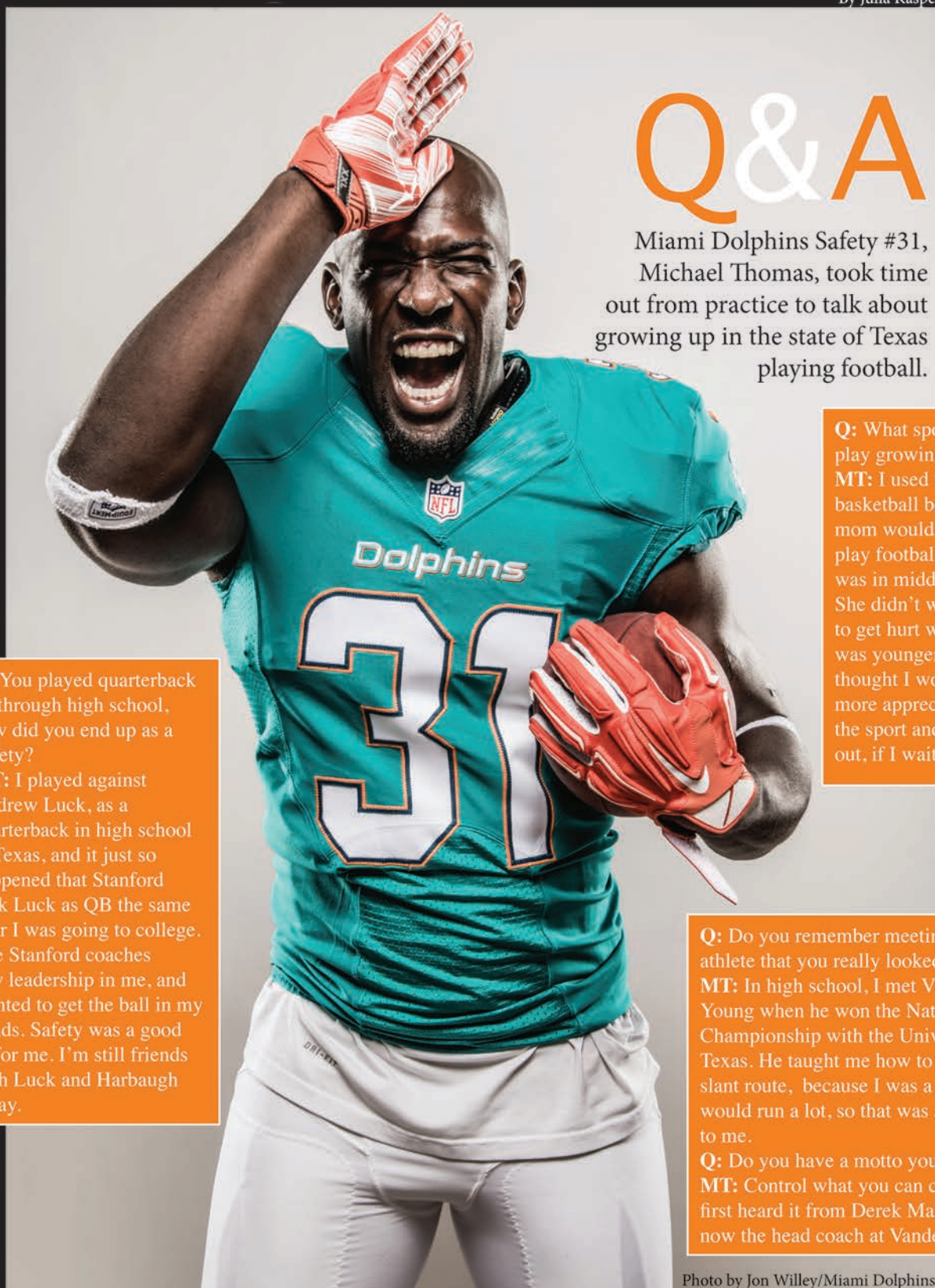
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Fins Up! with Michael Thomas

By Julia Kasper



Q&A

Miami Dolphins Safety #31, Michael Thomas, took time out from practice to talk about growing up in the state of Texas playing football.

Q: You played quarterback all through high school, how did you end up as a Safety?

MT: I played against Andrew Luck, as a quarterback in high school in Texas, and it just so happened that Stanford took Luck as QB the same year I was going to college. The Stanford coaches saw leadership in me, and wanted to get the ball in my hands. Safety was a good fit for me. I'm still friends with Luck and Harbaugh today.

Q: What sports did you play growing up?

MT: I used to play basketball because my mom wouldn't let me play football until I was in middle school. She didn't want me to get hurt when I was younger, and she thought I would have more appreciation for the sport and not burn out, if I waited to play.

Q: Do you remember meeting an athlete that you really looked up to?

MT: In high school, I met Vince Young when he won the National Championship with the University of Texas. He taught me how to throw a slant route, because I was a QB who would run a lot, so that was a big help to me.

Q: Do you have a motto you live by?

MT: Control what you can control. I first heard it from Derek Mason, who is now the head coach at Vanderbilt.

Photo by Jon Willey/Miami Dolphins

Tickets to watch Michael Thomas and the rest of the Dolphins play, available at: www.MiamiDolphins.com



FUTSOC – THE ELITE SOCCER ACADEMY...

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FUTSOC (FUTbol – SOCcer) is the name of one of the most successful clubs in South Florida, the State of Florida and the entire U.S. over the past fifteen years. It is the hidden gem in the soccer rich City of Weston. Born of an idea to truly focus entirely all the efforts and objectives of the club on the TRUE development and success of the fine young student athletes who comprise their specialized club, FUTSOC has developed a methodology which combines all the modern elements of the game of this generation, without sacrificing the proven principles and values which so strongly forged individuals in prior ones. FUTSOC is a deliberately small but greatly successful club, which is run by a family group of most dedicated mentors and coaches and an outstanding support staff, who collectively have over 80 years of coaching experience, at all youth and amateur levels of the game. Opting to focus primarily on qualitative factors and secondarily on the quantitative ones, over the years they have been able to shape fine young men into productive influences in our communities, while providing them with a development program, which is second to none!

Today's game has developed greatly in its technical and tactical training methodologies, and FUTSOC has been at the very forefront in these important aspects. However, it is also true that while the focus of most clubs has evolved into a simplified concept enveloped into a business plan with ever-expanding plans to generate profitability in order to "procure" tangible success, at FUTSOC, the profit factor is not of great import or significance. Counting on the strong financial support of the club's ownership and an enviable list of devoted personal and corporate sponsors, the success at FUTSOC has been matured so that they promote the inherent emotional, psychological, physiological and nutritional composition of each player to its highest form, in complementing their technical, tactical and physical development. Addressing the most significant concerns, the club nurtures the more important personal values of each young life... self-esteem, respect, dedication, sacrifice, friendship, trust, passion, love, camaraderie, sportsmanship and humility. When these critical virtues and qualities form the foundation of any human being especially in a young man, the personal growth is exponential, it

is permanent and undoubtedly inclusive of a wider scope of life applications for the present and the future, both in sports and otherwise.

It is indisputable that FUTSOC has been synonymous with proven excellence over the past decades, due to a great adherence to those values, those principles that they insistently and consistently stress on and off the field of play. With three, five-year cycles of their development program (Project: ENIGMA) already completed, these have yielded proven nationally recognized results – three of those teams ended among the top ranked teams in the nation, defeating many of the much larger soccer clubs all over the U.S. and abroad and many USSF Soccer Development Academies they competed against, and of greater significance, have provided for over one hundred students to attain scholarships at universities and colleges throughout the country. They are very proud to also have developed players who have moved on to represent the U.S. at various national team levels, some at foreign countries' national teams and yet others, at professional clubs in the professional ranks in the U.S., South America, Central America and Europe. Most recently, the City of Weston honored the club with a special proclamation for its final season ranking as the No. 1 boys U18/19 team in the nation, according to the prestigious youth soccer ranking services.

