

Easter

AT COASTAL COMMUNITY CHURCH

APRIL 15- 17

Parkland

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FRIDAY 7 PM*

SATURDAY 4:30*, 6:15 PM

SUNDAY 9:00, 10:15, 11:30 AM



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LEARN MORE

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*ADDITIONAL SERVICE TIMES FOR EASTER ONLY

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Spectator

April 2022



Water
Safety
Awareness

See pages 6 for details

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Easter

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APRIL 9/10

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SAT - 6:30PM
SUN - 10:00AM*
11:30AM**
1:00PM

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11:30AM**
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*Portuguese Translation available
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LAKE WORTH BEACH CAMPUS

APRIL 17TH

EASTER SUNDAY
10:00AM
11:30AM



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It's All About Community!

Enjoy Our Community!

We are thrilled to be getting a bit more "back to normal," and are praying that you feel the same way! This month's magazine features some sports that are back on track, as well as some causes that are vital to our attention. Drowning prevention has always been a cause that we are passionate about, and we want to make certain you are prepped to educate your friends and family NOW! It's always good to BE PREPARED.

Please see the article on the facing page, and GET OUT and explore our surroundings! So many of us stay still when we could be out and about, finding something new and exciting we hadn't known about!

It's wonderful to share our corner of Paradise with the amazing families who call it home. Enjoy April by offering kindness and assistance to friends and neighbors in our community. Let's appreciate the diversity and viewpoints of each person we encounter in our daily travels.

Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

What's your favorite part about Florida?

By Shellie Miller-Farrugia

Hold on... not so fast! When my family relocated here from Michigan in 1970, I think my mom would have said, "Warm weather and the beach." I can definitely see her point. My husband is a transplant from New England... and I'm certain those two attributes were factors in his decision as well.

Lately, I realize that this new "apres Covid lifestyle" has had me staying close to home for absolutely no reason! Venturing out for a celebratory lunch with a friend found us dining on Pompano Beach. Because I was avoiding the spring break traffic, I came to realize that I have not been completely embracing the Florida fun that I previously had.

We live in an area that is replete with culture, including international art exhibitions, major sports teams, nature trails, concerts, theatre, athletic competitions, theme parks, water sports, the Keys, a unique and impressive eco-system, and so much more!

So what haven't you found yet? Did you know that Douglas high school was named after a woman focused intently on her love for the Everglades? Have you been out to see them? They are gorgeous, and an integral part of what makes our state so special. If you haven't had an airboat tour yet, get excited, and make sure it's on your calendar! There are actually 38 protected species in the Everglades National Park, including the West Indian manatee and the Florida panther – one of the most endangered mammals on Earth.

Have you taken a tour of the Peace River? Great fun for the whole family, and you can find amazing fossils! Have you told your kids about the barefoot mailman? Ever been to Vizcaya? Explored Coral Castle? Cross Alligator Alley to the West Coast of Florida, where Venice Beach is the shark tooth capital of the world. What kid wouldn't be thrilled to bring one of those FREE souvenirs home?

Are you a history buff? Saint Augustine is an amazing place to explore. It is the oldest fort in America, and the rumors are... The town is haunted! But hey, if you happen to be spooked by the thought of ghosts, take the kids up to the Kennedy Space Center! That's a great activity for the entire family! And FYI; despite us being known as the Sunshine State, Central Florida boasts more lightning than anywhere else in the USA!

Many people can't wait to get to Florida... But then relegate their lives to just work, school, and activities near their home. We tend to get "busy," doing all the things that we think we need to accomplish without giving ourselves the space to expand our viewpoint and boundaries.

Congratulations! You're finally in Florida! Please go look around, and get acquainted with our fascinating history. Get the family excited about Florida's origins, and make sure to explore places that help to tell the story of the Sunshine State and her people. Welcome to the family, Florida neighbor. We are thrilled that you have joined us!



Publishers, Shellie & Scott Farrugia

Spectator™ Magazine

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5 Simple Steps to Prevent a Drowning

By Cassie McGovern



1. **Supervision is key**
2. **Door Chimes, to alert you that the door has been opened.**
3. **Fencing around bodies of water, 4' in height with a self closing/self latching gate**
4. **Learn to Swim, start as early as 6 to 12 months**
5. **Learn C.P.R.**

Did you know that Florida has 1.5 million pools with an average of 40,000 built annually? Our beautiful state has more than 8,436 miles of beaches and countless waterways; such as canals, lakes, and swales. The State of Florida is also a hub for tourism, visiting the beach or staying at a beautiful resort is a favorite family vacation for many. A variety of water sports can be enjoyed year round too.

