

# Spectator

May 2026

## Welcome to CHURCH by the GLADES

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SATURDAYS 6:30PM

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**Broward Health**  
CORAL SPRINGS

**When Caregivers  
Become Family**

See page 3 for details.



## PINE TREE ESTATES

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Please visit

[BillSohlSellsParkland.com](http://BillSohlSellsParkland.com)

for other feature listings.

(954) 655-5097



COMPASS

City of Parkland Community Page



## The Sound of Connection: When Caregivers Become Family

Nicole Benefield's journey into motherhood began five years ago when she gave birth to her first daughter at Broward Health Coral Springs. Today, after delivering her second daughter at same hospital, with the same obstetrician gynecologist (OB-GYN), the 34-year-old Plantation resident said the choice to return was effortless and deeply personal.

Nicole gave birth to Lenox Grace in January 2021 at the height of the pandemic, when mandated protocols were very strict. At her last visit with her OB-GYN, before giving birth, her doctor, Linda D. Green, M.D., told Nicole that her daughter was going to have a high birth weight, a factor that results in a higher risk of complications during delivery.

Dr. Green shared that there was an increased risk of shoulder dystocia, where the baby can be injured exiting the birth canal. She discussed all the risks and benefits with Nicole and her husband, Shawn, as well as the option for an operative delivery, called a cesarean section.

Also known as a C-section, a cesarean delivery is performed through incisions in the mother's abdomen and uterus. After weighing all the information Dr. Green provided, Nicole and Shawn decided to move forward with a scheduled cesarean delivery. The procedure was set for two days later.

"I didn't expect to be faced with this decision, but I had a high level of confidence and trust in Dr. Green, and I valued her expertise as she talked about our options," said Nicole.

From the moment she arrived at the hospital, Nicole said her entire care team, from Dr. Green to the nurses and staff, surrounded her with kindness, talking her through each step and answering every question with patience. They made her feel safe and supported, even without her mother by her side. To Nicole, they weren't just medical professionals, they became family when she needed it most.

"Childbirth is a very vulnerable time for a woman," said

Nicole. "When Lenox was born, it was hard not to have my mom there. But the compassion, warmth and level of support I received during Lenox's birth made all the difference."

Four years later, when Nicole was expecting again, she knew she wanted to return to Dr. Green and the team at Broward Health Coral Springs for care. When she returned to the hospital, she found the same warmth, attentiveness and people-first culture that left such a lasting impression during her first birth.

"It's the people," Nicole said. "The hospital is beautiful, but my doctor and the staff... they are what make Broward Health Coral Springs extraordinary." Nicole delivered her second healthy baby, Phoenix Grace, in November 2025.



Today, both of her daughters are thriving, healthy, joyful girls who are growing beautifully. To the Broward Health Coral Springs team, Nicole shared her heartfelt gratitude. "You made a difference in our lives. You comforted me. You made me feel heard, valued and cared for when I didn't have all my family around me," said Nicole. "You became an extension of my family. We will never forget the way you supported us." Maternity Care at Broward Health Coral Springs

At Broward Health Coral Springs, maternity care is designed to support families through every step, from delivery to recovery and beyond.

The hospital's Maternity Place combines experienced physicians, 24/7 obstetric and anesthesia coverage, and private labor, delivery and recovery suites designed for comfort and privacy. Families also have access to services such as lactation support, couplet care that keeps mother and baby together and a Level III neonatal intensive care unit for infants who may need additional attention.

To learn more about Broward Health's maternity services, visit [BrowardHealth.org/Maternity](http://BrowardHealth.org/Maternity).

# It's All About Community!

## Moms, Memorial Day, & Graduates

Moms are always appreciated, especially in the month of May! Another important time in May is honoring those who've made the ultimate sacrifice as we approach Memorial Day! Two tremendous groups of family and friends deserve every bit of positive attention we can give them!

Another group of people who deserve a GIANT SHOUT OUT are the GRADUATES OF 2026! We are so proud of you and your achievements! This historical time is one that none of us will ever forget.

This month's issue is dedicated to MOMS! I mean, where would any of us be without her?! Please look through and enjoy the various articles that serve to celebrate her, and honor her contributions to our families.

Finally, we pray for every family touched by the Spectator, and every home in between. Our hearts are with you,

*Shellie & Scott*

## Gifting Yourself Presence

by Wylie Farrugia-Roe

As I nurse my baby to sleep, I can feel the quiet tug of the endless to-do list in the background. The mental load, as it's so often called, never really settles. It shifts, grows, reinvents itself. Just when I think I've caught up, something new appears, gently reminding me that there will always be more. More to plan, more to remember, more to carry.

But what if, just for this moment, I chose something different?