The club is set up to maximize the development progression of their youths, adhering to its FUTSOC DEVELOPMENTAL MATRIX and is structured, as follows:

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At FUTSOC, the focus is NOT exclusively on winning, but rather in providing its players with the necessary and mandatory tools to not only succeed in this magical game of FUTbol – SOCcer, but also, to grow, to develop and mature into stand-out young men in our society. It is the FUTSOC creed... a promise to each young man who becomes a part of their very unique family! At FUTSOC, it is the player who reigns supreme... it is they who make the club what it is! Their motto... "For the players, by the players!" In Catalan, the club heritage and colors they represent... "Per als Jugadors, pels Jugadors!"

FOR FULL ARTICLE & INFORMATION, VISIT: FUTSOC: www.futsoc.club





Weston Baseball Player Is Hitting a Home Run

By Debby Teich

Freddie Sultan was only seven years old when he began to develop a passion for baseball. After years of dedication and hard work, the Weston resident is well on his way to achieving his dream of playing professional baseball. He currently attends Winthrop University in Rock Hill, South Carolina, where he is a left-handed pitcher for the Winthrop Eagles.

"It took only one season to realize that this was what I wanted to be," said Freddie. "I dropped everything else and focused solely on baseball. I watched games on television; attended high school, college and pro games; and studied teaching videos on hitting, so I could learn how to beat the batters at their own game. I grew to love the challenge of the game, my teammates, the demands of my coaches, travelling to play other teams, and the time I spent with my Dad."

Freddie started playing coach pitch baseball in the fall of 2003. By the spring of 2004, he was already playing travel baseball with the Weston Rattlers. In 2007, his 10U Weston Rattlers team won second place in the AABC Willie Mays World Series in Cantano, Puerto Rico. In 2009, he played with the USA Travel Baseball Club 12U team that won Cooperstown Dreams Park in Cooperstown, New York, and in 2010 he played on the Weston Hawks 14U team that won the USSSA Fall Nationals in Orlando, Florida.

Once in high school, he played two years of JV baseball at Cypress Bay High School and University School at NSU and then two years of varsity baseball at University School. He spent three summers playing High School Elite Ball with the South Florida Elite Squad. During his junior summer, he played with the Elite Squad in the 16U Perfect Game World Series in Goodyear, Arizona and finished runner-up. As a senior, he earned First Team All-County Honors as a pitcher. Winthrop University, which plays in The Big South Conference, also extended him an offer, which included an academic scholarship, and he committed to play for their baseball team.

"I was very happy (and relieved) to receive an offer from a great baseball program like Winthrop," said Freddie. "The college recruiting process is rigorous. There's a lot of good competition out there, but as long as you work hard to be a good player and even a better student, there's almost always a school that will want you. My goal was to play D1 baseball and, in the end, it was Winthrop that believed in me."

Last year, the Eagles went 40-19 for the season. The team made it to the semi-finals in the Big South Conference Tournament and finished the season with a 14 game conference winning streak. As a freshman, Freddie played in 20 games and pitched 38 innings (recording 31 strike outs to just 12 walks). He started several games and ended the season with a winning record and one save. Over the summer, he was invited to play in the Florida League in Central Florida, which is affiliated with Major League Baseball.

Some things about the game have not changed since he was a kid. Freddie continues to wear #35, for his favorite lefty pitcher, Dontrell Willis, who helped the Florida Marlins win their second World Series in 2003. The level of competition and camaraderie, however, is more intense than ever. "At this level, everyone is so amazingly good," said Freddie. "Every hitter in the line-up is like facing the best hitter on a high school team. Everyone is very mature in their approach, their attitude and their forward thinking. Everything I do now and am surrounded by is like pro ball."

In addition to baseball, Freddie is also committed to academics. He is currently majoring in business, with a concentration in finance. He finished his freshman year with a 3.45 GPA and made the Dean's list. "Growing up, I was always told to work hard in school, because when you have good grades everything else comes easier and with less pressure," said Freddie. "I understand that there will be life after baseball. I'm in school to get my degree and to obtain a higher education, which is something that once I earn, can never be taken away from me."

Ultimately, Freddie hopes to earn his way into the pros (Minor Leagues) for any team, but he recognizes that it is not entirely in his hands. "I can only do what I can control," said Freddie. "Hopefully, someone will give me the same opportunity that Winthrop did. The path is simple - play well and they will find you! Only time will tell. As is well stated in the movie 'Moneyball,' one never knows when the game is going to tell you that it's over. I'm just making the most of my opportunity and enjoying the ride every step of the way."

If Freddie does not get drafted, he plans to pursue a graduate degree or go to law school. "Whatever I do, I will work hard and do my best," said Freddie. "In the long run, I would love to have a family of my own and help my children pursue their dreams like my parents have helped me."





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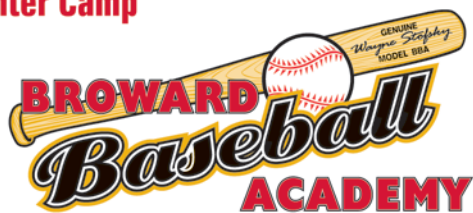
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PICKLEBALL IS FUN

FOR ALL AGES AND ABILITIES

By Debby Teich

Pickleball is one of the fastest growing recreational sports in America. The game, which combines Ping-Pong, tennis, and badminton, has been popular with area residents since it was introduced in an outdoor hockey rink at Pine Island Park in 2013. After some recent renovations, the park now has six permanent courts, making it one of the premier Pickleball facilities in the state. It offers open play, as well as leagues and tournaments.

"Pickleball is a fun sport that can be played by individuals of all fitness and skill levels," said Jeff Pohlman, Operations Management Professional for the Town of Davie. "It provides you with a great cardio workout, socialization, and fun!"

Pickleball is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It can be played either as singles or doubles. Players use a baseball sized whiffle ball and a paddle on a court that is approximately one-third the size of a tennis court. They volley the ball back and forth to score on the opposing team. Players must learn a unique set of Pickleball terms, such as "dillball, flabjack, v0ll3y llama, falafel, oPA! and pickledome."

In 1965, U.S. Congressman Joel Pritchard, William Bell, and Barney McCallum created Pickleball to provide a sport for the entire family. They named it after Pickles, the family dog that would chase stray balls and then hide in the bushes. Initially, families played Pickleball in their backyards, on driveways, and on residential dead-end streets. In the mid-1970's, it grew into a game played on a paddle court with formalized rules.

The sport currently has over 400,000 players in the United States and many of them are in South Florida. There is even a USA Pickleball Association (USAPA), as well as tournaments and competitions. Pickleball was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. It has become very popular among active senior adults, as well as among high schools and college students.

The courts at Pine Island Park are available daily for Drop-In Open Play, from 9am to 9pm, except during scheduled League Play. Players should bring their own paddles and balls. They can also borrow a paddle from the Multi-Purpose Center. There is a "Challenge Court" system on all of the courts during Open Play. When a team loses they must come off the court if "Challengers" have placed their paddles in the designated area. The "Challengers" then play the winners of the previous game.

Organized Drop-in Play is offered on Tuesdays and Thursdays, from 5pm to 9pm, and Saturdays, from 8am to noon. Fifteen to 25 players from around the area typically gather to play pick-up games. Everyone is welcome, including individuals who have never played the game.

"We have beginners, intermediate, and advanced players," said Pohlman. "Individuals that use our courts are always happy to teach and introduce Pickleball to new players and beginners. There is a true sense of community on our courts."

On Wednesdays, players can join the Co-Ed PickleBall League. The next league will begin in January. It will run for 10 weeks, using a Round Robin format, followed by a single elimination tournament. If there are more than 10 teams, organizers will split the league in to multiple divisions based on skill level to create an even playing field. All matches will be played at 6pm and 7pm. Each match is a best of three games and all three games will be to 11 points. Registration is \$20 per person/\$40 per team and includes a league T-Shirt. There will be awards for 1st, 2nd and 3rd place.

"Pickleball is so much fun," said Harriett Weinstein, who switched from tennis to Pickleball after her 73rd birthday. "It is a great workout and very social. I play with my grandchildren and we have a great time together."

