

# Spectator

April 2026

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A Community  
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See article on pages 6-7





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## Enjoy Our Community!

We are thrilled to be Ready for Spring, 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 and interesting happenings that have been vital to featuring the "humanity" of our community.

Please see the article on the facing page for a reminder of what our community values began as, and how to get back to focusing on them. Meet a vibrant family that has been with us for almost a decade and happily calls our area HOME.

It's wonderful to share our corner of Paradise with the amazing families who make it fun, diverse, and beautiful. Enjoy April by offering kindness and assistance to friends and neighbors in our community. Let's appreciate the unique viewpoint 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*

## Community Cohesiveness

by Shellie Miller Farrugia

In the sun-drenched heart of South Florida, our communities of Parkland and Coral Springs have always held a special place in the hearts of residents. 62 years ago, this area began as a thoughtful vision for families. Early residents dreamed of a place where children could grow up safely, quality education stood as a cornerstone, and sunny days invited outdoor fun. Parks, playgrounds, and neighborhood gatherings defined daily life. The focus was profound: build a community centered on family, connection, and shared joy in Florida's exclusive climate.

We have come far since those early days. Open fields and carefully planned subdivisions have grown into a thriving, dynamic cities filled with diverse families, new homes, bustling schools, calendars packed with activities.

Yet through every change, one truth remains steady. The strength of our neighborhoods lie in the people who choose to live here and the values they uphold. Today more than ever, we need to return to the basics that made this place so appealing in the first place.

Knowing our neighbors should not be a rare occurrence, but a regular part of life. A friendly wave across the street, a quick conversation at the mailbox, or an offer to help with a heavy package can rebuild the threads of connection that sometimes loosen over time. When we truly know the people living nearby, we create a safety net of care and concern that benefits everyone, especially our children who learn from our actions.

Caring about others goes hand in hand with knowing them. Small acts of kindness; checking on an elderly resident or organizing a group to welcome a new family, remind us that we are all in this together. These gestures strengthen the fabric of our community. They reflect the family values that drew so many of us here: respect, compassion, and a willingness to lend a hand without being asked.

Quality decisions matter just as much in our personal lives as they do in larger matters. Choosing to keep our streets clean by picking up litter during a walk, maintaining our yards with pride, or teaching our children the importance of responsibility all contribute to the overall beauty and harmony of our surroundings. When families make thoughtful choices day after day, the entire neighborhood benefits. We set examples that ripple outward, encouraging others to do the same.

Real cohesiveness grows when each household commits to living with intention, prioritizing family time, open communication, and mutual respect. By focusing on these individual and family values, we honor the original spirit of Parkland and Coral Springs while building an even stronger future.

Let us recommit to the simple yet powerful principles that started it all. Know your neighbors. Care deeply. Make choices with quality in mind. In doing so, we ensure that our community remains not just a place to live, but a true home where families flourish under the same warm sun that has always shone here.



This Month's Digital Issue

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On the cover:  
Parkland Soccer Club.  
See pages 6-7.

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## Parkland Soccer Club

# A Family Culture Competing on the Global Stage

On any given evening in Parkland, Florida, the fields at Parkland Soccer Club are alive with energy. Soccer balls strike the turf, coaches deliver instructions, and families gather along the sidelines to support the next generation of players. Yet what is being built at Parkland Soccer Club goes far beyond training sessions and weekend matches. It is a community where young athletes are challenged to compete at an elite level while growing within a culture rooted in respect, commitment, resilience, and unity.

Those values are not simply words displayed on a wall. They are woven into the club's daily philosophy and shape the experience of every player who wears the badge. Coaches focus not only on technical and tactical development, but also on character, accountability, and teamwork. Players are taught that success comes through discipline, consistency, and perseverance. Families, in turn, become part of a supportive environment where growth is celebrated and every athlete is encouraged to reach his or her full potential.

