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October 2021




BROWARD HEALTH
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 and
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 Team Up For
 Breast Cancer
 Awareness!

See article & ad on pages 6-7

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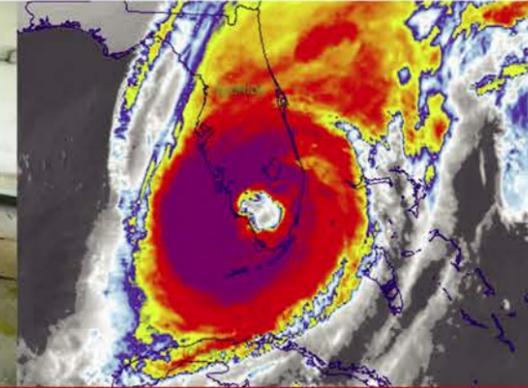
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Publishers, Shellie & Scott Farrugia

It's All About Community!

Time to THINK PINK!

Here we go again! It's Breast Cancer Awareness month and most of us are familiar with the sentiment. Pink has become the unofficial color of October, save for the orange/black splash at the end of the month for the trick-or-treaters.

This month's magazine is dedicated to all of you who've had any experience with the C word. Whether it's a relative, friend, or yourself, we want to encourage you to research healing options, eat more healthy, and make sure to have a support team on call.

This month introduces us to a new family who are very familiar with our community. We also have an exciting Lacrosse article, and then the main focus is back to the amazing organization, **Not My Daughter...find a cure now!** See the articles on pages 6 - 9, and do all you can to participate in and support their exciting fundraiser during Breast Cancer Awareness month.

Our prayer is for every family touched by the Spectator and every home in between. God bless our troops,

Shellie & Scott

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On the cover: Broward Health Coral Springs. & Not My Daughter Team Up for Breast Cancer Awareness!
See pages 6-7.

Awareness Saves Lives

By Julia Aquino-Serrano

Pink is synonymous with October and Breast Cancer Awareness. The pink ribbon honors our loved ones and friends who we have lost to breast cancer, the courage of those fighting the battle, and the survivors, many who wonder every day if the cancer will come back. Pink is also a symbol of continued hope and all those who work tirelessly towards a cure. Through the money raised, the research, the medical breakthroughs, and access-for-all to mammograms, the Breast Cancer awareness campaign has saved lives. I believe it saved mine.

My sister was diagnosed with breast cancer in 1998, when I was 33 (she was 53). I didn't understand much. She was diagnosed with DCIS (Stage 0), so they recommended a lumpectomy and radiation. Highly treatable, they said. 3 years later, the cancer came back in her breast (Stage 1 – ER and HER2+). More radiation. 2 years later the breast cancer metastasized to her bones, and finally to her lungs. She passed away from metastasis of breast cancer in 2005.

Fast forward to October 2012. I had gone in for my 6 month "surveillance" mammogram, because the doctors were watching a spot in my left breast. Great news...that spot had not changed. However, there was a "troublesome" new spot, and a biopsy was ordered. This was my 3rd biopsy in as many years. I always knew the others were not cancer. And, somehow, my gut told me this time was different.

I remember the call from the surgeon, like it was yesterday. I was walking through Macy's, buying a breast cancer awareness t-shirt to wear to work the next day – we were having a fundraiser. The phone rang, and it was my doctor's personal line. I took the call, holding my shirt, stepping out of the checkout line. Hi Julia, the biopsy results came back, and it is DCIS, Stage 0, which is highly treatable. We'll know more about treatment after a lumpectomy. My office will call you to set up appointments, run more tests, and get all your questions answered.