What if instead of sorting through that invisible checklist, I let myself arrive fully right here. Grounded. Still. Aware.

I notice the warmth of his body against mine, the steady rhythm of his breathing as it slows. The soft weight of his tiny hand curled trustingly around my finger. The sweet, familiar scent of his fuzzy head. These are not small things. They are everything, if I let them be.

And in this space, something shifts. The urgency fades, just a little. The list loosens its grip. There is only this moment, quiet, tender, complete. A moment that asks nothing of me except to be here for it.

What a gift that is.

The truth is, the mental load will always be waiting. It doesn't disappear when we pause; it simply waits its turn. But these moments, these fleeting, ordinary, sacred moments, don't wait in the same way. They pass. They change. They become memories before we even realize they were here.

And so sometimes, we have to be intentional. We have to gently choose presence over productivity, even when it feels unfamiliar, even when the list is calling.

Because this, this connection, this closeness, this quiet exchange of love, is what anchors us. It's what reminds us why all the doing exists in the first place.

If you're feeling overwhelmed by the weight of it all, know that you're not alone. The mental load is real, and tending to it is part of caring for a life, a home, a family. But it is not the only thing that matters.

Make room for the moments that don't ask for anything except your presence. Ask for help where you can. Let go of the idea that everything has to be done perfectly. It doesn't; it never did. Instead, find your rhythm, the gentle ebb and flow that allows space for both responsibility and rest, for both doing and being.

To all the mothers holding so much while loving so deeply, breathe. You are doing enough, more than enough.

In the end, it won't be the perfectly folded laundry or the spotless floors that linger in memory. It will be this. The way you showed up. The love you gave freely. The moments you chose to stay.

Let this be your reminder; sometimes the most meaningful thing you can do is simply be here.



### This Month's Digital Issue

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#### Publisher & Managing Editor

Shellie Miller - Farrugia

#### Creative Director

Scott Farrugia

#### Photography

Scott Farrugia

#### Web, Social Media & email Marketing

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954-297-0731

#### Contributing Writers

Scott J Brook  
Shellie Miller-Farrugia  
Casey McGovern  
Heather Palacios  
Wylie Farrugia-Roe

#### Advertising Sales

Office  
(954) 753-4300

Scott Farrugia  
(954)684-6590

#### e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator  
MySpectatorOnline.com

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On the cover:  
Broward Health Coral Springs.  
See page 3.

calvary chapel parkland

a relationship with  
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Meet The

# Roe Family



Wylie and David have created a family life rooted in connection, curiosity, and a shared appreciation for the outdoors, with a home dynamic that feels especially shaped by the close bond between their two sons. Wylie, who was raised in this area, brings a sense of familiarity and local pride into their day-to-day life, while together they shape an environment that feels both grounded and adventurous for River, 3 1/2, and Caspian, 1.

Their home is filled with energy, laughter, and constant interaction, much of it driven by the boys' relationship. River and Caspian are deeply connected, often playing side by side in ways that are both spirited and tender. They are expressive children, quick to show excitement, affection, and even frustration, moving fluidly through big emotions as they learn from one another. Whether they are chasing each other through the house, inventing games, or simply sitting together, there is a clear sense that they are not just siblings but companions. Their dogs, Onyx and Olive, add to the lively atmosphere and are fully woven into the family rhythm.

David works as an environmental specialist and is currently pursuing a degree in civil engineering, reflecting a deep interest in sustainability and the infrastructure that supports growing communities. Wylie channels her creativity through her picnic event business, designing beautiful beachside gatherings, as well as through her photography. Both of their professional paths reflect a shared value of meaningful, experience-driven work.

As parents, Wylie and David take a thoughtful and flexible approach. Their children are currently homeschooled, allowing learning to happen organically through everyday experiences. Much of that learning unfolds through the boys' interactions with each other, as they navigate sharing, communication, and emotional expression in real time. At this stage, their parents prioritize exposure to the world, encouraging curiosity, adaptability, and connection.

Time together as a family is centered around simple, intentional activities. They enjoy hiking, spending time at the beach, and taking road trips, often blending adventure with routine. These outings become opportunities not just for exploration, but for the boys to experience the world together, reacting, discovering, and expressing themselves freely. Being outdoors offers both freedom and connection, something they value deeply.

They also appreciate the abundance of green spaces and the overall family-friendly feel of the surrounding communities, which supports the kind of engaged, connected lifestyle they prioritize.

For Wylie, motherhood has been both joyful and transformative. She shares that it gives her a fresh and fun perspective on life, continually encouraging her to step outside of her comfort zone. This Mother's Day, she is most looking forward to simply being together, enjoying the quality time that defines their family.