Beginning January 2016, there will be a \$30 per year non-resident fee to use the Pickleball courts. For more information, call (954) 327-3929 or send an email to Sam_Gulla@davie-fl.gov.



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By Margot Lyons Puleri

The moment, **MY** moment, was when the plane door opened at 10,000 feet with a huge steady blast of wind that brought so much welcomed noise into my head. Fifteen minutes prior, five of us which included my older daughter Taylor, a pilot, two instructors and me, crammed into a tiny plane and took off over Lake Okeechobee. Taking it all in, there was only a deep but steady hum of the engine slowly climbing to altitude, plenty of time for my mind to prepare itself for what it thought was to come. The instructors were clicking off hundreds of photos of us with the GoPros that were strapped to their arms. Many what if's, many projections of what I imagined the jump would be like, and many images from skydiving videos were bouncing around my head like bursting popcorn.

When I got the "it's time" tap from my tandem skydiving instructor, Eric, he put my goggles snugly over my eyes and connected me to him with many heavy-duty hooks. He then pulled the harness straps to squish us together in a spooning position. I was genuinely comforted by how tightly we were bound together. I remembered one thing that the ground instructor said to us before we got on the plane; I am not jumping out, he is going to roll us out. That was a relief as well, as I am not sure my brain could have told me "Now!" Then the door opened.

The switch flipped in my head. I went from being in the moment, ready to check off this highly anticipated, thrilling "bucket list" event to having only what could be explained as an out of body experience. My heart wasn't racing, the second thoughts I may have had were gone, but my hand was strangling the strap in the plane above my head. I looked over my shoulder one last time at Taylor who was jumping right after me, but no words came, not that she could have heard me. I looked down towards

the step which was too tiny for my feet, and then to the checkerboard farm land far, far beneath. It all seemed so surreal. Robotically, I did exactly what the instructor said,

"Right foot out onto the step, left foot onto the step, smile at the camera, give a thumbs up, 3, 2, 1..." and we rolled out of this perfectly good plane.

Free falling at 100mph, face flapping, holding onto my chest straps for dear life, as if that might have helped if things went wrong, I watched myself careen towards the ground. I forgot

everything they told me to do like arch my back and put my head back. There was no time to think, no time to feel, I was not sure if I was even breathing. Eric told me to put my arms out like I was flying, smile for the camera and give more thumbs up. Apparently I did just that according to the photos you see here on this spread. He later told me that we were free falling for 35 - 40 seconds, but it seemed like a split second.

Just before he pulled the chute cord, Eric motioned for me to pull in my arms and hold onto the chest straps, which I was more than happy to do. I heard the pop of the chute catching the wind and we catapulted with a strong jolt up, up, up. All at once, it was alarmingly quiet again, just a soft whoosh of the wind and ruffling of the chute. I was back in the moment, back into my "bucket list" moment. He said I could put my goggles around my neck. He pointed at Taylor's chute up above us, I was so happy to see her floating safely down. I saw the airport landing strip below; I saw a flock of egrets flying in formation over Lake Okeechobee; I saw a plane in the distance. I knew I would never look out of a plane window the same way again after today.

Floating on the wind currents, I was whooping and awwwwing and using words like "unreal", "what a rush", "incredible". I could see my younger daughter, Cara, in her bright pink sweatshirt on the ground taking photos of us as we lofted overhead. Eric pulled a toggle on the right and we swooped into a right circle, losing altitude too quickly for my comfort zone. I was more scared at the moment than at the jump moment. My equilibrium went screwy and I got a little dizzy. He then more gently pulled the left toggle and we glided over the hangar. Coming in at what seemed to me to be too fast, he told me to bend my knees and lift my legs. At the last second he did something that made us swing up a bit to slide our butts gently onto the very welcoming earth below.

Hugs, photos, smiles...relief, as I watched my older daughter coast into her landing safely. More hugs, photos and smiles...and now angst. It was Cara's turn. She wanted to go up on the second session, so she was about to prepare for a jump with a complete stranger. My brave girl. I was both excited for her and incredibly nervous as I madly snapped off dozens of pictures of her. She suited up with harness and loaded into the plane. "What kind of mother am I?" I was thinking half laughing and half horrified.

After fifteen minutes, the ground instructor pointed to the plane above the clouds and said, "There they are! See that little spec? That is Cara in mid jump!" The time from seeing her jump to when her chute opened seemed like 20 minutes. It is funny how different perspectives view the same event. As she neared the ground, I heard her holler and whoop and watched her wave as she soared above. I am not going to lie, I was happy the whole thing was over. I took a huge sigh of relief when all three of us were finally safe on the ground.

In the 20 minutes after, we viewed our photos, laughed and shared our thoughts and perspectives

A FEW THINGS YOU NEED TO KNOW BEFORE YOU GO:

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Ages 18 and over in Florida.
Photo ID required.

STRICT WEIGHT LIMIT:

Maximum 240 pounds.

WHAT TO WEAR:

Sneakers. Comfortable clothes; jeans, shorts or workout attire.

CAN YOU BACK OUT BEFORE YOU TAKE OFF OR ONCE YOU ARE IN FLIGHT?:

Yes!

LENGTH OF TRAINING PRE-FLIGHT?

Less than a half hour.

NUMBER OF JUMPERS PER FLIGHT?

2 jumpers, 2 instructors, 1 pilot.

APPROXIMATE COST:

\$210. Add \$100 for DVD of photos (recommended) or video.

of the jump. As we watched each other having their moment, it was truly exhilarating. The photos were incredible and captured each second of our experience. Cara was ready to go again. She felt that a second jump would be a more memorable experience. Taylor and I were content with our first, and likely last, jump out of a plane. Mission accomplished...one more thing checked off the bucket list!

Perhaps Cara will go again someday. Perhaps all three of us will be a little more adventurous in the future because we will look at things from this new perspective. As far as creating life long memories, this was a great way to celebrate all three of our birthdays; ages 49, 23, and 20. The grass looked greener, the sky looked bluer and we all felt a little more alive on the drive home.

I have to give "props" to the wonderful skydiving company and instruction team that safely, professionally and passionately escorted us step by step through the jump. **Skydive Palm Beach** is located in a hangar at Palm Beach County Glades Airport in Pahokee, Florida. I chose this company for their experience, safety record and location, all of which is explained in detail on their website www.skydivepalmbeach.com. Call them at (561) 586-7669 with any further questions or to schedule your jump. ■



Thanks Coach





Home of the Champions and Olympians

In 2008, Marissa and Michael Zoldan bought TAG USA Gymnastics and transformed it into the largest and most successful girls and boys gymnastics program in South Florida. "TAG USA's popularity comes from how we establish a personal communication with every family and we get to know the needs of every child. The organized and safe way we conduct recreational classes are very organized, and how we invest in a unique experience for every athlete," explains TAG USA's owner Marissa Zoldan.

Michael Zoldan says that TAG USA's success is due to the "obvious big differences in our programs from other gymnastics programs." TAG USA's 40,000 square foot facility is the largest in the area, and along with space, there is an extraordinary amount of equipment. "Our athletes do not share floor space or have to wait in lines because of what we have invested in extra equipment and spacing of the gym." Michael adds, "We also invest in managers and directors who monitor class lesson plans and rotations, making sure that each class is conducted safely and efficiently." The success of TAG USA's gymnastics is evident by the popularity of their many preschool, girls and boys gymnastics, aftercare and camp programs.

Families are welcome to begin their TAG USA experience with a FREE Baby Tumblers class for newborns and moms. The next step up is the Preschool Gymnastics class teaching basic tumbling, beam walking, and bar skills. By age five, a boy or girl athlete will move to the beginner, intermediate, or

advanced classes. All classes are taught by a lesson plan that allows athletes to gain safe new skills in step-by-step progressions.