That foundation has helped Parkland Soccer Club create a clear developmental pathway for boys and girls alike. The club offers Pre-ECNL programs for both, giving young players the opportunity to train in a structured, high-level environment while learning the habits required to compete at the top levels of youth soccer.

On the boys side, Parkland Soccer Club currently fields teams in both ECNL and ECNL Regional League, two of the most respected platforms in American youth soccer. These leagues provide players with the opportunity to compete against top clubs from across the region and the country, while also gaining meaningful exposure to college programs.

The girls program has experienced especially exciting growth. Under the leadership of Girls Soccer Director Cristian Raudales, the program has expanded from just five teams three years ago to 15 teams today. That growth reflects not only the increasing strength of girls soccer at the club, but also the family culture that continues to attract players and parents to Parkland.

Currently competing in the National Premier League, the girls program is aiming even higher. Parkland Soccer Club has applied for ECNL Regional League status for the 2026–2027 season, another significant step in the club's commitment to providing meaningful competitive opportunities while maintaining the supportive environment that defines it.

Player development at Parkland also extends well beyond the youth game. College Recruiting Coordinator Jona Andrade works closely with players and families throughout the recruiting process, helping athletes identify programs that match their academic and athletic goals. His work is already producing impressive results. The Class of 2026 has generated 10 college commitments so far, with expectations that at least 15 players will continue their careers at the collegiate level.

Parkland Soccer Club's vision also reaches beyond local and national competition. International tournaments have become an important part of the club's culture, giving players the opportunity to test themselves against teams from around the world while experiencing the global game firsthand.

In 2026, several Parkland teams will travel to Spain to compete internationally. The 2012 Girls team will participate in the Valencia Cup, while the 2013 and 2010 Boys teams will compete in the prestigious MIC Cup in Barcelona, one of the world's most respected youth tournaments.

For these players and families, those opportunities represent more than soccer. They reflect the unity of teammates, the commitment of parents, and the resilience required to pursue excellence at every level. As Parkland Soccer Club continues to grow, its mission remains unchanged: to develop talented players, strong character, and a culture that makes the club more than a place to play. It makes it a family.

To find out more about Parkland Soccer Club please visit [www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com), see ad on opposite page



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Meet The

# Eagen Family



**This Parkland family has built a life centered on connection, activity, and a shared love of soccer.** Zach and Liz, along with their children Ryan, 15, and Kelly, 13, have embraced everything their Heron Bay community has to offer, creating a home filled with energy, teamwork, and plenty of laughter. Their oldest daughter, Mary, 31, lives in Milwaukee, Wisconsin, with her husband, Grant, but remains an important part of the family's story, especially during their annual summer visits back north.

Their household wouldn't be complete without their two beloved pets. Izzy, a spirited dog rescued six years ago from the Humane Society of Broward County, is a constant companion; especially when Zach heads out for a run or rollerblading session. Nala, their cat, made the move from Wisconsin eight years ago and has settled comfortably into Florida life alongside the family.

Zach proudly serves as the family's stay-at-home dad, though his role goes far beyond any single title. From cooking meals to managing the household, maintaining the yard and pool, coordinating schedules, and supporting the kids on the sidelines, he keeps everything running smoothly. Liz balances the home front with a demanding career as a Senior Director of Operations at a temp staffing firm specializing in placing doctors and advanced practitioners on a locum tenens basis. Together, they've created a partnership that allows their family to thrive.

Soccer is at the heart of the Eagen family's lifestyle. Both Ryan and Kelly play for Parkland Soccer Club as well as their respective schools, and the family is now in its fifth season with the club. What started as an activity has grown into something much deeper—an extended family of teammates, coaches, and fellow parents. Liz is heavily involved as well, serving on the club's board with a focus on fundraising and sponsorships, and acting as team manager for Ryan's team.

When they're not at the fields or traveling for games, the Eagens cherish their time together at home. Card games are a favorite pastime, often bringing out a fun competitive spirit. They also enjoy hosting friends and dining out at local restaurants, valuing the chance to slow down and connect over a good meal.