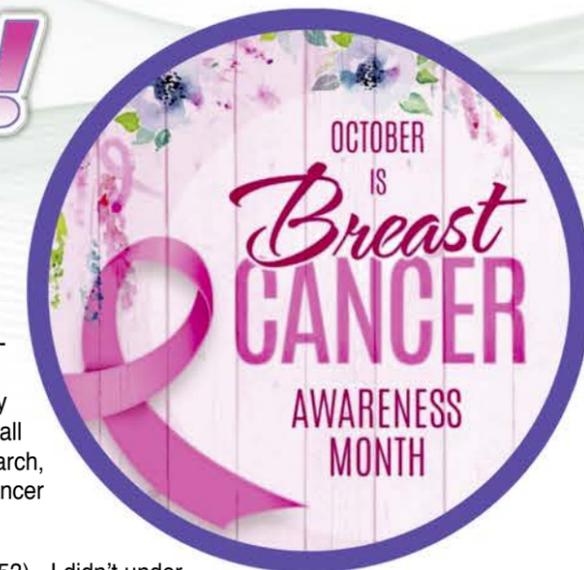
The plan, after the lumpectomy, was radiation. After the lumpectomy, it was found that my margins were not clear (which meant they didn't get all the cancer), there were multiple spots, not just 1, and the cancer was Stage 1, highly aggressive, ER+ and HER2+. It sounded way too familiar.

For me, it was back to the drawing board. And after much research myself, and a second opinion with some of the best doctors at UM Sylvester, the course of action decided was chemotherapy, Herceptin for a year, and a double mastectomy. Besides the advancements in genetic testing, the life-saving drug for me was the Herceptin. Herceptin, which was not available when my sister was diagnosed. It is the drug that helps control the growth of the cancer cells, in HER2+ breast cancer.

I'm in my 9th year of being cancer free (and I know many others who are survivors) because of the advancements in genetic testing, treatment, and early detection, which are all a result of increase awareness of breast cancer.

We must continue to be grateful for and support the many organizations, like Not My Daughter, who fight tirelessly for continued awareness through fundraising, pink ribbons, events, and meaningful conversation to ensure that everyone has access to mammograms, testing, and treatment, and that the research may continue to advance towards an ultimate cure.

Embrace the pink and support awareness. It has changed survival outcomes for so many of us.



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- Colleen
breast cancer survivor

I beat cancer

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Broward Health Coral Springs Aligns With Not My Daughter... Find A Cure Now!

Founded in 2010, Not My Daughter... Find A Cure Now! has been a champion in the community for breast cancer research, awareness, and patient support.

With a focus on ancillary services for breast cancer patients and survivors, the organization is newly partnering with Broward Health Coral Springs to bolster support for these much-needed services for the community.

As the leading provider of health care and medical services to northwest Broward County since 1987, Broward Health Coral Springs is continuously evolving to serve the community best. Through the Lisa Boccard Breast Cancer Fund at Broward Health Coral Springs, which provides breast care to women in financial need, breast cancer support and care are at the forefront of Broward Health's mission, and now with the aid of Not My Daughter... Find A Cure Now!'s unwavering fundraising endeavors, the community can expect to see a greater focus on these efforts.

"By aligning with organizations like Not My Daughter and the Lisa Boccard Breast Cancer Fund, our focus is on making an impact in the local community," adds Jared Smith, Broward Health Coral Springs CEO.

"Both organizations are heavily focused on helping women by raising funds for breast cancer research and services. With that, we're able to provide even more advanced care for patients."

The state-of-the-art facility at Broward Health Coral Springs' Women's Center offers comprehensive services for women's care and breast cancer care, including mammography services, surgery, and everything in between.

"Annual breast screening mammograms are life-saving. The earlier a breast cancer is found, the better the chances for a full recovery," says Dr. Deborah Guilbaud, MD., Radiologist at the Women's Center at Broward Health Coral Springs. "Here at the Broward Health Coral Springs, we pride our-

selves in being able to offer women the latest in breast imaging for the best outcomes."

The community relies on organizations like Not My Daughter... Find A Cure Now! to raise awareness and encourage women to take preventative measures for their breast health. "Broward Health Coral Springs is so excited to work with Not My Daughter in the fight against breast cancer," says Melissa Leamon, Chief Nursing Officer from Broward Health Coral Springs. "This fight is not just for women who know someone with breast cancer, but a fight to protect all women."