The family occasionally attends Unity of Naples, embracing community in a way that feels natural and unforced.

Wylie captures their parenting philosophy best: "Parenthood is more fun when you integrate it into your life in a way that is family focused, not just child focused. We take the kids to do everything with us and it helps them adapt to different situations that aren't always catered to children and yet they still always have a great time, while teaching us to find the joy in every situation." to find the joy in every situation."



NORTH BROWARD  
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# THE FUTURE OF LEARNING TAKES FLIGHT



North Broward Preparatory School's Aviation and Aerospace Engineering Program integrates STEAM into a rigorous academic experience. Through hands-on flight training, advanced simulators, and real-world engineering applications, students build the knowledge, skills, and confidence to pursue future careers in aviation, aerospace, and beyond.

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954-247-0011 or [admissions@nbps.org](mailto:admissions@nbps.org)



## A Summer to Remember Starts at Soref JCC

The Soref Jewish Community Center has been providing high-quality preschool, after-school, and summer camp programs since 1977. With two convenient locations in Northwest Coral Springs and Plantation, the Soref JCC continues to be a trusted resource for South Florida families seeking a safe, enriching, and fun environment for their children.

We're excited to offer nine action-packed weeks of summer camp, running from June 8th through August 7th, for children ages 3 months to 14 years. Families can choose a minimum of four weeks, with flexible scheduling, sibling discounts, and scholarships available for those who qualify.

For our youngest campers, ages 3 months to 5 years, both locations provide exceptional early childhood programs led by experienced educators. Preschoolers enjoy a wide range of engaging activities including sports, cooking, arts and crafts, music, dance, bounce houses, water slides, and daily swimming, along with entertaining in-house shows.

Our expansive 16-acre Plantation campus offers an exciting setting for elementary and teen campers. The facility includes a gym, sports fields, and a swimming pool with a newly renovated deck. Daily round-trip transportation is available from our Heron Lakes location, making camp easily accessible for Coral Springs families.

Field trips are a highlight of our program. Teens enjoy off-campus excursions three times per week to destinations throughout South Florida, while spending the remaining days enjoying on-campus amenities. Elementary campers

participate in weekly field trips, along with in-house shows, contests, and a full schedule of activities designed to keep them engaged and active.

An optional day trip to a major Orlando attraction is available for campers in grades 4 and up. While on campus, all campers receive a kosher buffet lunch, and each Friday features a special Shabbat celebration. And of course, no summer would be complete without our highly anticipated Color War!

Safety is our top priority. Both locations are staffed with full-time security personnel, and all staff members—including counselors, teachers, and junior counselors—are thoroughly background-checked and fingerprinted. Our team includes credentialed educators and experienced counselors dedicated to providing a nurturing and secure environment.

Specialty instructors enhance our program by leading activities in arts and crafts, dance, drama, martial arts, sports, and more. Certified lifeguards are always on duty, and campers receive daily swim instruction as well as free swim time in our on-site pool.

Join us this summer and give your child an unforgettable experience filled with fun, friendships, and personal growth. The Soref JCC reserves the right to provide campers with as many smiles as possible and assumes no liability for excessive happiness!

To learn more or schedule a tour, contact us at (954) 792-6700 in Plantation or (954) 346-0002 at Heron Lakes. You can also visit [www.sorefjcc.org](http://www.sorefjcc.org) for more information and to register online.



# Soref JCC '26

## SUMMER CAMP JUNE 8 - Aug 7

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- Daily R/T transport from Hollywood & Heron Lakes to Plantation for elementary and teen campers
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# SMART SUMMER LANDSCAPING TIPS

— Expert Advice from All Terrain Landscaping —



All Terrain Landscaping is one of Broward County's top landscape design companies, earning multiple industry recognitions and bringing over 45 years of experience to projects spanning residential communities, high-profile and celebrity homes, and municipal work across South Florida. Led by Mike Squillace, a longtime Parkland resident with a background in botany and horticulture, the company provides expert, locally rooted insight for homeowners looking to elevate and protect their landscapes in South Florida's challenging climate.

South Florida summers bring intense sun, heavy rain, and constant humidity—conditions that can either enhance your landscape or quickly wear it down. With a thoughtful approach, homeowners in areas like Parkland and Coral Springs can maintain a lush, vibrant yard that thrives throughout the season.

Selecting the right plants is essential, as not every variety can withstand the region's extreme climate. Native and tropical plants are naturally suited to these conditions and tend to perform better with less effort. Options like crotons and bougainvillea handle the heat well while adding bold color and texture. Native plants are especially practical, as they typically require less water and ongoing maintenance, making them a smart long-term investment.