Academically, both Ryan and Kelly are thriving. Ryan is a freshman at St. Thomas Aquinas, where he particularly enjoys Spanish. Kelly is in 7th grade at Mary Help of Christians Catholic School, and her favorite subject is STREAM, where she gets hands-on experience building robots—something she finds both challenging and exciting.

The family appreciates the strong sense of community in Parkland, along with the many events that bring neighbors together. They especially love the ability to enjoy outdoor activities year-round, a welcome change from their years in Wisconsin. Even so, they look forward to returning each summer to reconnect with family and friends.

As a family, the Eagens share a simple but meaningful philosophy, inspired by a favorite line from Ted Lasso: "Futbol is life!" It's a sentiment that perfectly captures their passion, especially as both Ryan and Kelly prepare for an exciting opportunity to play in soccer tournaments in Spain this April.



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# SPRING LANDSCAPING ESSENTIALS

*From Parkland's Expert*

Mike Squillace, owner and founder of All Terrain Landscaping

By Ashley Ferraro

As temperatures rise, it's a good time for homeowners in Parkland and Coral Springs to take stock of their landscaping. According to Mike Squillace, owner and founder of All Terrain Landscaping in Parkland, spring is when your yard's needs start to change, and a few well-timed moves now can make a big difference in how your property holds up through the summer.

Mike has spent 45 years serving communities across Broward, Palm Beach, and Miami-Dade counties, and also owns and operates a 10-acre public nursery in Parkland. His background in botany and horticulture gives him a grounded, science-based perspective on South Florida's unique climate and ecosystems.

According to Mike, April is the time to get your irrigation system dialed in before the rainy season arrives. "A lot of people set their irrigation schedule in the dry season and forget about it," Mike says. "By June, you're getting rain every afternoon and your system is still running like it's March."

When it comes to irrigation maintenance and preparation, he recommends inspecting heads, checking for leaks, and making sure coverage zones are accurate. He also suggests installing a smart controller or rain shutoff device, which prevents overwatering once the afternoon thunderstorms kick in and keeps nutrients from washing out of the soil before your lawn can absorb them.

For pruning, Mike says to get it done now before the heat sets in for good. Non-flowering shrubs and trees can be shaped to improve their form and encourage strong new growth heading into summer. For palms, remove dead fronds but avoid aggressive trimming, which stresses the tree rather than protecting it. April is also an ideal time to add color to your beds

before summer sets in. When introducing new trees and plants to an existing landscape, Mike recommends working with a professional. In South Florida, plant selection depends on property-specific factors like sun exposure, shade patterns, soil conditions, and drainage. With a trained eye for these types of details, Mike carefully selects the right plants, using his expertise to enhance your existing landscape.

The same goes for hardscaping. Installing or repairing stone, brick, and paved areas requires the right materials, proper grading, and an understanding of how water moves across a property. Mike and his team specialize in drainage and can accurately assess what a property needs when it comes to hardscapes.

As a final tip, Mike recommends refreshing your mulch. "It's one of the simplest things you can do, and it makes a noticeable difference," he says. A two to three inch layer helps regulate soil temperature, retains moisture through the seasonal transition, and cuts down on weed pressure heading into the wet season. Mulch is also an easy way to increase the aesthetic value of any landscape.