TAG USA Gymnastics is known as the "Home of the Champions" as their athletes have five NATIONAL CHAMPIONS since 2013. No other gym in the region has National Champs in boys gymnastics, rhythmic gymnastics, and three in trampoline & tumbling. Besides National Champs, TAG USA has had two athletes named to the National Team and many Regional and State gymnastics champions. Since 2009, TAG USA has also won nine team State Championships in boys and girls gymnastics...something no other gym has accomplished.

One of the unique experiences that members of TAG USA enjoy are the famous guest Olympian visits to the gym. TAG USA is also known as a "Second Home to Olympians." Famous Olympians that have visited include: Aly Raisman, Shawn Johnson, Nastia Liukin, Jordyn Wieber, Samantha Peszek, Jonathan Horton, and Sam Mikulak. TAG USA wants their young athletes to get to know famous Olympians who share their similar interests. Marissa explains that team members, class athletes, and campers realize that these famous Olympians also trained hard, have had their ups and downs, and have balanced school work with their athletic experiences. Marissa states, "Meeting an Olympian creates personal bonds for our young athletes and a memory that lasts forever." It is these special experiences that helps make TAG USA very unique.

TAG USA gymnastics is located at 1951 North Commerce Parkway in the heart of Weston. Most classes are available Monday through Fridays and Saturdays at multiple times; please call TAG USA at 954-384-9191 to register for available classes. Classes are grouped into ten week sessions with the most competitive prices.





Arts Council Brings Art and Culture to Weston

By Debby Teich

Jami Nix Rahn is a visual artist with a degree in Fine Arts. As president of the Arts Council of Greater Weston, Inc., she is sharing her passion with other Weston residents by providing diverse arts and culture events and activities for kids and adults of all ages in an effort to help build the community through the arts. "Art impacts a community in so many ways - esthetically, financially, and spiritually," said Rahn, who has been a member of the Council for the past five years. "Weston is a multicultural, family-oriented community. The Arts Council works to bring shared aesthetic experiences that unite us all in an esprit de corps."

The Arts Council is an independent, volunteer, nonprofit organization that serves as a liaison between the community, the City of Weston and the Broward County Cultural Affairs Division. The board includes 15 local business leaders, arts advocates and retired professionals that advocate and promote arts and culture events, and also review event requests for recommendations to the City Commission. It is not necessary to be on the board to volunteer.

The Student Artist Showcase is an annual event typically held at the end of the school year. Art teachers from all of the public and private schools in Weston have an opportunity to enter their students' artwork in a juried show at the Weston Branch Library. After professionals in art and education view the art works and select placement awards in different grade categories, a reception is held for the artists, their families and teachers. The Mayor of Weston and City Commissioners attend the reception and assist in distributing placement ribbons and small monetary awards.

"Art provokes critical thinking and understanding," said Rahn. "It encourages collaboration, stimulates experimentation, and inspires discovery and invention. These are all tools that are crucial for our children's success in a twenty-first century world."

Children and families also have an opportunity to experience the arts during the annual Celebrate the Arts Day, when Young At Art Museum partners with the Council by bringing their outdoor studio to Weston. At the event, which is typically held in January, children can paint, make crafts, get their hands muddy at the potter's wheel, express their creativity on the 28-foot graffiti wall, try an instrument at the instrument petting zoo, visit booths that demonstrate photography, ceramics and book art; and much more. Local high school band, chorus and drama departments provide entertainment throughout the day.

The Weston Foreign Film series has become one of the Council's most popular events. It began nine years ago with 50 people in the Weston Branch Library and has grown to sellout crowds of over 400 people at the Weston 8 Cinemas (now owned by AMC). The Foreign Film Committee spends hundreds of combined hours viewing films throughout the year to select the ones they feel the Weston audiences will enjoy. Tickets are sold through the Friends of the Weston library and at the Weston Regional Community Center. The Council is currently negotiating with the AMC to continue the series beginning in January 2016.

The Arts Council is always looking for new ways to bring art and culture to the community. One of the many ideas they are exploring is to host an international food and entertainment event next season. They always need volunteers to help plan and execute their events. "The Arts Council is looking for volunteers with computer skills, clerical skills, organizational skills, and those just willing to pull up their sleeves and assist us in our many wonderful activities," said Rahn.

For more information, visit www.artscouncilweston.com.





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What is Lomi Massage?

Lomi Lomi is an ancient and beautiful massage modality whose origins come from the islands of Hawaii. Simply put, Lomi Lomi means to "massage" or "knead". A unique and revitalizing experience, ancient Lomi has been handed down from the "Kahunas", or master Shamans of Hawaii. Believing that "dis-ease" can block energy flow, traditional Lomi facilitates deep release, not only from muscle tension, but from limiting thoughts and beliefs as well. Sacred Lomi® promotes restorative healing for the whole self in a very individualized and therapeutic session.

What should I expect from a Lomi Massage?

Lomi Lomi is an incredible whole body experience which maneuvers around the entire individual at once, utilizing forearms, elbows and hands. Excellent pressure combined with long, flowing strokes that reach from head to toe in continuous, rhythmic movements, embrace both the top and underside of the body. This strong and powerful dance allows the recipient to completely "let go" and "receive", gently provoking the mind and body to surrender. The result is increased energy flow, restorative balance and complete harmony. Sacred Lomi® addresses the whole being; physical, mental, emotional, and spiritual.

Will Lomi address my specific pains?

Lomi Lomi is one of the most individualized and intimate modalities of massage therapy. A soothing environment allows the recipient to freely discuss their appropriate history, particular areas of concern and personal comfort level as it relates to massage therapy. Your therapist will adjust pressure and technique to meet your individual needs and your treatment will be uniquely tailored to address your specific reasons for scheduling a Lomi massage. No two experiences will ever be identical. This modality promotes transformative healing; reducing pain, improving discomfort, releasing tension and nurturing your body and mind.

How long does a traditional Lomi massage take?

All sessions incorporate hot stones, warm towels, aromatherapy, scalp massage and reflexology on a comfortable heated table. The treatments are typically 60, 90 and 120 minutes in length. It is very rare for Lomi by Lori to accomplish a traditional, therapeutic Sacred Lomi® massage in 60 minutes, therefore she recommends your initial visit to be at least 90 minutes.

Is Lomi recognized by a Certification Board? Why don't more massage therapists specialize in Sacred Lomi® Massage?

Sacred Lomi® courses were developed by Tom Cochran and Donna Jason as a healing art designed to empower the individual student to heal themselves first and then offer that healing to others. Approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider, Sacred Lomi® offers basic workshops coupled with advanced training retreats. Practicing and receiving Lomi each day, the student experiences first hand the spirit of "aloha". This relatively small family of advanced Sacred Lomi® practitioners have built a strong "Ohana". Advanced training deepens the love for this ancient art. The commitment for higher knowledge and growth requires time, travel, and monetary consideration.

Lori is a nationally certified, licensed massage therapist who has practiced therapeutic massage in South Florida since 2001. Lori earned her license from Educating Hands School of Massage in Miami, considered to be one of the top "Ten Best Places to Study Massage Therapy in North America". Three years ago, Lori attended a basic Sacred Lomi® massage CEU workshop and it had a profound impact on her practice. She has since attended various advanced trainings in Sacred Lomi® and will be studying in Hawaii this spring. She passionately incorporates her knowledge and skills into her practice and into her life.

To learn more about Sacred Lomi® Massage, please visit www.IntuitiveTouchLomiMassage.com or call Lori at (754) 234-3466.

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- **AMERICAN RED CROSS BASIC FIRST AID:** This three-hour course is designed for the layperson with basic first aid principles. It includes general principles, medical emergencies, injury emergencies, and environmental emergencies. Y Members \$65, Non-Members \$85.
- **SCUBA DIVING CERTIFICATION COURSE:** Ages 10 & Up. Become a certified Scuba Diver. Course includes: PADI e-Learning online academic training, PADI OW enhancement crew pack, use of Scuba and snorkel equipment for all dives, 2 trips on Sea Experience II (4 Ocean Dives) and PADI certification fee including picture ID. For more information, go to seaexperience.com.
- **SAFE START:** This is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and in everyday clothes. This is a six-week course and children attend lessons five days a week for ten minutes each day. Cost: \$500. For more information, contact Nicole Leno at Nleno@ymcabroward.org.