When it comes to watering, more isn't always better. During the summer months, frequent rainfall often provides sufficient natural hydration, so irrigation systems should be adjusted accordingly. Overwatering can harm roots and promote disease just as much as drought can stress plants. Watering early in the morning allows moisture to soak into the soil before the heat of the day causes evaporation. Many homeowners benefit from installing a smart irrigation controller that adjusts schedules based on real-time weather conditions.

Mulching is one of the simplest and most effective ways to protect your landscape. A fresh layer helps retain moisture, regulate soil temperature, and suppress weed growth. Organic mulches such as pine bark or eucalyptus gradually break down and enrich the soil over time. Applying a layer about two to three inches thick around

plants and trees is ideal, but it's important to keep mulch away from direct contact with trunks to prevent rot.

Lawn care also requires attention during the summer growing season. Grass grows quickly, but cutting it too short can weaken it and make it more vulnerable to heat stress. Keeping mower blades set higher encourages deeper root systems and improves resilience. Regular mowing paired with proper fertilization helps maintain a thick, healthy lawn, while slow-release fertilizers reduce the risk of nutrients washing away during heavy rains.

The warm, humid environment of South Florida can also invite pests and fungal diseases. Watching for early warning signs like discolored patches, chewed leaves, or unusual spots can make a significant difference. Addressing issues promptly with eco-friendly treatments and consistent monitoring helps prevent minor problems from becoming major concerns.

While heavy pruning should be avoided during the hottest months, light trimming is still useful for maintaining plant health and appearance. Removing dead or damaged branches and shaping hedges keeps your landscape tidy without placing unnecessary stress on plants.

Preparing for storm season is another important step. Hurricanes and strong summer storms can pose serious risks, so trimming weak branches, supporting young trees, and ensuring proper drainage can help protect your property. A well-maintained landscape is not only more attractive but also more resilient.

For homeowners seeking professional guidance, All Terrain Landscaping provides expert design, installation, and maintenance services tailored to South Florida's unique environment. Whether enhancing your current yard or starting fresh, expert support makes it easier to achieve a beautiful, summer-ready outdoor space that performs well year-round.

**Ready to elevate your landscape this summer? Contact All Terrain Landscaping at 954-658-5040 to schedule a consultation and bring expert design, installation, and maintenance to your outdoor space.**

See ad on opposite page.

## The Art of Outdoor Living.

This Summer, elevate your home beyond landscaping.

At All Terrain Landscaping, we design and build refined outdoor environments that feel intentional, architectural, and timeless. From estate properties to modern family residences, our work transforms ordinary yards into private resort-style retreats.

For over 45 years, we have served South Florida homeowners who value craftsmanship, beauty, and long-term property enhancement.

### Our Signature Services Include:

- Architectural Landscape Design
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For a limited number of homes this Summer, we are offering:

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## Schedule Your Private Design Consultation

Visit us at [AllTerrainLandscaping.com](http://AllTerrainLandscaping.com)

Mobile: Call or text to 954-658-5040

# Coral Springs Connections

## Baseball & Tee Ball

**CORAL SPRINGS AMERICAN LITTLE LEAGUE**  
For more info. visit. [www.csall.com](http://www.csall.com), or call (954) 369-4813. [coralspringsamerican@gmail.com](mailto:coralspringsamerican@gmail.com)

## 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**  
Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

**NORTH SPRINGS LITTLE LEAGUE**  
For more info go to [www.northspringsll.com](http://www.northspringsll.com)

## Basketball

**CORAL SPRINGS BASKETBALL**  
Year round play check for sign up dates. [www.CSBCHOOPS.com](http://www.CSBCHOOPS.com) or call (954) 360-1200 or Barry Popock (954) 599-6660

**CORAL SPRINGS WOMEN'S 18+ BASKETBALL LEAGUE**  
Call or Text 954-501-4985 to Register and more info. Instagram [csbc\\_femalehoops](https://www.instagram.com/csbc_femalehoops)

## Coral Springs Flag Football

**CORAL SPRINGS FLAG FOOTBALL CLUB**  
For more info, call 954-406-0660, email [info@csffc.org](mailto:info@csffc.org) or go to [www.CSFFC.ORG](http://www.CSFFC.ORG)

## Tackle Football & Cheerleading

**CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING**  
For more info see [www.cschargers.com](http://www.cschargers.com)

## PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

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). [www.parklandrangers.com](http://www.parklandrangers.com).

## Ice Skating & Hockey

**FLORIDA PANTHERS ICEDEN**  
The triple rink known formerly known as Saveology has programs all year long!  
[www.PanthersDen.com](http://www.PanthersDen.com) or call (954)341-9956.