All Terrain Landscaping has earned a strong local reputation, having been named Top Landscaper by the City of Fort Lauderdale three times and completing high-profile residential and municipal projects across the region. Mike, his brother Dan, and their crew take a hands-on approach to every job, a commitment reflected in their 100% five-star rating on Google. + miami

**To request a free consultation and quote, contact Mike at 954-658-5040 or visit [www.allterrainlandscaping.com](http://www.allterrainlandscaping.com).**

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## WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info. visit. [www.csall.com](http://www.csall.com), or call (954) 369-4813. [coralspringsamerican@gmail.com](mailto:coralspringsamerican@gmail.com)

## CHALLENGER BASEBALL LEAGUE

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## NORTH SPRINGS LITTLE LEAGUE

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### NORTHWEST BROWARD ROAD RUNNERS

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## Soccer

### CORAL SPRINGS RECREATIONAL

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### CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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## Special Needs

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### THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [helo@thefriendshipjourney.org](mailto:helo@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## Volleyball

### SAND TURTLES VOLLEYBALL CLUB

Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. [www.sandturtlesvolleyball.com](http://www.sandturtlesvolleyball.com)

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## Scouting

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## Seminole Nation

Father-Daughter Program for fathers and daughters ages 5-10 serving the northern quarter of Broward County, Florida. For more info. please visit [big5@seminolenation.org](mailto:big5@seminolenation.org) or email [big5@seminolenation.org](mailto:big5@seminolenation.org)

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Coral Springs Gymnasium .....	(954)345-2107
Cypress Park Pool .....	(954)345-2109
Cypress Park Tennis .....	(954)345-2100
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*Michelle Richard*  
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# Parkland Connections

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PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

## Tackle Football & Cheerleading

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Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

PARKLAND FLAG FOOTBALL  
For more info, see [www.parklandflag.com](http://www.parklandflag.com)

## Lacrosse

PARKLAND REDHAWKS  
For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)

BUZZARDS MEN'S LACROSSE CLUB  
For more info contact Mike at 954-540-8970

## Soccer

PARKLAND REC SOCCER  
For more info, visit [www.parklandsoccer.net](http://www.parklandsoccer.net)

PARKLAND TRAVEL SOCCER CLUB  
For more info, call (754) 240-9005 visit [www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com) or [emailinfo@parklandtravelsoccer.com](mailto:emailinfo@parklandtravelsoccer.com). See ad and article on pages 6-7.

## Private Schools & Camp

**NORTH BROWARD PREPARATORY SCHOOL**  
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See ad on opposite page.

**HERON LAKES SOREFF JCC SUMMER CAMP & PRESCHOOL**  
Serving Parkland and Coral Springs. Focused on Judaic learning. Elementary & teen camps at our 16-acre Plantation Campus. For more info call 954-346-0002 or see [www.soreffcc.org](http://www.soreffcc.org). see ad on page 9.

## Dance

**DANCE THEATRE**  
Discover your passion for dance with convenient locations in Parkland, Heron Bay. We offer excellence in dance education with diverse range of dance classes for all ages and skill levels. For more info, call the Parkland studio at 954-427-7217 or the Coral Springs Studio at 954-340-1544. Please visit [www.DanceTheatre.net](http://www.DanceTheatre.net).

## Parkland P-Rec

**PICKLEBALL**  
Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

## Special Needs

**PARKLAND BUDDY SPORTS**  
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## 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**  
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## Adult Softball

For more info, contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade  
Find a local unit at [www.beascout.org](http://www.beascout.org)

## Important Numbers

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
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Dorron Blumberg

# My 15 Year Story

## From Florida Roots to Creative Excellence

My journey began in the heart of Florida, where creativity, community, and connection shaped the foundation of who I am today. A proud graduate of Marjory Stoneman Douglas High School, Class of 2000, I learned early that teamwork, discipline, and vision are the driving forces behind meaningful success — values I carry into every client relationship and project.

I continued my education at Florida Atlantic University and the Art Institute of Fort Lauderdale, where I refined my expertise in design, marketing, and technology. Those formative years ignited a passion for blending artistry with strategy — creating work that not only looks exceptional but delivers measurable results.

For more than 15 years, I've had the privilege of helping businesses and organizations elevate their presence through graphic design, website development, branding, and integrated marketing. My client portfolio includes respected organizations such as ACHE of Orlando, ACHE of North Florida, South Florida Hospital News, and numerous local businesses that trust me to create visual identities and digital platforms that connect, inspire, and perform.