Smith is eager to have Not My Daughter... Find A Cure Now! on board with their initiative. "I love what they're doing for our community. As breast cancer can be mitigated through early detection, they're out there on the frontlines in our community, raising awareness and making an incredible difference."

Despite the challenges of COVID-19, Not My Daughter... Find A Cure Now! has not slowed down. "We're riding this wave of the pandemic and continuing to raise money for the cause," says Denyse Hostig, breast cancer survivor and founder and president of Not My Daughter... Find A Cure Now! "Breast cancer hasn't taken a break, so

neither are we."

Denyse highlights the importance of patient support and references Not My Daughter... Find A Cure Now!'s patient support services center at the University of Miami Campus in Plantation, where ancillary services are available to breast cancer patients and survivors alike. Denyse's vision is that this new relationship will foster the development of a similar center at Broward Health Coral Springs' Women's Center and across Broward County.

The mission of Broward Health is to provide quality health care to the people we serve, and support the needs of all physicians and employees.

For more info, visit BrowardHealth.org/BeatCancer





RIDING THE WAVE



The Not My Daughter...Find a Cure Now!

Virtual Telethon

Calling on all supporters!

Monday, October 25, 2021
from 10:00AM – 6:00PM.

Anyone interested in being a sponsor or making a donation please visit www.NotMyDaughter.org

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Riding The Wave

NOT MY DAUGHTER...FIND A CURE NOW! TO HOLD VIRTUAL TELETHON

Riding the Wave to a Cure! With phones in hand, and the appeal of social media, Not My Daughter... find a cure now! will be calling on its supporters to raise funds and awareness as it continues in its mission to end breast cancer. Their characteristic blend of fun with a purpose will be on full display as the grassroots volunteer organization will hold The Not My Daughter...Find a Cure Now! Virtual Telethon on Monday, October 25, 2021 from 10:00AM – 6:00PM.

Since its inception a dozen years ago, connecting their mission with the community has been at the essence of this grassroots organization. Not My Daughter...find a cure now! is especially excited to welcome Broward Health as the premier sponsor this year. "The support of the community and our wonderful partners have strengthened our mission," says Denyse Hostig, co-chair and founder. "We are grateful to Broward Health for helping us to make a difference."

Over the years, Not My Daughter...find a cure now! has raised millions of dollars in the search for a cure. Always focused on the importance of their goal, the volunteer group continues to help fund cancer-research organizations including Sylvester Comprehensive Cancer Center, PAP Corps: Champions for Cancer Research, and others, as well as providing resources and ancillary services through the Not My Daughter Healing Center at Sylvester Comprehensive Cancer Center at

Plantation. NMD is always finding and funding new ways to connect their mission with the community.

How is this event different from all others?

A Parkland/Coral Springs tradition, Not My Daughter...find a cure now! is known for its ability to bring together generations for a common purpose.

As we ride the wave to find a cure together, Not My Daughter will bring a good old-fashioned telethon with a twist again. NMD committee and NMD Teens will be reaching out by phone and live stream to build excitement for our common cause with a day of entertainment, guest speakers, and live social media posts that will support our sponsors.

The volunteer run group has solidified its place in the community, growing in numbers and establishing a Teen Advisory Group. "Not My Daughter...find a cure now! is about caring, community, and a future without breast cancer. Our teens are our call to action, and their support inspires us to ride the wave together and keep fighting for a cure," says co-chairwoman and co-founder Jody Sternfield.