## Lacrosse

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

**BUZZARDS MEN'S LACROSSE CLUB**  
For more info contact Mike at 954-540-8970 or visit [www.buzzardslacrosse.org](http://www.buzzardslacrosse.org)

## Running

**NORTHWEST BROWARD ROAD RUNNERS**  
A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities. For more info. go to [www.nwbrcc.com](http://www.nwbrcc.com) or email [jaygee725@gmail.com](mailto:jaygee725@gmail.com)

## Soccer

**CORAL SPRINGS RECREATIONAL**  
The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: [www.csys.org](http://www.csys.org), email: [csysadmin@csys.org](mailto:csysadmin@csys.org) or call Mimi Milton at 954-341-6391.

## CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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.

## Softball

### YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and September-November. See the website at [www.coralspringssoftball.com](http://www.coralspringssoftball.com) or call (954)344-0171.

### CORAL SPRINGS WOMEN'S SOFTBALL

Players 18 & older can join the slow-pitch teams that play on Sundays and Monday evenings at Forest Hills Park. Call Barb Pantazis (954) 344-4449.

## Swimming

**AQUATIC COMPLEX & FITNESS CENTER**  
12441 Royal Palm Boulevard • Coral Springs, 33065 • 954-345-2121

### MULLINS PARK POOL

10180 Ben Geiger Drive (NW 29 St.) • Coral Springs, 33065 • 954-345-2170

## CYPRESS WATER PARK

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For more information see [AquaticComplex.com](http://AquaticComplex.com)

## Private Schools & Camps

**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 page 7.

**HERON LAKES SOREF 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.sorefjcc.org](http://www.sorefjcc.org). See article & ad on pages 8-9.

## 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).

## Special Needs

**PARKLAND BUDDY SPORTS**  
Find out about league offerings and activities. [www.ParklandBuddySports.com](http://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 or [www.challengerbaseballofbroward.com](http://www.challengerbaseballofbroward.com)

## 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](mailto:hello@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)

## 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. Yearly fee: Residents \$45/Non-residents \$54. P-REC – 10559 Trails End (located inside Pine Trails Park)

## 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)

## 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)

## Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall .....	(954)344-1828
Coral Springs Gymnasium .....	(954)345-2107
Cypress Park Pool .....	(954)345-2109
Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
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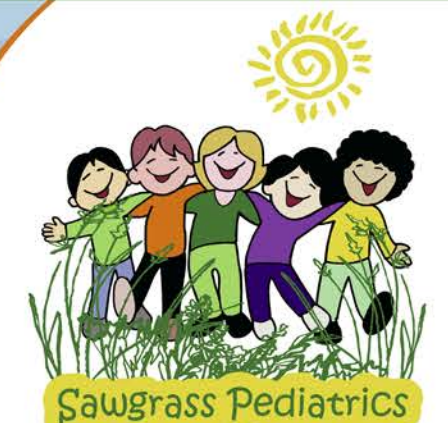
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## Tackle Football & Cheerleading

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

## Flag Football

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

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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 below.

## Private Schools & Camp

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## Dance

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## 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

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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  
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City Hall .....	(954)753-5040
Tennis .....	(954)757-1910
P-REC .....	(954)757-4105

# Hope with Heather



## A Mother's Alphabet

By Heather Palacios

**The mom-season I am in now is diametrically different than the mommy-season**

I was in twenty-three years ago. Back then, I had one son in pull-up's and one son in diapers. One learning to talk and one learning to walk. Both depending on me and clinging to me, more than Dad or anyone else. And back then, I was daily anticipating sleep instability, unregulated schedules, bags under my eyes and unshaven legs. Fast forward to the season I'm in now—commonly referred to as, “the empty nest.” It could not be any more opposite of those early-mommy days, if it tried. [And all the empty-nesters said, “AMEN!”] When DJ and Andy were little, I led a mommy-group and published a weekly mommy e-newsletter. (For those of you who don't remember way back then—social-media was a blip on the radar, texting was just emerging, and email was king.) Recently, I did a deep-dive into the archives of those weekly mommy e-newsletters and found something I had written for a special Mother's Day edition. As I reread it for the first time in a long time, it seemed rather trite and rudimentary. Maybe that was due to that mommy-season of sleep deprivation. LOL. Who knows! But I felt a nudge to brush the dust off it and bring it out of the archives for this month's “Hope with Heather.” I HOPE, somewhere in its simplicity, there is a little dose of encouragement for you. I titled it:

### Mother's Alphabet:

Dear \_\_\_\_\_ [your child's name]

- A - Always here for you
- B - Blessed to have you
- C - Compassionate on you
- D - Dedicated to you
- N - Not perfect with you
- O - Overcoming with you
- P - Patient with you
- Q - Quietly beside you
- R - Real with you
- S - Sacrificing for you
- T - Truthful with you
- U - Understanding for you
- V - Vigilant for you
- W - Watchful over you
- Y - Yearning for your best
- Z - Zealous for your future

### Bio:

Heather is married to Raul Palacios, one of the pastors at Church By The Glades. Together they are raising two sons in Coral Springs, Florida. She is a graduate of Judson University with a degree in Business Management. Heather is a multiple suicide-attempt survivor who believes if you wake up breathing, that's your proof to keep going.