I am also proud to support My Spectator Magazine, providing consistent monthly updates, website design, and IT support to ensure the publication remains modern, engaging, and seamlessly executed. Behind every successful brand is thoughtful strategy, consistent messaging, and reliable execution — principles that define Dorron Marketing.

Fifteen years later, Dorron Marketing continues to thrive — built on creativity, dependability, and a genuine commitment to helping brands communicate with clarity and impact. Every project is approached with the same intention: elevate the brand, refine the message, and create a lasting impression.

**Ready to elevate your brand with strategic design and marketing that delivers real results?** Let's build something exceptional together. Contact Dorron Marketing today and turn your vision into measurable growth.

**Please visit [DorronMarketing.com](http://DorronMarketing.com) to see my work and schedule a free consultation. Call (561) 618-0759 or email: [info@dorronmarketing.com](mailto:info@dorronmarketing.com)**



Let's Keep

# Easter Bunnies Chocolate

**Every Easter families share the joy of baskets filled with colorful eggs and sweet treats.** Many children hope for a fluffy surprise a real live bunny to call their own. That adorable little creature seems like the ultimate Easter gift. It promises cuddles and lessons in responsibility. Yet before bringing one home it helps to think carefully about what rabbit ownership really involves.

Those baby bunnies are irresistibly cute with soft fur and twitching noses. Parents see them as a way to create lasting memories and teach kids about caring for animals. But the reality often unfolds differently once the holiday excitement fades.

Baby rabbits grow quickly into adult rabbits that need far more attention than a simple hutch can provide. They require plenty of space to hop, exercise and explore safely. A proper diet includes mostly fresh hay vegetables and limited pellets. Without the right nutrition rabbits can develop serious health issues so owners must stay vigilant. Daily cleaning is important too since rabbits can produce a noticeable smell from their waste if their living area is not maintained. Many first time rabbit parents are surprised by how much daily maintenance is required.

Rabbits are social and need regular interaction. They enjoy playtime outside their enclosure but they are fragile pets. Small children who want to pick them up or hug them tightly may unintentionally scare or hurt the bunny. In response, rabbits might nip or show other signs of distress which can be upsetting for everyone. Teaching children gentle handling takes patience and supervision from adults.

These pets also live a long time; often eight to twelve years. That means a decade or more of commitment including specialized veterinary care that can add unexpected cost. Many families discover these details only after the bunny has joined the household. For instance- many rabbits enjoy digging and chewing which means homes must be carefully bunny proofed to protect furniture and wires.

Animal shelters report seeing more rabbits surrendered in the spring and summer months. Estimates from rescue groups suggest that a large percentage of Easter bunnies find their way there because the work involved proves more than expected. Countless caring families have faced this surprise, but for you and your family, it is avoidable with foreknowledge.

Fortunately Easter can stay just as delightful without the challenges. Opt for a chocolate bunny instead. It brings the same festive fun with zero ongoing care. Share it as a family treat and keep the tradition light and joyful.

Should your household be ready for a rabbit, that is wonderful. Research thoroughly, adopt from a rescue, and prepare together for the long haul. With the right knowledge these animals can make loving companions. It takes dedication but the bond you form can be deeply fulfilling.

This season choose kindness in all forms. Let Easter bunnies remain chocolate so that the holiday sparkles with happiness for every member of the family including any future pets you may welcome when the time is truly right.



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# A Chance Rescue in Parkland Ranches

David Hill was leaving his home in Parkland Ranches on his way to the gym, thinking only about his upcoming workout. Recent roadwork had left the neighborhood slightly disordered, but nothing seemed out of the ordinary as he headed south. A truck passed him going north, and Hill eased his Ferrari toward the right side of the road to give it space. What he did not anticipate was how unstable the newly widened canal's sandy shoulder had become.