Although our State is a hot spot for many enjoyable activities, we also have the highest number of drowning fatalities too. In 2021, 98 children lost their lives to drowning in our State. Drowning continues to be the number 1 cause of death for children 1 to 4 years of age, year after year.

According to a survey conducted by the American Red Cross; more than half (56%) of all Americans cannot swim well enough to save themselves.

Change is Happening, many agencies/organizations are coming together to combat this horrific tragedy claiming the lives of so many of our children.

The McGovern Foundation (www.mcgovernfoundation.com) has been working to raise awareness for drowning prevention since their beautiful daughter, Edna Mae passed away due to drowning in their backyard pool in August 2009. Cassie McGovern, immediately submerged herself into the water safety community learning as much as she could to help bring about change. She then worked for the Florida Department of Health in Broward county running all

aspects of the drowning prevention community for 7.5 years. Cassie has expanded the efforts of McGovern Foundation and will host the First Water Safety Symposium of Florida on Tuesday, April 26th and April 27th at the Sunrise Civic Center located at 10610 W. Oakland Park Blvd. Sunrise, Florida. Everyone is welcome to join, register at Eventbrite @ Water Safety Symposium of Florida.

Recently legislation was passed to help address the drowning issue our state suffers from, Every Child a Swimmer (Senate Bill SB 358) was passed last year and will be implemented into the 22/23 school year. The law requires each child who is entitled to admittance to kindergarten, or who is entitled to any other initial entrance into public or private school in Florida, to receive water safety education information.

The passing of this Bill is a huge step in bringing about change, The McGovern family couldn't be more thankful.

Every Child a Swimmer is an initiative of The International Swimming Hall of Fame. The ECAS program brought Cassie McGovern on as the program manager where she will work to grow the scholarship program.

If you are in need of swim lessons information or water safety information, please visit www.everychildaswimmer.org or www.mcgovernfoundation.com

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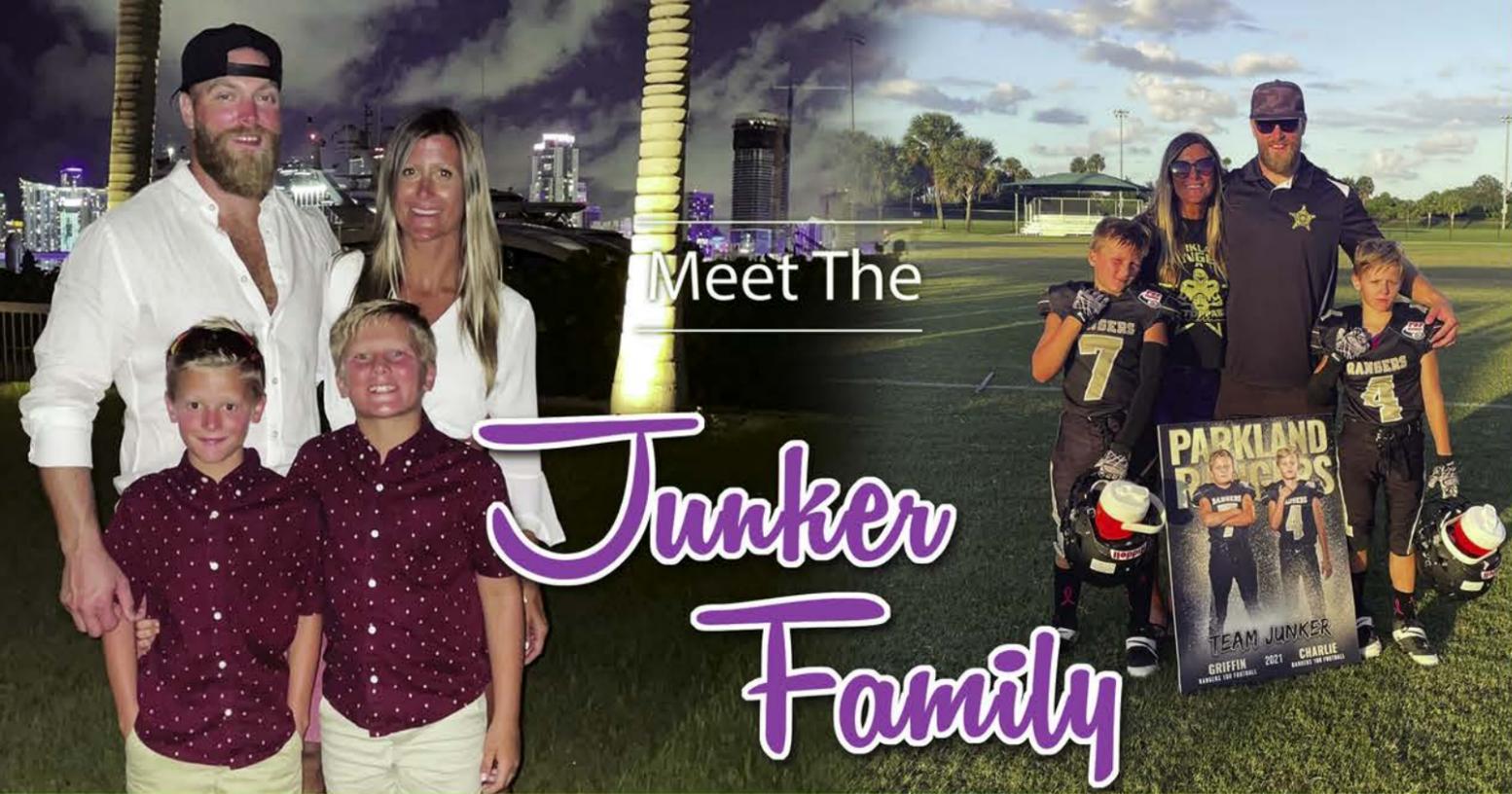
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• 3.75% APR is variable, includes a .50% margin and subject to change based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 3.25% as of March 16, 2020. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