- E - Encouraging to you
- F - Faithful to you
- G - Genuine with you
- H - Here to help you
- I - In this with you
- J - Journeying with you
- K - Keeper of your confidence
- L - Listening-ear for you
- M - Merciful on you
- N - Not perfect with you
- O - Overcoming with you
- P - Patient with you
- Q - Quietly beside you
- R - Real with you
- S - Sacrificing for you
- T - Truthful with you
- U - Understanding for you
- V - Vigilant for you
- W - Watchful over you
- Y - Yearning for your best
- Z - Zealous for your future

Love,  
Mom

Hope With Heather reflects my personal experiences and insights and should not be taken as a substitute for professional guidance in any field.



2026/2027 SEASON

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## The National Salute to America's Heroes

Returns to Miami Beach for Memorial Day Weekend, Bringing Back the True Meaning of the Holiday

*Featuring the Hyundai Air & Sea Show®, this national signature event honors those who made the ultimate sacrifice and showcases all six branches of the U.S. military.*

**The National Salute to America's Heroes**, featuring the Hyundai Air & Sea Show®, returns to Miami Beach over Memorial Day weekend, May 23–24, 2026, from 11:30 a.m. to 4:30 p.m. each day. As the nation's largest all-military event, this free, two-day event transforms Miami Beach into a high-energy tribute, drawing hundreds of thousands of residents and visitors each year while also marking the beginning of a nationwide commemoration of America's 250th anniversary, bringing communities together in a shared spirit of unity and patriotism.

Throughout the weekend, the national signature event will feature a lineup of military air demonstrations, including the U.S. Air Force Thunderbirds, the U.S. Navy's F/A-18 Super Hornet Rhino Demonstration Team and U.S. Marine Corps F-35B Lightning II demo team showcasing the F-35B variant's unique short takeoff and vertical landing (STOVL) capabilities, U.S. Air Force B-1B Lancer, B-2 Spirit, and B-52 Stratofortress, and more. Attendees will also experience U.S. Army Special Operations capability exercises, U.S. Customs and Border Protection drug interdiction exercises, and military parachute team demonstrations by the U.S. Army Golden Knights and the British Red Devils. The event showcases the men and women, technology, and equipment from all six branches of the U.S. military, providing a comprehensive look at the capabilities and service of America's Armed Forces.

Mickey Markoff, Executive Producer of National Salute to America's Heroes and local Parkland resident, emphasizes the significance of this event, stating, "There is no better time than Memorial Day weekend to pay tribute to our Military, and those that have paid the ultimate sacrifice on behalf of our freedom."

Complementing the action in the sky and on the water, the Patriot Display Village will span five city blocks, welcoming tens of thousands of visitors daily with immersive,

hands-on experiences. Guests can explore interactive exhibits featuring military equipment from all six branches, including helicopters, tactical gear, and simulators, while engaging directly with service members. Additional highlights include the American Peptides Action Zone with Monster Energy motocross stunt performances, the Nicklaus Children's Hospital Kids Zone, live music, and a wide variety of food and beverage offerings at the Mission BBQ Food Court.



Back by popular demand, the GOVX Memorial Day Flag Remembrance Garden will serve as a powerful tribute, honoring the lives and sacrifices of 3,000 fallen warriors from South Florida.

On Saturday evening, the experience continues along Ocean Drive with the U.S. Air Force SaluteFest, featuring a free concert headlined by Parmalee, one of country music's most successful acts, has earned five No. 1 hits, multiple platinum records, and more than 1 billion on-demand streams. Their latest single, "Cowgirl," from the album *Fell In Love With A Cowgirl*, continues their chart success alongside hits including "Carolina," "Just the Way," "Take My Name," "Girl In Mine," and "Gonna Love You."

Drawing crowds for a full evening lineup, the U.S. Air Force SaluteFest, sponsored by the City of Miami Beach and the Greater Miami Convention and Visitor's Bureau, also includes performances by the New World Symphony Orchestra, U.S. Air Force Band, and U.S. Military Drill Team, a 3D mapping projection illuminating iconic Ocean Drive buildings with patriotic visuals, a nighttime pyro parachute jump by the U.S. Army Golden Knights and British Red Devils, a 1,000-piece drone light show powered by Hextronics, and a fireworks finale.