As his car edged over, the ground suddenly gave way. In an instant, the Ferrari flipped and plunged into the canal, quickly becoming fully submerged. Hill's immediate instinct was to lower the electric window, a decision that would save his life. "Somehow I managed this Harry Houdini act, and I was able to squeeze out of the window and get out of the car," he recalls. "After I got out, I realized that there was no way I could get out of that canal by myself."

Although the canal was not especially wide, its steep sides made escape nearly impossible. Hill found himself trapped in the water below road level, unable to climb out. He honked the horn and shouted for help, unsure if anyone passing above would hear him.

A few moments later, Elijah Benitez, 24, was driving north on his way to work at Underground Reptiles, where he handles deliveries and cares for a wide range of animals.

"As I'm heading to work, I noticed this elderly couple looking in the canal and I'm wondering if they're looking at a gator, so I stopped because I wanna look too," Benitez says. "I ask them what's going on and they say there's someone in the canal. I see this gentleman kind of fishtailing out of the window, and he didn't seem very stable once he tried to stand up, so I jumped in, grabbed him and hauled him up out of the canal."

Without hesitation, Benitez climbed down and pulled Hill to safety. Though he describes himself as not very tall, he credits his strength and training for allowing him to act quickly and effectively in the moment.

The encounter brought together two men from very different walks of life, one a young worker heading to his job, the other an established businessman beginning his day, in a moment that neither could have predicted. What could have ended in tragedy instead became a story of timing, instinct, and quiet courage.

Benitez, a soft spoken young man, served four years in the United States Air Force in security forces and is now awaiting completion of his discharge paperwork with hopes of becoming a firefighter. He lives with his family in Boca Raton and has a strong desire to help others whenever the opportunity arises.

"To me, it wasn't a big deal," Benitez says. "It was like my former job as military police, I just help people out."

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## Chiropractic Care for Young Athletes

By Gary Bofshever, DC

### The Backbone of Performance: Chiropractic Care for Young Athletes

In the high-stakes world of youth sports, the pressure to perform often pushes physical limits. For young athletes, maintaining a competitive edge requires more than just skill; it demands a foundation of structural integrity and physiological balance. Chiropractic care has emerged as a vital pillar in this foundation, offering a holistic approach to injury prevention, recovery, and peak performance. When paired with essential habits like strategic stretching and consistent hydration, it creates a comprehensive blueprint for long-term athletic success.

### Structural Integrity and Injury Prevention

The adolescent body is in a constant state of flux. Rapid growth spurts can lead to imbalances where muscles and tendons struggle to keep pace with lengthening bones. Chiropractic adjustments address these imbalances by ensuring the spine and joints are properly aligned. When the nervous system operates without interference from spinal misalignments, or subluxations, a young athlete's coordination and reaction times improve.

Furthermore, regular adjustments serve as a proactive defense against common overuse injuries. By restoring proper biomechanics, chiropractic care reduces unnecessary stress on the knees, ankles, and shoulders—areas frequently compromised in sports like soccer, baseball, or gymnastics.

### The Synergy of Stretching and Hydration

While chiropractic care optimizes the "hardware" of the body, stretching and hydration maintain the "software" and fluid systems.

• **Dynamic and Static Stretching:** Stretching is not a

one-size-fits-all activity. Young athletes should utilize dynamic stretching (active movements) before competition to increase blood flow and muscle elasticity. Post-exercise, static stretching helps reset muscle length and reduces soreness. A flexible muscle is less likely to tear under the sudden strain of a sprint or jump.

• **The Power of Hydration:** Water is the primary lubricant for joints and a critical component of intervertebral discs. Dehydration leads to muscle fatigue and cramping, which directly increases the risk of structural injury. For the chiropractic patient, staying hydrated ensures that the soft tissues surrounding the spine remain resilient and responsive to treatment.