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Meet The

Junker Family

Jackson and Stephanie are busy professionals who are thrilled to be raising their twin sons, Charlie and Griffin, 9, in beautiful Parkland. Stephanie tells us, "Relocating our family from Cleveland, Ohio to Florida was not stress-free. We couldn't be happier with our choice to move to Parkland. Our boys love attending Park Trails Elementary, playing on the community sports teams, and riding their bikes year-round with neighborhood friends."

Both Stephanie and Jackson are certified personal trainers and own Junker Fitness. Stephanie was a pharmaceutical microbiologist before joining the Junker Fitness team.

Charlie & Griffin play tackle football on the 10U Parkland Rangers team and are gearing up for the upcoming season. They had a fantastic fall season playing Parkland Little League Baseball on the Yankees in the Minors division and winning the Championship. They are excited to be back playing baseball this spring with their team, the Parkland Bombers. They also are wrapping up their first basketball season in the Parkland Basketball Club on the Nuggets and they are beyond excited for playoffs to start. They are thrilled to be attending the Triple Threat basketball camp in Coral Springs over Spring Break.

Jackson coaches for the Parkland Rangers 10U team, Parkland Little League Baseball, and Parkland Basketball Club. He is an active member in the Fort Lauderdale Chamber of Commerce. Stephanie has a passion for fitness and helping others achieve their goals. She is also an avid runner recently completing the Publix A1A Marathon in Fort Lauderdale. Both Jackson and Stephanie are longtime sponsors of the Parrot Head Run, benefitting Fostering Hope, a Cleveland charity dedicated to enriching the lives of foster children through unique programs, holiday parties, and traditional childhood experiences.

When they're enjoying family time, Jackson says, "We love biking the levee trails at Loxahatchee National Wildlife Refuge, kayaking in Biscayne Bay, snorkeling at local beaches, and playing sports together at Pine Trails Park." Jackson and Stephanie also love to scuba dive. Charlie & Griffin plan to get their PADI Open Water Diver certification once they turn 10 years old this summer. Stephanie tells us, "Our favorite places to scuba dive are Grand Cayman and Cozumel."

Charlie and Griffin are in Fourth grade at Park Trails Elementary School. Charlie's favorite subjects in school are robotics and gym. Griffin's favorite subjects are math and gym.

Impressed by all of the activities available to their family, Jackson says, "The sports programs in Parkland and Coral Springs really exceeded our expectations. All the fields are beautifully kept and well maintained. The organizers and coaches are extremely helpful and dedicated. We also love the ability to live an active lifestyle outdoors year-round in Parkland/Coral Springs."

Thrilled to finally be "Floridians," Jackson tells us, "Stephanie and I always wanted to move to southern Florida to live an active outdoor lifestyle year-round. We toured houses throughout Broward County, but were drawn to Parkland because of its strong sense of community. We are beyond thrilled with our decision. We have met wonderful families, made life-long friends, and enjoy the parks & trails throughout Parkland/Coral Springs on a daily basis."

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Photos by City of Coral Springs

City of Coral Springs

WorldFest It's all about Culture!

The event celebrated the community's vast diversity

Hundreds of Coral Springs residents and surrounding community members "traveled the world" without leaving town at the Coral Springs Worldfest Celebration held Sunday, March 6 on the City Hall Lawn.