HOSPITALS & MEDICAL FACILITIES

THE CHILDREN'S CENTER AT PLANTATION GENERAL HOSPITAL

The Children's Center at Plantation General Hospital offers specialized hospital care for children of all ages. Within minutes of the Florida Turnpike, I-595 and I-95, the Hospital is staffed by pediatricians who provide emergency and intensive care for newborns, children and teenagers. Visit www.plantationgeneral.com/pediatrics or call 1-888-256-7724 for more information.

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THE VALVE INSTITUTE AT WESTSIDE REGIONAL MEDICAL CENTER

The Valve Institute at Westside Regional Medical Center offers patients with valve disease a team of cardiologists, radiologists and surgeons, that will evaluate patients and work in tandem with JFK Medical on the new procedure called transcatheter aortic valve repair (TAVR). 8201 W. Broward Blvd., Plantation. Call 1-800-618-2631.

STROKE + NEUROLOGICAL CARE AT WESTSIDE REGIONAL MEDICAL CENTER

Our Comprehensive Stroke Center provides stroke patients with 24/7 emergency care, providing a stroke care program that can significantly improve outcomes for stroke patients. The center is located at 8201 W. Broward Blvd., Plantation. Call 1-800-618-2631.

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[ORTHOPAEDICS CONT.]**NICKLAUS CHILDREN'S HOSPITAL ORTHOPEDIC SURGERY PROGRAM**

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CODEPENDENTS ANONYMOUS

Do you wish for a more balanced, loving and healthy relationship with yourself and others? If so, please join us on Fridays 11:00am – 12:15pm. Come share or just listen. Dunkin Donuts meeting room (9170 W. R 84 in Davie). For other meetings and to learn more about codependency, please see www.coda.org.

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LUNCH BOX RECIPES

*Chicken Meatballs
With Cheese Sticks
and Dipping Sauce*

INGREDIENTS

- ¼ lb. Ground Organic Chicken
- ½ lb. Organic Chicken Sausage, casings removed
- ⅔ cup Fresh Bread Crumbs
- 2 cloves Minced Garlic
- 3 tbsp. Chopped Fresh Parsley
- ¼ cup Freshly Grated Pecorino Romano cheese
- ¼ cup Freshly Grated Parmesan Cheese
- 3 tbsp. Milk
- 1 Extra-Large Egg, lightly beaten
- 1 tsp. Kosher Salt and Pepper to taste

DIRECTIONS

Preheat oven to 350 degrees.

Combine gently all ingredients in a bowl using a fork. With a teaspoon, drop 1 - 1 ¼ inch meatballs onto a baking sheet lined with parchment paper (makes about 40 meatballs). Bake for 30 minutes, until cooked through and slightly browned.

Let meatballs cool then place in zip lock or tupperware in refrigerator until ready to pack lunch. Add provolone or mozzarella cheese sticks and a small container of spaghetti sauce for dipping. Include carrot sticks and an oatmeal/raisin cookie for a well rounded lunch.



Meatball recipe from Barefoot Contessa, Back to Basics cookbook.

SCHOOL CALENDAR

**2015-2016
BROWARD COUNTY
PUBLIC SCHOOL CALENDAR***

Changes may be made. Visit www.browardschools.com for updates.

FIRST QUARTER

Thursday, October 22.....Early Release Day
Friday, October 23.....Employee Planning - No School

SECOND QUARTER

Monday, October 26Start 2nd Quarter
Wednesday, November 11Holiday - No School
Thursday, November 12.....Report Cards Issued
Thursday, November 19.....Interim Reports Issued
November 25 - 27Thanksgiving Break - No School
December 21 - January 1Winter Break - No School
Thursday, January 7Early Release Day
Friday, January 8Employee Planning - No School

THIRD QUARTER

Monday, January 11Start of 3rd Quarter
Monday, January 18.....Holiday - No School
Thursday, January 28Report Cards Issued
Thursday, February 11Interim Reports Issued
Monday, February 15Holiday - No School
Thursday, February 25.....Early Release Day
Thursday, March 17Early Release Day
Friday, March 18Employee Planning - No School
Monday - Friday, March 21 - 25.....Spring Break - No School

FOURTH QUARTER

Monday, March 28.....Start of 4th Quarter
Thursday, April 14Report Cards Issued
Thursday, April 28Interim Reports Issued
Friday, May 27Employee Planning - No School
Monday, May 30Holiday - No School
Thursday, June 9Early Release & Last Day of School

Hurricane make-up days in order of preference: 10/22/15, 1/07/16, 2/25/16, 3/17/16, 6/9/16. * Year-Round Schools Follow Different Calendars.



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CREATING PEACE IN YOUR HOME DURING THE HOLIDAYS

By Jodi Kurry Cohen, MS.Ed, Director of Early Childhood Programs, Temple Dor Dorim



The time of year is coming when we begin to run around frantically preparing for the holidays. We rush to prep our Thanksgiving meals, make arrangements for travel and we start to do our Hanukkah shopping, making lists of the items

we need to buy for family, friends, co-workers and other important people in our lives. In the chaos that surrounds the holidays in all our preparations we often forget to stop and teach our children about the true meaning of this time of year.

What lessons do we want our children to learn about the meaning of these holidays? Are we teaching them history and traditions or that this time of year is all about stress in a mad rush to get things done? It is important for all of us to stop for a moment and reflect on this question. A good way to gauge how your child views this time of year and what it is all about is to ask them and see how they answer.

In our focus to please those around us by preparing big elaborate meals, waiting in long lines at stores, wrapping gifts, writing cards and dealing with relatives, our tempers begin to flair and our patience becomes short. At the time of year that is supposed to be about giving, caring and kindness to others, we become the least understanding to our loved ones. We seem

to remember to give to charities and help those in need but tend to neglect those closest to us.

There is a Jewish Value that is commonly found to be important in all religions, to model for our children, called Shalom Bayit. Shalom Bayit is about creating a "peaceful home." While obviously giving to others and being kind to others is important and necessary, it is just as important not to neglect those closest to us that are not strangers. Peace needs to start in the home. Our families are the people we often take for granted. Our friends, relatives, our spouses and our children, the reasons why we are rushing and planning and doing in the first place, we end up putting last on our list of importance. We become short-tempered with them and our time for them becomes limited while we rush about trying to get things done.

However, the best gift we can give our loved ones is time. They want our attention, an ear that is truly listening and a chance to spend some quality time together. Quality time is meaningful time, not time spent running around a mall, the grocery store or doing chores.

Take the time to stop and reflect how you can create meaningful time with your loved ones during this season of rushing. Stop and remember why we celebrate these holidays with loved ones in the first place. If you do this, and reprioritize the way you are spending your time, you will begin to see the holidays as less overwhelming and instead look forward to them as a time to bring joy and peace into your heart and into your home.



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Lower School Campus:
PreK3 - Grade 5
Tuesday, November 10 | Begins 9:00am

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PreK3-Grade 5
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Grades 6 - 12
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PRE K 3 THROUGH GRADE 12



Community Service Ideas for Teens

By BRACE Adviser Julia Kasper

The community service requirement for all high school students in Broward County is 40 hours, of approved service. Most students graduate with well over that amount. If a student earns over 250 service hours from 8th grade graduation through high school graduation, they would be eligible to wear a silver cord during their graduation ceremony. As a parent, you can help your child find organizations and places to volunteer and hopefully become engaged in. Here are some areas where local teens have developed a strong tie:

- The Humane Society of Broward County
- Habitat for Humanity
- ARC Broward County and City Parks
- Beach Clean Up Projects
- Broward Outreach Center

"We are hoping the requirement for service hours sparks interest in helping others, not just who can earn the most hours," said South Plantation High School Principal Christine Henschel.