### Faster Recovery and Longevity

The primary goal for any young athlete is to stay on the field. Chiropractic care accelerates recovery by improving circulation and reducing inflammation without the need for invasive procedures or heavy medication. This natural approach respects the body's developing physiology while teaching the athlete to listen to their physical cues.

By integrating spinal health with disciplined recovery protocols, athletes develop a "wellness first" mindset. This shift from reactive treatment to proactive maintenance is what separates a fleeting sports career from a lifetime of healthy, active movement.

### Conclusion

Chiropractic care offers young athletes a distinct advantage by optimizing the relationship between the spine and the nervous system. However, the true magic happens when this care is supported by the athlete's own commitment to hydration and stretching. Together, these elements form a powerful triad that protects the body, enhances performance, and ensures that the passion for the game isn't sidelined by preventable injury.

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## JOIN THE MOVEMENT: Leading the Charge for Cleaner Beaches

**A shared passion for protecting Florida's coastal ecosystems turned into a growing environmental movement** when in May of 2025 Reef Boyz officially launched as a nonprofit dedicated to reef restoration, shoreline cleanups, and pollution awareness across South Florida.

The organization was co-founded by longtime reef cleanup diver Mike Squillace and Florida native Justin Spute, combining decades of hands-on environmental work with a vision for mobilizing the broader community. Squillace had spent more than 40 years diving South Florida reefs, quietly removing debris ranging from fishing line and aluminum cans to heavy lead weights that accumulate over time in coral ecosystems.

Spute, who grew up in Stuart, Florida, developed his connection to the water early in life. Much of his childhood was spent fishing, boating, and swimming along the Treasure Coast, along with attending environmental studies camps during the summer. That upbringing helped shape the belief that conservation is not just about removing trash, but about building awareness among the people who live closest to the water.

When the two connected over their shared concerns about marine pollution, the concept for Reef Boyz began to take form. Rather than focusing only on underwater cleanups, the founders wanted to build a community organization that could bring together volunteers from many backgrounds to protect Florida's coastal environments.

A central part of that effort has been the involvement of veterans and students. Veterans were intentionally placed in leadership roles within the organization because of the discipline, teamwork, and leadership experience they bring to large projects. At the same time, involving young people became a priority.

"If students understand the real impact of pollution on reefs and wildlife early in life, they become part of the solution," Spute explained.



Another key contributor to the organization's growth has been Dan Squillace, Mike's brother and one of the co-founders of Reef Boyz. Through his community relationships and outreach efforts, Dan has helped the organization build partnerships with municipalities, schools, and major local events, opening doors that have allowed Reef Boyz to expand its impact across South Florida.

Since its launch in May, Reef Boyz has organized 12 cleanup events throughout the region, including efforts in Vero Beach, Dania Beach, Pompano Beach, and Boca Raton. One of the largest events partnered with Grandview Preparatory School, where nearly 90 students participated in a shoreline cleanup.

The work addresses a growing environmental challenge. According to the National Oceanic and Atmospheric Administration, more than 11 million metric tons of plastic enter the ocean each year, much of it originating from land-based litter that eventually reaches coastal waters and coral reefs.

Reef Boyz aims to intercept that debris before it can damage marine ecosystems. Volunteers collect trash from beaches, parks, and waterfront areas, preventing it from entering the ocean and breaking down into harmful microplastics.

**The organization's next major community cleanup will take place April 25 from 9 a.m. to noon at 1040 N Pompano Beach Blvd, Pompano Beach, FL 33062. Volunteers of all ages are encouraged to participate.**

Participants will receive Reef Boyz volunteer T-shirts, and will be able to borrow natural bamboo pickers and steel buckets for trash removal.