**For more information, please visit [www.usasalute.com](http://www.usasalute.com).**

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By Scott J Brook, P.A.

## A Legacy of Advocacy:

### Guiding South Florida Families Since 2000

I opened my law firm in Coral Springs in March of 2000 to serve the community and be close to my family. We serve clients throughout Florida, with offices in Coral Springs and Boca Raton. We are happy to provide aggressive client-focused legal representation in some of life's most emotionally complex and challenging situations.

The firm primarily focuses on family and divorce law, offering a comprehensive range of services designed to support individuals and families during times of transition. These services include divorce, child custody and visitation, child support, domestic violence representation, mediation, and paternity disputes. In addition, the firm provides estate planning services, helping clients prepare wills and trusts to ensure their assets are protected and distributed according to their wishes.

At the core of Scott J. Brook, P.A. is a commitment to personalized legal guidance. The firm emphasizes close collaboration with clients, recognizing that every case is unique and requires a tailored strategy. Whether a client is navigating a contested divorce or seeking a peaceful resolution through mediation, the firm works to provide clear communication and practical solutions at every stage of the legal process.

Along with decades of legal experience, I am happy to also serve as a six-term Mayor of Coral Springs. I began serving Coral Springs in 2002, when I was fortunate to win my first race and became a City Commissioner.

I am a founder of several 501 c-3's, with a focus on veterans, youth and

mental wellness. Our firm has dealt with numerous complex financial matters and has successfully employed forensic experts to prevail in many cases. Keep in mind, our firm can never guarantee any results.

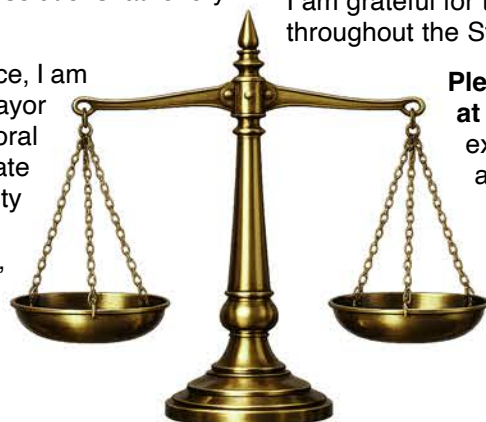
The firm's mission centers on guiding clients through challenging life events with empathy, integrity, and strong advocacy. Its core values—empathy, accessibility, collaboration, and solution-oriented thinking—shape every aspect of its approach to client service. These principles are particularly important in family law, where legal outcomes often have lasting personal and emotional impacts.

Scott J. Brook, P.A. also distinguishes itself through its emphasis on both assertive representation and supportive client relationships. The firm handles both high-conflict litigation and amicable resolutions effectively. Since Covid, family law litigation has become even more challenging as couples with children continue to experience very diverse perspectives regarding what is in the best interests of the children. As a Father of five and grandfather of five, I am committed to fight for families to achieve the best outcomes for committed parents.

I am grateful for the amazing team I have to help people throughout the State of Florida achieve their objectives.

**Please call us for a reduced rate consult at 954-757-5551.** Our firm has extensive experience in domestic abuse, financial abuse and relocation, amongst many other areas of family law.

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[www.scottjbrookpa.com](http://www.scottjbrookpa.com)



## Mind, Body & Soul:

# A Transformational Day That Changes Lives

The **Mental Wellness Networking Alliance (MWNA)**, a non-profit organization based in South Florida, is dedicated to eliminating the stigma surrounding mental health. MWNA will host its signature annual community event, the Mind, Body & Soul Summit, on Saturday, May 9, 2026, from 10 a.m. to 3 p.m. at Coral Springs Charter School. Best of all, admission is completely free to this event.

The Mind, Body & Soul Summit is designed to be a day of community wellness for individuals seeking practical tools and meaningful connections in support of their overall wellness. The day-long event will feature engaging speakers, interactive workshops, wellness experiences, and a diverse lineup of local organizations offering valuable resources spanning mental, physical, and emotional health.

Their mission is straightforward: "We want to create a community where mental wellness is valued just as much as physical wellness; the summit is our way of making that vision real, accessible, and impactful for everyone in our community."

Net proceeds from the event will help those that cannot afford therapy get access for up to 12 sessions at no or low cost to them.

The Mental Wellness Networking was founded on the belief that mental health resources should not be a privilege. By keeping the summit entirely free to the public, the organization ensures that financial barriers never stand between community members and the support they need. Whether attendees are mental health professionals, educators, healthcare providers, or simply individuals looking for guidance, the summit is designed to meet people where they are.