Students can also take an initiative and create their OWN service projects. Here are some ideas your child may be interested in:

1. Book Drive. Begin collecting books from everyone you know. Start a library in one elementary class. Maybe go to your favorite elementary teacher that you had and ask them if you can create a library for them in their room.
2. Park clean up. You can gather a few friends and help clean up ANY park. Just think of the impact you could make if you went to ONE park for ONE hour each weekend.

3. Coat drive. So many students in Broward County do not have cool weather clothing due to our warm weather. When we do have a cold snap, there are thousands of students who do not have proper clothing. You could collect jackets and sweaters from families for each social worker in the public schools.
4. Snack drive. Collect boxes of snacks for the social workers in the public schools to keep in their office. They know the students who need the food and usually can set up something for students in need to come by their office each Friday to take some snacks with them so they have food on the weekends.
5. Coach a sport. Be a volunteer coach for any team. Helping other children counts toward your service hours. Help out in any area you are strongest in. You can check in your city to help with city leagues, but there are also several county leagues that help children with special needs learn to play sports.

Every student should check with their guidance counselor for log in sheets and always make a copy of any hours worked before turning in the forms to your school. A great website is www.handsonbroward.org for projects in Broward County by dates and times.



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Cypress Bay turns Media Center into

By Olivia Ohayon, School Newspaper Writer • Photo by Morgan Comite, School Newspaper

CYBER LOUNGE

As the school year at the Bay rolled in, students soon found that the traditional media center they have always known acquired a summer upgrade. The new cyber lounge, "The Wave," offers a wide range of technological features for students to utilize and pair their own electronic devices with. Principal Scott Neely had envisioned a facility in which students would be able to embrace the new way of learning through technology. "Mr. Neely wanted the cyber lounge to be able to do those things that the kids are doing now with all the new technology that they have," Assistant Principal Marianela Estripeaut said.

Most tables have outlets directly connected to them, which provide a place for students to charge their phone, tablet, or other electronic devices. "I think students are used to using technology all the time and it has become second nature to them, so a facility such as the new cyber lounge is going to encourage more students to come in and enjoy all the technology," Media Clerk, Lina Agosta said. Even the chairs have the ability to move quickly so when the students are working in groups they can regroup easily and work with someone else. The high-top tables have the capability to connect a tablet or laptop to and then cast what is on the device on to a larger computer screen. Similarly, there is a conference area, which offers tablets for use during a seminar or meeting.

"It was a beautiful media center before, with nice furniture and everything, but it didn't have the capabilities the new one has," Estripeaut said. Principal Neely wanted the cyber lounge to feel modern and retro with a different look and vibe than the previous media center. "If you notice the furniture that it is in there, it all has a specific purpose," Estripeaut said. The furniture is not only functional, but has gotten a great response aesthetically. "When I first saw 'The Wave,' my mind was blown. I would not expect the library to improve and look as nice as it does now," senior Rueben Cubas Bazan said. Bazan said that last year he had used the media center for studying and homework and he was impressed with its new look when he first found out about the renovations through a Snapchat.

"The transition to the new facility did not take that long. We met with a county-approved vendor regarding the furniture and we worked out the little intricacies," Estripeaut said. There were several stages involved in planning the new cyber lounge including picking the exact materials, as well as flooring and wall color. "After we figured out what we wanted it to look like,

we got to the fun stage, which is deciding on the little decorative accents," Estripeaut said. You see these decorative accents as soon as you walk in. One being the large, ornamental decal that says "The Wave" contrasted against a gray wall. Even the windows overlooking the planning rooms are decorated to look like a huge fish tank.

"When I first saw the cyber lounge I was impressed because I didn't expect that they would decorate or upgrade it this much. A technology-focused school and Internet access gives you unlimited resources, but at the same time keeping some of the books was also a pretty good idea," senior Juan Cuartas said. Most hard cover books that are still readily available and in the cyber lounge are non-fiction. "The shift towards more computers and less books has been an easy transition and my roles and responsibilities haven't really changed," Media Clerk, Terri Nelson said.

Estripeaut believes that "once you go forwards, you can't go back." However, she does not think that means that students will never pick up a hard cover book again. "I think that you have to change with the times. Sometimes we hold on to the old way of doing things when it's inevitable that change comes along and change is here. Students read a lot of texts through their electronic devices. We can't prevent that from happening," Estripeaut said.

Agosta said she thinks more students will be interested in coming in to study or to download because it's something that they are used to. "We wanted the name to reflect the electronic flow and wave of information," Estripeaut said. "We went through several different names and obviously Mr. Neely is a surfer and the surfing theme permeates the school." The electronic flow and wave of information are things that the facility represents. "I don't think the name could suit it any better," Cuartas said.

The overall response to the catchy title and new addition to the large school has been positive. "I think the students are going to absolutely be thrilled with it," Estripeaut said. "I think it's beautiful that what he had in his mind is now becoming a reality."



FALCON COVE ATHLETICS KEEP ON WINNING

By Evie Hoopes, Athletic Director

The Falcon Cove Athletic Department is one of the most decorated programs in Broward County. Since the doors opened in 2000, they have won a County Championship every year, in at least one or more sports, for a total of 26 County Championships. This is an amazing achievement when you consider there are more than 50 middle schools in Broward County. The backbone of the lustrous program is the leadership of Coach Hoopes, who has been the Athletic Director for 13 years. Coach Hoopes has created one of the most respected and successful programs in the county, winning Falcon Cove their first County Championship in Volleyball in 2000 and going on to win a total of 10 County Championships in the 15 full years the school has been opened. Falcon Cove is going into its 16th athletic season this year. Coach Hoopes works diligently to try to inspire the athletes to work hard, be committed to their teammates and coaches, and to just be good people. All of Falcon Cove's coaches are one of a kind and extremely dedicated to their players. We are looking forward to another phenomenal year with Coach Hoopes, Coach Stupp, Coach John, Coach Santora, Coach Johnson, Coach Malone, Coach Grant and Coach Malca.

Last year, the athletic department had another phenomenal year winning 3 division championships and 3 county championships. Coach Vargas coached two undefeated

seasons and two County Championship teams (Boys soccer and Boys volleyball).

Our girl's soccer team has won 3 championships in a row, which included 2 undefeated seasons and a 1-loss season. We came up a little short last year and finished the season 8-2. Coach Vargas led the boy's soccer team to a division championship and their 11th championship, in 15 years, with an undefeated season. Chris Machado was voted the game's MVP.

Our girl's basketball team, led by Coach Thompson, had a good season 4-4. Our boys, led by Coach Johnson, finished with an 8-2 season, a great finish for them. It was the first time the boys made it into the second round of the playoffs.

The county brought back volleyball to our middle schools. Coach Hoopes and Coach Stupp led the girls to a division championship, an undefeated season, and a County Championship. Coach Vargas led the boys to a division championship, undefeated season, and a County Championship. Corina Palacios and Mariano Rodriguez were voted the game's MVP's.

Flag football: Both teams did well having a 4-4 season.

Track: Ran their way to a great season as well.

Falcon Cove is excited for the 2015-2016 athletic year to have another great year in all of our sports.





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Our staff is dedicated to making sure that every child is given an equal opportunity to get the education all children deserve and thus provide them with the greatest chance of success.



EAGLE POINT ELEMENTARY EXPANDS DUAL LANGUAGE PROGRAM

By Andrea Nobil, Literacy Coach

Eagle Point Elementary is thrilled to announce that our Dual Language Program has expanded this year to include third grade. EPE was the first public school in Broward County to implement the innovative two-way immersion (TWI) model two years ago. The program features half of each day in which English-only is spoken and the other half of the day where Spanish-only is spoken. All content areas are presented in both languages, with non-repetitive lessons that enhance delivery of the targeted skills. This TWI model is highly compatible with the Florida Standards (FS). Early success and increasing demand enabled the English-Spanish program to grow one grade each year since the kindergarten and first grade inception. Ultimately, the TWI classes will be offered in kindergarten through fifth grades.