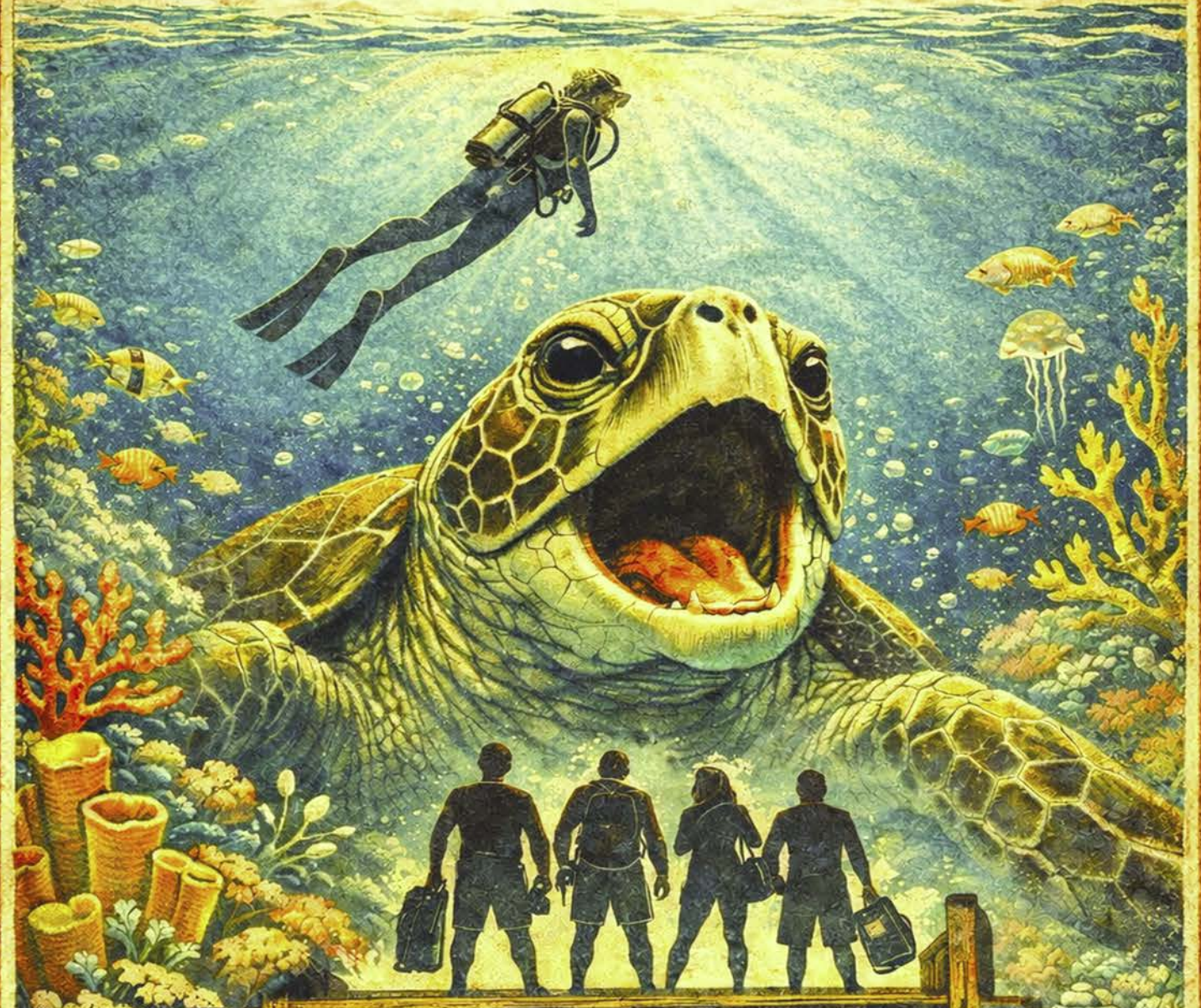
As Squillace often reminds volunteers during cleanup events, "Many hands make light work."

Those interested in volunteering, sponsoring events, or supporting the mission can learn more at [www.thereefboyz.com](http://www.thereefboyz.com) or follow the organization on Instagram at [@reefboyzfoundation](https://www.instagram.com/reefboyzfoundation).

# REEF BOYZ

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