The event included activities and performances that showcased the diverse cultural makeup of Coral Springs and surrounding communities such as live music, dance performances, games, and a series of cooking demonstrations featuring cuisines from around the world. Young guests also had access to "Kids World," a section for children of all ages with art activities and crafts depicting various cultures.

The event, which was free and open to the public, was organized by the City of Coral Springs Multicultural Committee. Please visit www.coral Springs.org/Events-directory



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Peripheral Neuropathy:

When A Lack Of Pain Is The Problem

By Ashley Ferraro



Peripheral neuropathy, commonly affecting individuals with diabetes, refers to nerve damage that typically results in numbing, tingling "pins and needles," muscle weakness, and sometimes pain in the affected area.

Those suffering from peripheral neuropathy may notice that it's not necessarily pain, rather the lack of pain or much sensation at all, which is concerning. "The vast majority of patients don't have pain. They have numbness; they have an abnormal sensation," says Dr. Rozenblum at Genesis Physical Medicine.

Treating a practically painless physical condition puts patients and doctors in a unique situation. Unfortunately, patients may allow the progressively degenerative condition to go untreated, which can lead to amputation. On the other hand, many physicians may not be equipped to perform the precise testing required to identify and diagnose this elusive ailment.

Genesis has introduced and extensively tested a treatment plan for individuals suffering from neuropathy, in which the first step is to conduct adequate testing.

"Our main test uses high capacity thermography scans in order to measure the temperature of the involved area," says Dr. Rozenblum.

Such an assessment can effectively validate patients experiencing the cold feeling in their limbs that coincides with numbness and other abnormal sensations. "They actually are [colder]. There's a temperature difference," he adds.

Genesis also utilizes a neural electrical device to quantify how much loss of sensation there is. This technique works by first establishing a normal on an area of the body that is not experiencing sensory issues and then comparing it to the affected area, for example, the bottom of the feet.

This approach assesses the nerve where it begins, at the root level, and where it ends, at the feet or hands, making it the first of its kind. Based on Dr. Rozenblum's findings during the

consultation, he will determine whether the patient is a candidate for Genesis' peripheral neuropathy therapy program.

The innovative program consists of non-invasive therapies, moving beyond ineffective drugs and surgeries. Patients can expect in-office treatment supplemented by at-home therapy, in which special equipment, daily creams, and nutritional guidance are provided.



"People start to experience results within a couple of weeks," exclaims Dr. Rozenblum.

Success with this treatment looks like restoring normal sensation and improving circulation, which can be defined as at least 50% improvement. Out of those who pursue treatment at Genesis, an astonishing 85% find such success.

"The goal is to have tools available so that you can combat the effects of this progressively degenerative condition," he says. By providing patients with equipment to use from the comfort of their own homes, the at-home component of Genesis' therapy can be continued as needed for years to come.

Peripheral neuropathy can be challenging to treat and does not have a known cure. However, Dr. Rozenblum and the staff at Genesis Physical Medicine are confident in their ability to significantly improve symptoms and encourage anyone suffering from such abnormal sensations to schedule a consultation.

For only \$77, Genesis Physical Medicine offers a consultation that includes a comprehensive physical exam. Genesis' peripheral neuropathy therapy is not covered by insurance.

Visit genesisphysicalmedicine.com or call (954) 977-0888 to learn more and schedule your consultation.

See ad on opposite page.



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The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info visit www.springssoccerclub.com.

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Parkland P-Rec

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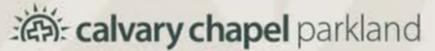


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See ad and article below.

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Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
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Park Ranger(954)575-1007
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City Hall(954)753-5040
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Parkland Rangers Football Looks Forward To Biggest Season Yet!



By Ashley Ferraro

Members of the Gold Coast Pop Warner Conference (GCPWC) since 2016, the Parkland Rangers Tackle Football Club has been ramping up the program each year that passes. Although 2021 imposed serious challenges due to the lingering pandemic, the league had an overwhelmingly successful year of energy with plans to continue through the upcoming season.

According to Will Billings, Parkland Rangers President for four years now, returning to normalcy for the league looks like getting back to their Friday night pre-game dinners with players and families. Not only did the Rangers get back to their weekly dinners in 2021, but they also boasted a headcount of around 120 athletes, comprising four teams. All four of those teams remarkably went on to make the playoffs.

In line with tradition, Parkland Rangers is about much more than just the game of football. Since its inception 15 years ago, it has evolved from a recreational league to a family that brings the community together across multiple facets.