Two years into the TWI program, our third grade dual language students are currently reading a chapter book in Spanish and engaged in recreating experiences from the main character's life. The book, *Judy Moody Está Mal Humor, de Muy Mal Humor*, is about a spirited third grader. Projects include creating a Me collage and taking care of a pet Venus flytrap. This thematic, multidisciplinary unit is an ideal example of integrating standards with Spanish literacy in a relevant and engaging format that supports our dual language curriculum.

With Hispanic Heritage Month quickly approaching from September 15 to October 15, all of our dual language students are getting excited about the planned projects and events. Kindergartners are dressing a figure to represent their parents' heritage. First graders are conducting research on Hispanic countries to learn all about the culture and will compose research reports. Second graders are designing luggage that represents the country of their families' heritage and will dress in traditional costumes. Third graders are researching Hispanic Nobel Peace Prize winners and will present multimedia reports. All EPE students will participate in school-wide events such as a paella lunch and salsa dancing lessons.

Eagle Point's dual language program upholds the school's mission to empower students to become leaders with a passion for lifelong learning. EPE staff and families are proud to support bilingual, biliterate, and bicultural experiences that nurture global citizenship. Griselda Camino, parent of a second grade TWI student, summed it up best when she said, "Dual language is a phenomenal program that has enriched my daughter's education beyond expectations. She has constant opportunities to embrace her Spanish culture and cultivate a global perspective. I feel confident that she will be well prepared to succeed in her future thanks to this strong foundation."





By Heather Hedman-DeVaughn, Principal

Each year our staff votes on a theme and this year was no exception. Our theme for 2015-2016 is "Manatee Bay Elementary, where Superheroes are made."

The theme truly typifies our school. Manatee Bay is an award winning school with teachers, staff, parents, PTA and partners that truly go above and beyond for the goal of student achievement. We have overcome some insurmountable obstacles as a team and have seen the power of what has resulted when each person gives their utmost of what they are gifted with!

We explained to the students that a super power is what you can do that is better than most people, whether it's Math, Reading, Science, Social Studies, Writing, Art, Music, Sports, Caring, Giving, Helping, etc. Our goal with this theme is to further develop all our super powers and leave this year with a few more super powers under our belt. Throughout the campus you will see evidence of this theme with our bulletin boards and decorations and also in the classroom and throughout the campus.

When the teachers and staff came back from summer break, we talked about

people in our lives that were super heroes to us and how that helped shape our lives. As the principal, I shared how my father was always a superhero to me. Growing up, I actually believed he was the strongest person in the world. Because of his selfless love, caring and support I always felt like I was the wealthiest person in the world and my dad can do anything. We then dimmed the lights in the cafeteria and each staff was given an individual light. After our Assistant Principal and I read a very empowering poem to our staff, we all shone our lights as a symbol to let our light shine. Our light being the unique powers that we bring to education. WOW!!!

With the help of 2 of our wonderful partners (Curriculum Associates and ASP), we were able to provide every teacher and staff with a cape to remind them of the unique and SUPER person they are and what they bring to our AMAZING school. A program like this was done for every group in the school, teachers, Office Staff, Teacher assistants and custodians — no group was left behind. We are all super heroes and as we let our light shine we give others permission to do the same.



Get Involved With Your Child's Education This School Year

By Dr. Raymond J. Huntington

You've probably heard before how valuable parental involvement is when it comes to supporting a child's academic success and well-being. Researchers and education professionals continue to find that a family's involvement in their child's education is not just beneficial, but essential. Parental involvement is closely tied to student achievement, high motivation, self-esteem and more.

But how exactly should you get involved, and how much? Are certain activities more beneficial than others? Here are several suggestions on how you can get involved with your child's education this school year and make the most of those efforts.

Voice your opinion on school issues. Attend meetings for your school's Parent Teacher Association and help weigh in on important decisions that impact your child's education. This is a great way to make changes at your school and a wonderful way to get to know teachers, administrators and other parents.

Spend time at school. Volunteering in the classroom helps your child's teacher, but it's also a great opportunity for you to observe your child's work habits and behavior. Another idea is to volunteer in the lunchroom or help out during lunchtime activities if your child's school allows it. Be sure to stop into the classroom to touch base with your child's teacher as well.

Foster your child's learning at home. If your work schedule doesn't allow you to get to school much, don't worry. Parental involvement and student achievement studies show that at-home activities, such as reading with your child, actually have a greater impact on student educational outcomes than involvement such as parental participation in school events. Whenever possible, be

on hand to help your child with homework. If your child is older and does homework independently, you can still ask questions and show interest in school, homework and what your child is learning (and enjoying).

Get to know the teachers in your child's life. Building a home-school bond is important. Make sure to attend all parent-teacher conferences, but also maintain open lines of communication with the teacher in between. Ask how you can best support your child at home and keep in touch about how those efforts are going.

Work on the basics. A less obvious way of parental involvement is to help your child develop some of the essentials for school success: organization, time management, good study habits and maintaining a schedule. These skills require consistency and practice and most children need support at home to learn them. Run a structured household. Maintain a predictable school routine and encourage your child to do the same.

For more suggestions on how you can support your child and get involved in school, attend one of Huntington's workshops for parents. Contact Huntington at 1-800 CAN LEARN about any free upcoming presentations on topics ranging from preparing students for college entrance exams to homework help.

About Huntington: Huntington is the tutoring and test prep leader. Its certified tutors provide individualized instruction in reading, phonics, writing, study skills, elementary and middle school math, Algebra through Calculus, Chemistry, and other sciences. It preps for the SAT and ACT, as well as state and standardized exams. Huntington programs develop the skills, confidence, and motivation to help students succeed and meet the needs of Common Core State Standards. Founded in 1977, Huntington's mission is to give every student the best education possible. Learn how Huntington can help at www.huntingtonhelps.com. For franchise opportunities, please visit www.huntingtonfranchise.com.



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COUNTRY ISLES ELEMENTARY SUMMER READING

By Tina Strauss

Country Isles Elementary School students participated in a Summer Reading Challenge! Many enthusiastic children read their hearts out this summer! Not only did the primary students each read 25 books and the intermediate students each read 6 chapter books, but most of them also logged their minutes on the Scholastic Website for a nationwide competition.

Country Isles is proud to announce that their Superstar Students read over 303,000 minutes during the summer – Congratulations!

The children also worked hard completing their Summer Journals. They wrote stories, wrote about the books they read, and even enjoyed math activities.

Way to go Country Isles!!!





TEQUESTA TRACE MIDDLE STUDENTS ARE ECO-PARTNERS

By Carolyn Sant Angelo, Science Teacher

Eagle Tequesta Trace Middle School wants to protect our precious planet! The school-wide theme this year is "TTMS Eco-Partners" and will involve the whole Weston community in environmental awareness!

At the beginning of the year, families were invited to make school spirit posters from recycled materials. A friendly competition between classes rewarded staff and students who had reusable water bottles because the students want to "Do something drastic! Avoid the plastic!"

Throughout the year students will be involved in monthly activities like improving their recycling practices and measuring waste during Zero-Trash Lunch Days. Classes from all subjects will integrate environmental topics, such as analyzing graphs on environmental topics. Student Eco-Ambassadors will work with classes and with the Exceptional Students to manage the recycling so less

waste goes to landfills. The science curriculum addresses topics like ecology and sustainability to evaluate how well we are (or aren't) taking care of our planet.

The Junior Honor Society's Environmental Committee members will be organizing service projects, for example, participating in Broward County Beach Clean Ups and collecting and recycling water bottle caps to support "Caps of Love" that fundraises to provide wheelchairs for kids in need.

Later in the year students from the Cambridge Program and the Butterfly Garden club will be hosting an awareness festival with interactive booths, wildlife and habitat guest speakers and more! Feel free to support or even donate to the cause of being stewards of our planet.

Contact Carolyn.Santangelo@browardschools.com at Tequesta Trace Middle School for more information!

BCPS CONFUCIUS INSTITUTE STUDENTS VISIT CHINA

Broward County Public Schools (BCPS) Confucius Institute hosted 17 students from Cypress Bay High School, Fort Lauderdale High School and Pompano Beach High School in a summer trip to China that took place from July 14 – 31, 2015. Students traveled and visited historically and culturally significant locations throughout Beijing and the Jiangsu province, including the Confucius Institute headquarters, Tiananmen Square, Palace Museum and Great Wall of China.