Not My Daughter...find a cure now! Virtual Telethon will take place on Monday, October 25th from 10am to 6pm. To view our live telethon feeds be sure to like our Not My Daughter Find A Cure Now Facebook page. Anyone interested in being a sponsor or making a donation please visit www.notmydaughter.org



Meet The
**Messana
Family**



Christian and Melissa are thrilled to be raising their two children, Jake and Gia, in Parkland, where the family has lived for 10 years. Melissa grew up in Coral Springs, so she's very familiar with our community and its unique culture. She tells us, "I love Parkland because it gives you the small town feel, but you can get to so many great locations within a 30-45 minute drive. It is an excellent place to raise children! The community really knows how to rally around friends and neighbors in good times or bad."

Their active kids, Jake, 12, and Gia, 10, both attend North Broward Preparatory School, and are in seventh and fifth grades. Jake stays focused on the JV golf team, and Gia pursues dance at a local studio with dedicated passion! When the kids were younger, Christian coached soccer, flag football, and baseball. Melissa was also on the PTA at Park Trails Elementary for years.

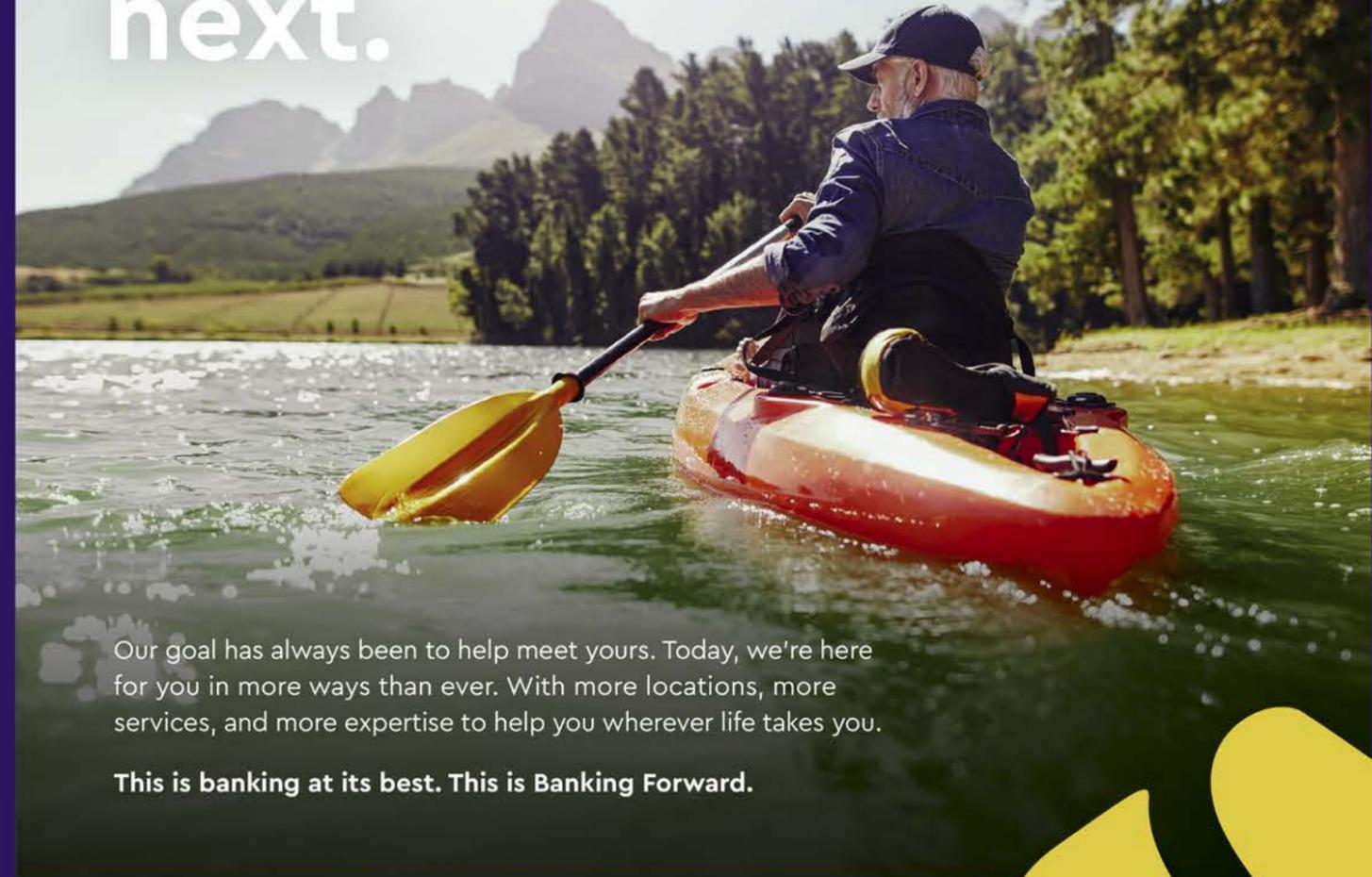
The Messanas admit to "obsessing" over their two adorable golden doodles, Scout and Aspen. Despite their love of home and our beautiful area, all of the 'peeps' in the household enjoy taking family vacations. Christian tells us, "We love to ski in the winter, yet we also enjoy being home bodies and watching movies and playing games. We love to entertain at our house and have friends and family over."