Will notes, "I think we've done a much better job over time to really prioritize the kids to emphasize their development, their evolution as young men and women, and to also, in doing so, be completely connected to the community."

With most sponsorships intentionally coming from local businesses, Parkland Rangers is able to reach an impressive level of community engagement. Such engagement is also nourished by an emphasis on volunteering.

For example, Parkland Rangers encourages

former athletes to return as volunteers once they've reached high school age. Of course, these students receive community hours in exchange for their dedicated service as resources for current players—it's a win for everyone.

"It's becoming bigger than football," adds Will.

With a new season to kick off in August, he notes that prospective athletes and their families have a lot of improvements to look forward to. For starters, the Parkland Rangers plan to keep up with growth by adding new teams to the league. As a father of three players and a coach himself, Will is eager to get back on the field.

He is joined by many other volunteers who keep the Parkland Rangers' daily operations running smoothly. "We love the kids. We love what football as a sport does for them from a teamwork perspective. From an overall discipline and maturity perspective, it teaches them that there is no 'i' in a team," says Will. "We make sure we bring in coaches that prioritize that."

Practices and home games will continue to be held at Pine Trails Park. Away games will be held at the home fields of the respective teams in the Gold Coast Pop Warner Conference.

The Parkland Rangers Football season runs from August through November. Registration is currently open now through the start of the season. The cost to register is \$300 per child, with registration and payment to be completed at www.parklandrangers.com.

See ad on opposite page

The Parkland Rangers Tackle Football & Cheerleading Program

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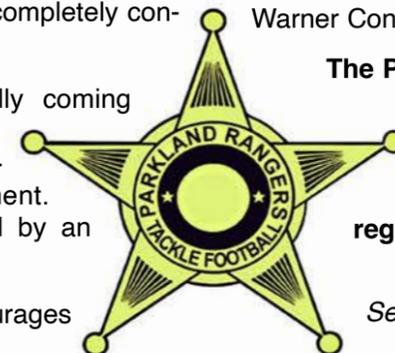
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Natalia Rodriguez, M.D.

Conviva Supports Seniors Coping with Stress During "Stress Awareness Month"

Stress is an affliction that does not discriminate by age, and senior citizens, in particular, suffer from a range of triggers – from medical to financial to family concerns.

"The ability to express feelings, anxieties, fears, and concerns is a major coping mechanism for stress," Dr. Rodriguez added. "Anyone feeling the burden of stress overload needs to communicate his or her concerns."

At home, there are many simple ways seniors can help themselves prevent or reduce stress in their lives.

A healthy diet that includes fresh fruits and vegetables is vital, as is an active lifestyle.

"A routine of exercise does wonders to fight stress," Dr. Rodriguez noted. "Exercising releases chemicals in the body that help a person's overall mental outlook, increase mental alertness, and help aches and pains."

Relaxation techniques are also helpful in achieving healthy sleep habits to refresh the body and cut back on stress.

"There's a lot of ups and downs that impact levels of stress—especially in the case of retired seniors on fixed incomes who worry about the high cost of medications and other expenses," she said. "Seniors have distinct needs, and we connect with them to develop very strong bonds of trust. We impact their lives medically, and provide emotional support."

ABOUT CONVIVA

Conviva continues to reinvent excellence in healthcare by embracing meaningful patient relationships focused on producing optimal health outcomes. With more than 100 convenient locations throughout Florida (Broward County, Daytona Beach, Jacksonville, Miami-Dade County, Palm Beach County and Tampa/Gulf Coast) and Texas (Corpus Christi, El Paso and San Antonio), the vast community of Conviva Care Centers is comprised of a multi-disciplinary team of more than 300 primary care physicians and over 800 affiliated specialists that provide a wide range of vital healthcare services that patients require daily, including the advantages of senior care activity centers and 24/7 on-call providers. The success of Conviva is measured by its patients' clinical outcomes and long-term health benefits. To learn more, visit ConvivaCareCenters.com, or call (833) CONVIVA.

Dedicated to helping its elderly community cope with these issues, Conviva Care Centers is recognizing "Stress Awareness Month" in April with new services aimed at helping seniors reduce stress and develop healthier lifestyles.

Starting this month, Conviva's Coral Gate-Margate center is resuming its wellness programs for senior patients. Among the highlights: Zumba and Tai Chi classes; presentations on nutrition, diabetes and lung disease; and lessons on how they can access Conviva's Telehealth services via their smartphones.

The center is also bringing back its Silver Sneakers exercise program, "making it easier for seniors to go to wellness clubs, workout and socialize," explained Natalia Rodriguez, M.D., an internal medicine specialist at Conviva Coral Gate-Margate and a member of the Conviva network of practitioners that focuses on geriatric care.