This year's event reflects the organization's broader mission of connecting communities with the knowledge and support systems necessary to live healthier, more

balanced lives. MWNA brings together professionals, educators, healthcare providers, and community leaders under one roof, fostering collaboration and education around mental health in a welcoming, stigma-free environment.

The summit's programming is built around the idea that well-being is not one-dimensional. Attendees can expect to engage with experts across a wide range of wellness disciplines, participate in hands-on workshops, and leave with actionable strategies they can apply in their daily lives. The event's format encourages both learning and connection, with an emphasis on creating a space where conversations about mental health feel approachable, empowering, and community-driven.

Beyond the summit itself, MWNA remains active throughout the year through partnerships, outreach initiatives, and community programming aimed at normalizing conversations around mental health. The Mind, Body & Soul Summit stands as the organization's most visible expression of that ongoing commitment.

As awareness around mental health continues to grow nationally, events like the Mind, Body & Soul Summit are increasingly recognized as vital community touchstones. By offering free access to expert programming and local resources in a centralized, welcoming setting, the MWNA is helping redefine what community care looks like in South Florida.

**The Mind, Body & Soul Summit takes place on Saturday, May 9, 2026, from 10 a.m. to 3 p.m. at Coral Springs Charter School in Coral Springs, Florida.** The event is free and open to the public.

**For more information** about the Mental Wellness Networking Alliance and the Mind, Body & Soul Summit, community members are encouraged to reach out directly to the organization **for more information by calling 954-757-5551 or emailing [chris@scottjbrookpa.com](mailto:chris@scottjbrookpa.com).**



**Donations to support the Summit and their mission can be made directly here:**

[www.ntcepay.com/link/page/mental-wellness-networking-alliance-inc/8Xeq2g/mwna-official-donation-link](http://www.ntcepay.com/link/page/mental-wellness-networking-alliance-inc/8Xeq2g/mwna-official-donation-link)



# MIND, BODY, AND SOUL SUMMIT 2026

Join us as we unite the community to advance understanding, break the stigma, and help raise funds that expand access to mental health support.



### DATE

Saturday, May 9th  
2026 - 10am-3pm



### LOCATION

Coral Springs Charter  
School

**PLEASE CALL CHRIS AT 954-757-5551 FOR VENDOR & SPONSOR INFORMATION!**



[www.mentalwellnessnetwork.org](http://www.mentalwellnessnetwork.org)



954-757-5551

**TICKETS!**



# A Mother's Message:



## Water Safety Is Love in Action

By Casey McGovern

**Drowning is silent, fast, and unforgiving.** It does not discriminate, and it can happen to anyone, anywhere.

Years ago, my daughter, Edna Mae, drowned in our backyard pool. In an instant, everything changed. There is no way to prepare for that kind of heartbreak, and no way to go back and do things differently. You learn to live with it, to carry it. And for me, that meant turning my grief into something that could help protect other families.

Because the truth is, drowning is not rare, and it is not always loud or obvious. It remains the leading cause of death for children ages 1 to 4, and one of the top causes for children ages 5 to 14 as well. In 2025, Florida alone suffered the loss of 125 children to drowning, the highest number in recorded history. And according to the CDC, for every fatal drowning, there are eight non-fatal incidents, making the true impact far greater than most people realize.

I share my story not because it is easy, but because awareness saves lives, and every one of us has the ability to be part of that change.

Water safety starts with simple, intentional actions. Designate a "Water Watcher" when children are near water, someone fully present, without distractions. Put proper barriers in place around pools. Learn CPR, because those first moments matter more than anything. And most importantly, make sure children have access to formal swim lessons. That one step alone can reduce the risk of drowning by up to 88 percent. These are not complicated solutions, but they are life-saving ones.

Today, I lead Every Child a Swimmer, a program dedicated to making sure more children have access to those life-saving lessons. We partner with hundreds of swim schools across the country to provide scholarships to families in need, and we work to pass legislation that ensures water safety education reaches families early, at school enrollment and even at birth. This work is deeply personal to me, but its impact is far-reaching. It is about creating a culture where water safety is second-natural, where families are informed, and where children are given the skills they need to stay safe.

But real change only happens when more people get involved.

This Mother's Day, I am asking you to take action. Have the conversation about water safety with your family, friends, neighbors, and colleagues. If you are in a position to help, consider supporting organizations that are working to prevent drowning. A donation, a commitment to monthly giving, or simply helping us spread the message can provide swim lessons for a child and potentially save a life. We all have a role to play in protecting children.

And together, we can create a future where every child has the opportunity to learn to swim and to grow up safely.

For more information please scan the QR Code



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