Christian owns an Engineering Consulting Company, and Melissa is a real estate agent specializing in Parkland & Coral Springs, two unique cities that are near and dear to her heart.

Melissa currently serves on the board of directors for Not My Daughter... find a cure now! Gia began dancing at the event and both Melissa and Christian were blown away at what a wonderful experience it was, and for such an important cause! Gia loves assisting at the annual fundraiser. Many of the women who keep things running smoothly have their daughters and sons helping out as well.

When asked about pandemic life and its affect on her family, Melissa tells us, "It really gave us time together that we would never have had. We got to cook dinners together, bake, play board games and take walks. I think we are all more appreciative of the little things in life after going through that experience. We are so appreciative of this town and all the amazing friends we have made!"

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Fall Events Calendar

The City of Coral Springs is looking forward to the upcoming Fall 2021 events season, which is back and better than ever! With last year's coronavirus limitations, event staff reimagined many of the city's signature events – but this year, plan to return to traditional methods and activities while following CDC guidelines. Visit [CoralSprings.org/events](https://www.coral-springs.org/events) and follow us on social media for all the latest event updates.

Yappy Hour is the kickoff event and sneak preview to the city's restaurant week, Savor the Springs. Yappy Hour is a canine-friendly food truck event, held at the ArtWalk in Downtown Coral Springs on October 1 from 5 to 7:30 p.m. Bring your pup and enjoy specialty drinks, samplings from local restaurants, food trucks, doggie treats and more!

Then check out **Savor the Springs** week by visiting a participating restaurant from October 1 through October 10. The restaurants have prepared special prix fixe menus featuring delicious dining options that highlight a wide variety of culinary cuisine available here in your hometown. Be sure to join the Instagram fun by using #SavorCS and tagging @CoralSpringsEDO.

Since Fall still feels like summer in South Florida, why not cool down! Introducing a new outdoor FREE movie series "**Cypress Pool Cinema**" with the inaugural showing on Saturday, October 2. Start splashing at Cypress Park Pool when doors open at 6 p.m. and the feature film, Disney's Moana, starts at 7 p.m. Residents can pre-register at [CoralSprings.org/cinema](https://www.coral-springs.org/cinema) and may bring lawn chairs, blankets, and single person floats.

Break out your lederhosen and raise your stein for **Oktoberfest!** This celebratory outdoor event on Saturday, October 16 on the City Hall Grand Lawn features a Coral Springs twist on a traditional Bavarian celebration. Check out the German beer & wine, traditional foods, authentic live entertainment, dancing and activities for the entire family from 4 to 10 p.m. Don't miss the traditional keg tapping by King Ludwig and his famous beer stein holding competition.

Mark your calendar for this year's **Monster Splash** weekend October 22-24. The Cypress Pool deck will be magically transformed into a monster pirate adventure for kids and families of all ages. Bring your bathing suits to swim and dance to Halloween classics and register for a time slot online at [CoralSprings.org/splash](https://www.coral-springs.org/splash).