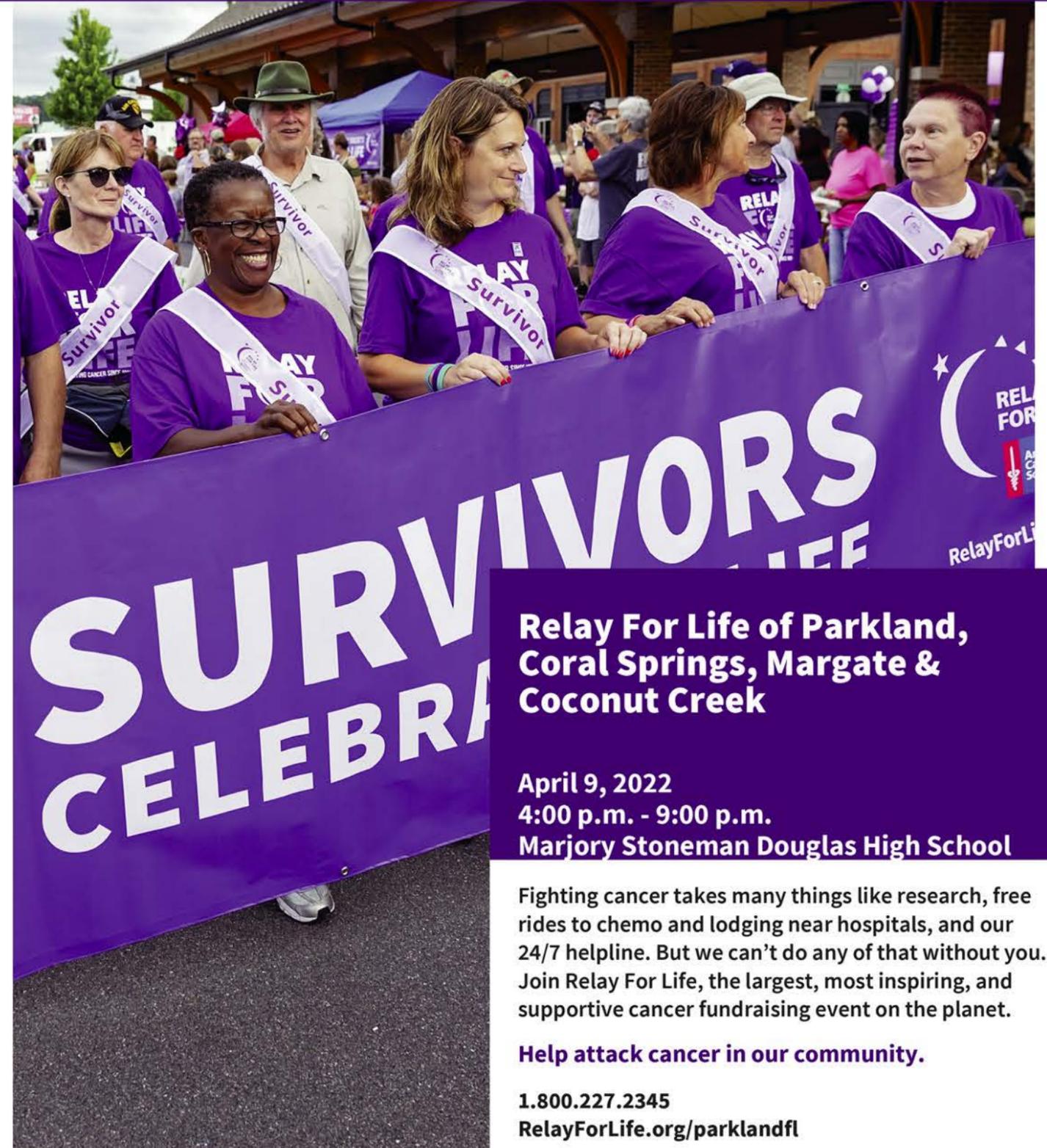
Dealing with senior patients daily, Conviva physicians have a true understanding of seniors' unique health care needs. Identifying symptoms, reaching out to family members and requesting assistance from social workers to review living conditions are among the key services available to seniors.

Conviva also offers many other critical services to its seniors to assist them in their daily lives, including food delivery, transportation and in-home assistance from professional caretakers.

"Being a caregiver is challenging, and they can get burnt out easily, especially when there is not enough family support," she said. "We work with caregivers to provide information if their patient is eligible for aid, or help them access adult-care programs so they can get some relief."

Seniors are also encouraged to reach out to family members, friends or Conviva physicians for added support.