During the trip, students had the opportunity to experience and immerse themselves in the unique Chinese culture and traditions firsthand, including improving their language, reading and writing skills; calligraphy and painting, Tai Chi martial arts; dumpling making; and Chinese arts and music. As they traveled, students shared their insights and experiences in blog stories.

"This was an incredible opportunity for these high school students to learn firsthand Chinese culture, which will help prepare them for success in the 21st Century," said Bob McKinney, Advanced Studies Coordinator and Confucius Institute.

The Confucius Institute at Broward County Public Schools reaches 1,200 students and includes activities at one elementary school, two middle schools and four high schools promoting Chinese language and culture. BCPS is the first and only District in Florida to have a Confucius Institute.

ABOUT BROWARD COUNTY PUBLIC SCHOOLS

Broward County Public Schools (BCPS) is the sixth largest public school system in the United States and the second largest in the state of Florida. BCPS is Florida's first fully accredited school system since 1962. BCPS has over 260,000 students and approximately 175,000 adult students in 238 schools, centers and technical colleges, and 99 charter schools. BCPS serves a diverse student population. Students are from 204 different countries and speak 135 different languages. For more information about BCPS, visit browardschools.com, follow us on Twitter @Browardschools, like us on Facebook at [facebook.com/browardschools](https://www.facebook.com/browardschools), and download the free BCPS mobile app.



Three University School Students Are Making the World A Little Sweeter

By Debby Teich

Three fourth grade students at University School of Nova Southeastern - Ava Pinkiert, Lindsey Rubinger and Olivia Rosen - are passionate about helping others. Two years ago, the friends turned a class project into an opportunity to give back to their community and make the world a little sweeter.

It all started when the girls were together in Alison Dolberg's second grade social studies class. Dolberg asked the kids to form groups and develop a "business plan" that included something they could sell to make money for a charity. They decided to sell cupcakes and named their "company" C-Sweets. Both the girls and Dolberg liked the idea so much that they decided to implement the plan "in real life." "It is important to give back," said Ava. "I am lucky and I want to help others." Olivia agreed. "I am thankful and I want to help others to have a good life and have what I have."

One day after school, the girls spent two hours selling cupcakes and water to their neighbors and raised \$167. Since all of them love animals, they agreed to donate the money to the animals at the Humane Society of Broward County. They delivered the money in person and got a tour of the facilities so they could see how their donation would benefit the animals.

Eager to make a difference again, the girls recently got together to brainstorm their next fundraising effort. In keeping with the company name, "C-Sweets," they agreed to sell Oreo cookies and lemonade. Since they wanted the money to benefit kids their own age, they decided to donate the profits to Joe DiMaggio Children's Hospital. They set up a neighborhood stand and raised over \$200.

"The best part of the donation is knowing that the money is going to a good cause," said Lindsey. "The children will benefit from the money we raised. It will help make their stay more pleasant in the hospital."

When the girls delivered the money to the hospital, they received a personal tour from Kevin Janser, Sr. Vice President and Chief Development Officer, and Jackie Johnstone, Director of Annual Giving. They viewed the facilities and learned about the hospital's services. They heard stories about some of the kids, including one about a girl who loves the color pink and was living at the hospital awaiting a new heart. They met Nutmeg, the hospital service dog, and Lotsy Dotsie, the clown. By the time they left, they had a good understanding of how their money would impact the hospital and its patients.

"The girls were very affected by this visit and were happy to know they did something good," said Gayle Rosen, Olivia's mom. "They understand that no matter the amount of the donation, it is more important to develop an early passion for giving back. They now have an even greater desire to do more."

On the way home from Joe DiMaggio, the girls decided that they wanted to implement a fundraiser every year. They have already been discussing ideas for their next project, which might include selling donuts. Their goal is to make more than the previous year, which they have been able to do since they started. Part of the plan includes more advertising. Although the girls are too young to know what they want to do when they get older, they all agree that they will pursue careers that help people.





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STORYTIME: Baby Storytime (3 months-11 months): Thursdays 10:30am – 11:00am. Toddler Story Time (12 months-35 months): Thursdays 11:30am. Preschool Story Time (3 years-5 years): 12:30pm. 4205 Bonaventure Blvd., Weston. (954) 357-5420.

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Eat, Pray, Debate: a Rewarding Day at St. Thomas Aquinas High School

-THE NATIONAL CATHOLIC FORENSIC LEAGUE TOURNAMENT-

By Annamaria Preti

Saturday, May 22nd was a very special and busy day at St. Thomas Aquinas High School. Months of planning and careful preparation, under the attentive guidance of Jennifer Kwasman, head of Forensics, Speech and Debate at St. Thomas, led to a memorable day for many students, teachers, and parents coming from all over the country for the National Catholic Forensic League tournament. The event was held between Nova Public High School and St. Thomas on Saturday, and Nova Southeastern University (NSU) on Sunday.

Every year the competition moves to different locations. Last year it was in Chicago and next year it will be in Sacramento. This year St. Thomas was assigned as one of the main hosting schools for the Saturday competition. The whole school was well prepared to host over 800 people including students, judges, parents, staff members, and volunteers. The tournament brought teams from 81 dioceses in 37 states, such as Kansas, Alaska, Minnesota, Massachusetts, and Pennsylvania.

The cafeteria became the gathering point for all students competing. Throughout the day, the kids had access to a variety of food, drinks, and snacks. Breakfast, lunch, and dinner were served starting before 7:00 a.m. There, the students could relax while recollecting their thoughts and trying to get ready for their next round.

The gym was tastefully transformed into the judges' "headquarters," where they could relax between rounds. After dropping their ballots, they had the chance to take a break and get ready for their next round. St. Thomas provided them with three hot meals: breakfast, lunch, and dinner, plus all-day freshly brewed coffee and cold drinks to keep them cool in the hot Florida weather. A variety of snacks helped to satisfy those little cravings between meals.

St. Thomas staff and volunteers, always providing great service with a smile, made sure that everybody had what they needed. The St. Thomas students themselves were located throughout the campus ready to help with directions. Teachers, parents, and kids alike were proud of showing their school and making everyone feel welcome.

It was very satisfying to see so many people visiting from all over

the country and gathering together united by the same love and passion for debate. Over the weekend, however, speech and debate became more than an extra-curriculum activity, both on a personal and social level. During the whole day, anyone could witness the interactions among the kids coming from different places and various backgrounds, eager not just to compete, but also to learn about each other's experiences and cultures. Both Catholic and non-Catholic students shared common values and showed great respect and tolerance towards one another and towards the ideas and opinions of other faiths. St. Thomas opened its arms to all.

The competition became a tool not only to increase one's self-confidence, but also to be open-minded towards a variety of ideas and ways of living. Ms. Trina Smith, called by her students "Ms.T.," Program Manager for the Baltimore Urban Debate League, said, "This competition opens doors to so much more! It shows what's beyond our own school and our own town. There is so much to see and learn, so many possibilities, and this experience at St. Thomas is giving the kids a great example: don't be afraid to dream big!"

The team from Pennsylvania was really impressed by the experience, as well. They all agreed they had the chance to participate in numerous tournaments all over the country, but were amazed by the great organization, the warm hospitality, and friendliness of the St. Thomas family. "You have spoiled us!" said one of the teachers accompanying the team. At the end of the day, winning or losing was not important anymore. The main achievement was being able to make new friends and develop lasting relationships.

The day ended at the Hilton Marina Hotel, where everyone gathered to celebrate the Mass. Father Sullivan's words were inspiring. He praised all of the dedicated kids, teachers, and parents attending this great event and he encouraged everyone to always do their best. "Be all that you can be!" he emphasized throughout the service. "Each of you has a gift. Be thankful for it and use it to its best potential." The night might have been over, but those words and the new memories created will be kept in our hearts and follow us for many days to come.



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