Look for more events to come this holiday season, including the return of the beloved annual **Downtown in December** and **Holiday Parade**, as well as additional **Bites-N-Sips** food truck nights!

With a focus on family and live entertainment, the City of Coral Springs hosts many signature events throughout the year. Through sponsorships, Coral Springs businesses and organizations have a great opportunity to give back to their community, while also benefitting from the exposure their participation will provide. Affordable packages are available to encourage participation from the smallest businesses. Visit [CoralSprings.org/sponsorships](https://www.coral-springs.org/sponsorships) for more details!



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Saturday, October 16

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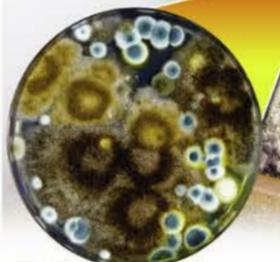
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Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com. See ad and article.

Soccer

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See ad on page 27.

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Special Needs

PARKLAND BUDDY SPORTS
Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE
Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

THE FRIENDSHIP JOURNEY
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

i9 Sports - Youth Sports Leagues

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Baseball - Ages 3 - 7
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Important Numbers

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| Leisure Services | (954)757-4105 |
| Field Conditions | (954)757-4110 |
| Park Ranger | (954)575-1007 |
| Youth, Teen, & Senior Programs | (954)757-4129 |
| City Hall | (954)753-5040 |
| Tennis | (954)757-1910 |
| P-REC | (954)757-4105 |



Lacrosse Opens Door for New Players and Old Players Alike

By Ashley Ferraro

For years, Parkland RedHawks Lacrosse has been celebrating the culture of the sport and granting youth rewarding benefits such as leadership development and improved self-confidence and self-esteem. More notably, it's paved the way for students to land scholarships and take their talents to the collegiate level.

James Gianos, Parkland RedHawks Lacrosse president touches on the increasing demand for collegiate lacrosse athletes. "There's huge growth across the country in lacrosse," he says. "It's actually one of the largest growing scholarship sports in college right now for boys and girls."

Lacrosse is an incredible sport, but it's not basketball, soccer, or football—games that Americans hear about every day. A lot of times, kids aren't exposed to lacrosse as much as they might be in other sports. In an effort to revamp that narrative, RedHawks Lacrosse is offering free lacrosse clinics to local youth.

Put simply, the Beginning Players Clinic is designed to introduce youth to the sport of lacrosse. The clinic started back up in September, and after a wildly successful turnout, the RedHawks planned subsequent clinics in the following months. With this, the league hopes to grow the game of lacrosse and offer local youth an exciting opportunity to explore a new interest and perhaps develop a passion for it.

Open to boys and girls ages five through fourteen, the Beginning Players Clinic accommodates children of all athletic backgrounds. James tells us, "The younger you start the kids, the more years they have to learn." The free clinic is open to Parkland residents and non-residents alike.

It's important for RedHawks Lacrosse to offer the clinic at no cost to players and their families. That's all made possible thanks to the help of local volunteers who love the sport and are excited to introduce it to new players. By offering the clinic at absolutely no cost, the RedHawks are able to eliminate any financial barriers between kids and the game of lacrosse.

Players can expect to learn basic lacrosse drills and various techniques to get them accustomed to using the stick and the ball. Not to mention, they're afforded opportunities to make new friends their age. James was excited to share that most of the league's coaches are certified coaches, and many of them have a history with collegiate lacrosse.

The next Beginning Players Clinic will be held on Nov 12 at Pine Trails Park at 6pm. Parents can register their children for the free clinic at www.parklandlacrosse.com.

The RedHawks league officially starts in late January for those interested in continuing with lacrosse after the clinics. While all pre-season practices will be held at Terramar Park and season practices at Pine Trails Park, players can expect to travel to compete against teams from neighboring communities. Players will need to register by December 31st to secure their spot for the 2022 season.