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RelayForLife.org/parklandfl**



Parkland Lax takes 2022 head on!

By Stacy Case

Spring has sprung, which can only mean one thing in the sports world to more than 300 local youth athletes.... it is time to take center field for the Parkland RedHawks Lacrosse recreational program. And they sure have!

In mid February, several hundred area youths took to their home field at Pine Trails Park in Parkland and will continue their season through the rest of this month. And when the RedHawks take to the road, they visit the other teams within the South Florida Youth Lacrosse League. From as far north as Wellington, Boca Raton and Lighthouse Point down to Davie, Weston, Plantation, Ft. Lauderdale and Miami, the RedHawks are represented by both boys and girls divisions, separately, at ages U6, U8, U10, U12 and U14.

This well-oiled machine has been running for decades and 2022's season, has kept up with the program's esteemed reputation once again. Perhaps that is the reason as to why more than 75 percent of its participants return from one year to the next, in which this season accounts for the most athletes since the league's inception.

"Lacrosse is a sport about being on a team and learning how to work together," says Parkland RedHawks first-year President James Gianos.

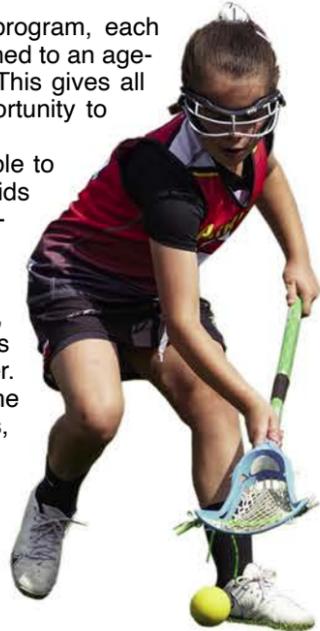
"And that's really true about (youth) sports in general and this Parkland lacrosse is such a great organization to be a part of," adds James, whose own two children play for the RedHawks.

Despite James' program in its season just during the late winter/early Spring, the RedHawks Board Members are hard at work all year long. From purchasing equipment and uniforms to overall in-season preparations, James and Company are RedHawks-occupied throughout the year; they also consume their schedules with planning for their several free-of-charge pre-season clinics, which give an opportunity to first-time lacrosse players an introduction to what is affectionately known as 'the fastest game on two feet'.

Staying true-to-form as a recreational youth sports program, each player who registers to play for the RedHawks is assigned to an age-appropriate team, as there are no player cuts made. This gives all involved, players, their parents and coaches, an opportunity to see all of the athletes evolve throughout each season. "The best part about this sport is the parents being able to watch their kids participate in constant action, and the kids really enjoy it," James adds, as a RedHawks parent himself.

Additionally, James says he sees quite a bit of talent not only spread amongst all of his RedHawks age divisions, but he seems to be impressed with the pipeline that is being built within the RedHawks organization altogether. "We would really like to (continue to) grow the game more, starting with our younger players," says James, whose RedHawks presidency is followed by two years of having been on the Board of Directors. "We always like to get more kids out there playing, at all ages, and we can see that lacrosse as a whole is becoming even bigger in South Florida, year after year."

For more info, visit parklandlacrosse.com



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Stress Fractures

By Dr. Howard Gelb

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.