2022 Registration is Now Open

www.parklandlacrosse.com
Boys & Girls Grades K-8

Registration is on a first come/first serve basis. Divisions will be closed out when the maximum number of coaches/teams have been reached.



First Time Player Clinics

(Pine Trails Park- Turf Field)

Friday, Nov. 12, 2021 6 PM

DIVISIONS:

- U14 7th & 8th Grades
- U12 5th & 6th Grades
- U10 3rd & 4th Grades
- U8 1st & 2nd Grades
- U6 Kindergarten
(Lil Laxers = Soft Sticks)

BOYS & GIRLS FEE SCHEDULE

- U6 \$50 + \$30 USL fee
 - U8 & above.... \$200 + \$30 USL fee
- All players must acquire US lacrosse membership directly from US Lacrosse prior to registering. *NEW USL LDAM RULES

PRACTICE

• Preseason begins in January • Regular Season begins in February

For questions please email parklandredhawks@gmail.com



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Crystal Adkins, MSN, APRN, ANP-C, PMHNP-BC

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www.BrighterLifePsychiatry.com

HAVING POSITIVE MENTAL FOCUS

By Crystal Adkins, MSN, APRN, ANP-C, PMHNP-BC



October is breast cancer awareness month. Unfortunately, breast cancer is the second leading cause of cancer death in women trailing behind lung cancer. According to the American Cancer Society, the chance that a woman will die from breast cancer is 1 in 39 (about 2.6%). Sadly, my maternal grandmother was one of the 2.6%. I never had the opportunity to meet her because she lost her fight to breast cancer at the young age of 29 on Christmas day in 1967. My mother was in first grade and recalls her mother playing the piano and the organ at their local First Baptist Church. Back then breast cancer treatment was not as advanced as it is today. My grandmother underwent a bilateral mastectomy and radiation treatment without success.

During my time practicing as a Registered Nurse, I was blessed to work on an oncology floor where I learned more from my patients than they learned from me. It takes a certain type of person to work with cancer patients. Some of those nurses have turned into my dearest friends. Lisa Klien, a 20 year oncology nurse veteran and friend of mine is currently in remission from breast cancer. She shared with me that during her treatment with chemotherapy and radiation, mindset was everything. She made a point to have a positive mental focus not only for herself but also for her family. Looking back she said, "I can honestly say that because I was diagnosed with breast cancer, it has put me in a much stronger place with my family ties, especially my husband and children. For that, I am forever grateful."

Like Lisa, I frequently do my best to approach life with a glass half full attitude. However, at times riding the emotional rollercoaster can be pretty cathartic. You might find yourself feeling anger, rage, sadness, anxiety. You might try to bargain with God to cure you. You might mourn your old life, your body, the loss of the person you thought you would be. Perhaps you are feeling helpless or hopeless. Each person's journey is unique. Often these stages overlap and certainly are not linear. I encourage you to be kind to yourself as you make your way to acceptance.

I want to share some of my favorite coping skills with you.

Cognitive reframing is incredible. Lisa provided a great example of how cognitive reframing can be used to change the way you view your life with breast cancer. She is able to say she is grateful for the togetherness it brought her family. With cognitive reframing the situation (cancer) doesn't change you, but how you choose to respond to it does.

Embrace the support of your family and friends. I understand you will need time alone to process your thoughts and that is perfectly okay! Just don't get stuck there! Like you, your loved ones are scared too. They want to be supportive and more than likely don't know how. Be honest with your needs. Tell them exactly how they can help you.

I encourage you to allow your family and friends the honor of supporting you when you need it. Truth be told, they probably need it too. Consider adding local breast cancer support networks to your social calendar. You might end up with new friends for life!

Consider creating a mantra or perhaps use a positive affirmation to keep your mind focused on your strength, courage and tenacity each and every day. Mantras are super helpful when you feel discouraged or weak.

My last bit of advice is to not forget who you are. You are not your cancer. Your cancer is not you. Remind yourself of your favorite hobbies, places or activities. Rekindle your long lost passion for playing music, reading or painting? Or tackle your list of "one day" activities! Now is the perfect time to learn something new!

In closing, don't forget to utilize your already tried and true coping skills. Whatever has worked for you prior to your cancer diagnosis is more than likely going to help now, whether it is meditation, prayer, deep breathing just to name a few. Focus on whatever it is that makes you feel refreshed. This is your journey to discover what is best for you.

For more info. or to schedule an appointment please call Crystal Adkins, Brighter Life Psychiatry (786) 453-7956
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Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.



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JP Miller & Sons

Services Shows What Family-Owned & Operated Really Looks Like



By Ashley Ferraro

JP Miller & Sons Services has served the Broward and Palm Beach communities for more than 45 years as South Florida's leader in pest control, termite control, and lawn services. Originally founded by Joseph Miller, JP Miller & Sons Services is family-owned and operated. His two sons, John Miller and James Miller are both licensed and are proud to execute the company's values and carry out the legacy.

This family business didn't happen by accident. John believes that in addition to the high-quality services and stark attention to customer care, what truly sets their company apart is the fact that they're family-oriented first. It's one of their core values, and it's why so many homeowners have put their trust in them. "We have customers whose kids are now our customers," says John.

After being in the pest control business for many years with a license in the landscape division, the Millers saw a growing demand for high-quality synthetic turf. John adds, "We fertilize, treat for weeds, and treat for disease in lawn and on trees. We know there are areas, especially in backyards where grass doesn't grow well."

Eventually, Joseph and his sons decided to add synthetic turf installation to their list of services. The Millers turned to ForeverLawn first for its quality and second for its family-oriented business culture similar to their own. By becoming ForeverLawn dealers, they now provide durable, high-end artificial turf explicitly designed to suit various purposes, including K9 Grass, Playground Grass, DuPont Landscape Turf, Golf Greens, and SportsGrass.

Unlike its competitors, ForeverLawn turf is engineered for longevity. That's why they offer a 15-year product warranty on all their artificial grass. As a company built on integrity, quality, and innovation, their foremost concern is offering customers peace of mind knowing their investment is protected.

In addition to a superior product, customers are guaranteed a flawless installation by Joseph and his family. John goes on to detail the care put into the installation process, "We use rock—as much rock as necessary. Sometimes you'll see people put turf right on top of dirt or use two inches of sand. What happens over time is the sand washes away. Upfront, it's less money because it's less work and material, but it's not made to last for the long run."

His father, Joseph, chimes in, "We don't take shortcuts on installation."

Another value the Miller's see in ForeverLawn is their focus on safety. "ForeverLawn uses safer materials—

we like that because we do that with our chemicals too. If I can use something less toxic than table salt, I will if it works."

On the pest control side, JP Miller & Sons Services offers safe, affordable, and environmentally-friendly solutions. They have all pest control licenses, meaning customers don't need to turn to different companies for different pests. By exercising integrity and honest practices, their mission is to protect customers, their homes, and their pets all year round.

To contact JP Miller & Sons Services, visit www.millerpestcontrol.com or call 954-421-6187.





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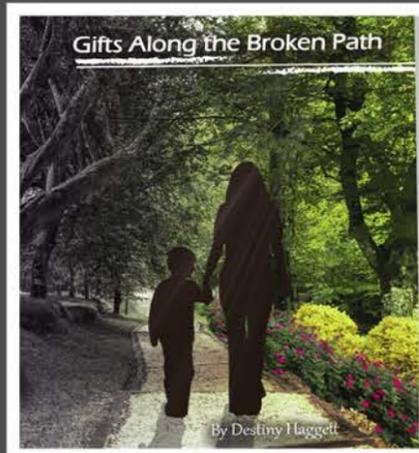
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