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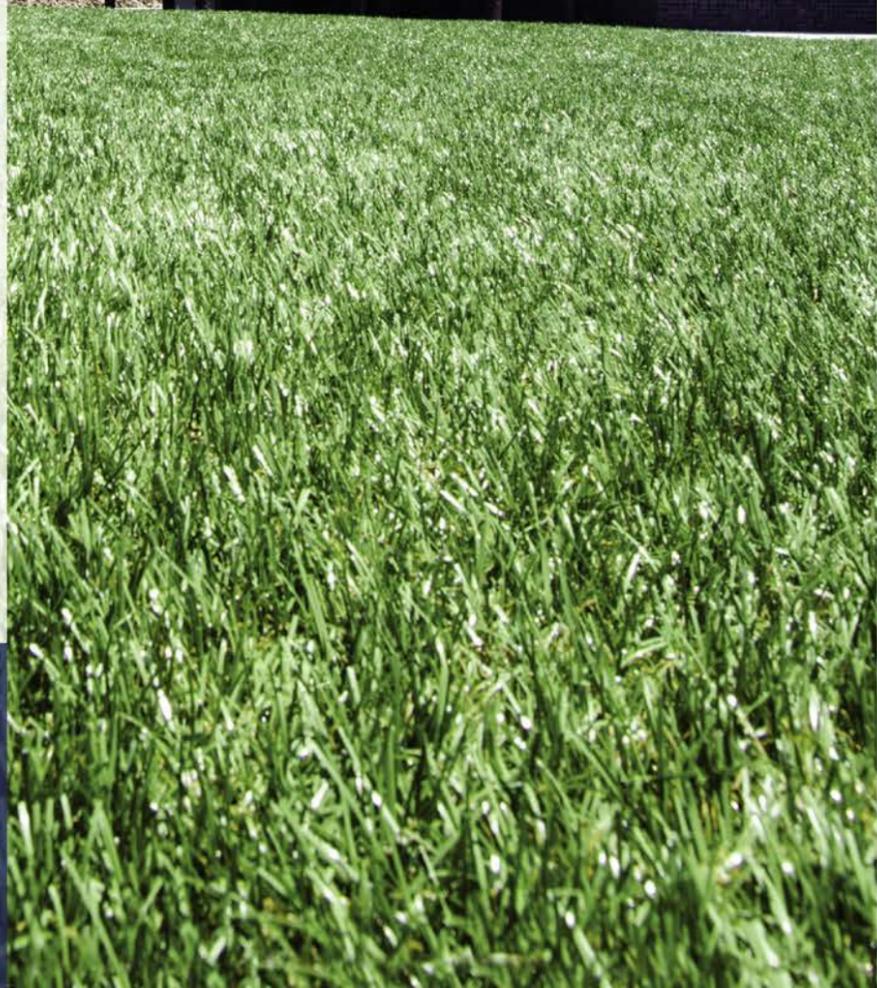
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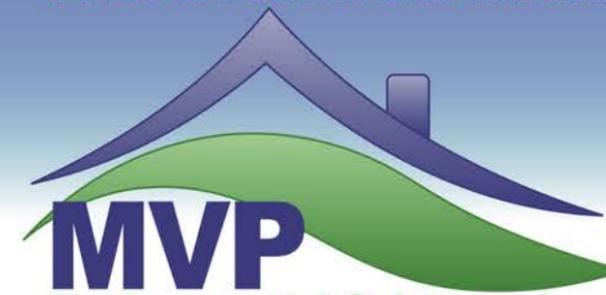


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Up & Coming

Relay 4 Life - Sat, April 9

The American Cancer Society (ACS) Relay For Life of Parkland, Coral Springs, Margate and Coconut Creek invites the communities to attend the annual Relay survivor and caregiver celebration. From, 4pm - 9pm at Marjory Stoneman Douglas High School 5901 Pine Island Road, Parkland, For more info see www.Relayforlife.org/parklandfl

Hoppin' into Springs Egg Hunt - Saturday, April 9

Lots of fun will be "Hopping" at Sportsplex Park, 2800 Sportsplex Dr., as Coral Springs children, 3 to 8 years old, have a blast collecting eggs with their friends and neighbors. Advance registration is required, and walk ups will not be accepted... Please call 954-345-2200 to enroll your child.

Run for Beigel - Sun, April 10

Our mission is to raise funds through RUN 4 BEIGEL events to send at-risk children to summer sleep-away camp through the Scott J. Beigel Memorial Fund. We partner with summer camps around the nation to provide a safe haven and fun, supportive environment for children from underserved communities who have been touched by gun violence. For more info see www.run4beigel.com

Eggstravaganza - Sat, April 16

From 9:30-2pm at Terramar Park, 6700 W Hillsboro Blvd, Parkland. Open only to Parkland residents, enjoy a fun egg hunt with friends and neighbors at Terramar Park, 6700 W. Hillsboro Blvd., Parkland, from 9:30 to 11:30 AM. Registration is

required and limited, so get your wristband right away! www.cityofparkland.org/egghunt

Parkland Farmers' Market - Sun, April 10 & 24

Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

Every Child Matters Golf Tournament - Sat, April 23

At COUNTRY CLUB OF CORAL SPRINGS. Every Child Matters is a mentor program that helps underprivileged kids in all areas of their life. The program works directly with each child, helping them with food, clothing, homework, and their everyday basic needs. They are also sponsored in local sports programs. For more info please email Amanda at everychildmatters@aol.com or call 954-755-6378 www.EveryChildMatters.com 954-757-4107.

Parkland Trivia Night - Wednesday, April 27

Come as a family, Group of Friends or perhaps come by yourself and join a team from 6 to 7 PM at the Parkland library, 6620 University Dr. Show your knowledge about all things such as Food, Animals, Disney and more. Snacks and prizes will be given. Parkland library card required to register. To register visit www.cityofparkland.org or call (954)757-4214.



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