



PINE TREE ESTATES

7 Bedrooms, 4.5 Bathrooms, 3 Car Garage, Pool with Spa, 1.09 Acre, Perfect for Multi Generation Households

Situated on a quiet street lined with some of Parkland's most beautiful homes, this impressive residence rests on 1+ acre of picturesque grounds with a sprawling front lawn & stately oak trees Soaring ceilings & walls of glass fill large formal & casual living areas with natural light. Designed for large scale indoor/outdoor living & entertaining, the flexible layout flows seamlessly to a huge, screened porch, resort style pool area, & glorious outdoor spaces. A thoughtful addition provides a private wing with 4 bedrooms/2 baths & is ideal for guests/in-lawn. The crisp white kitchen features an island, quartz counters, top-tier appliances, & opens to a large family room. The oversized primary suite offers a sitting area & new spa-like bath. Some windows/doors are impact! Whole house generator.

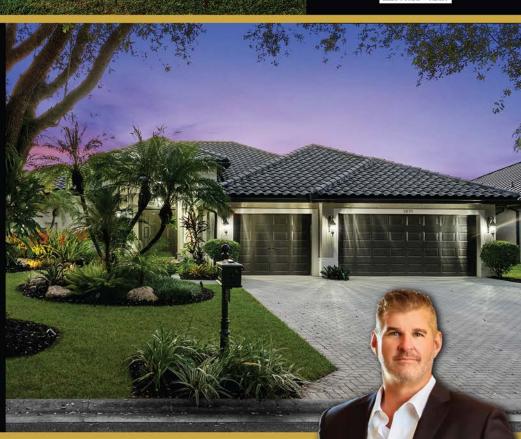


PARKLAND ISLES

5 Bedrooms, 3 Bathrooms, 3 Car Garage, Pool, Lakefront, Beautiful Sunsets

Simply a beautiful home, perfectly situated on an equally beautiful lakefront lot in the exclusive Estate section of Parkland Isles. Offerings: a 2023 Roof, Impact Glass Doors, & tasteful updates with high-end finishes. Panoramic water views via walls of glass & breathtaking sunsets fill the home with natural light & beauty. The creamy off-white kitchen boasts quartzite counters, top-tier appliances, & opens to the spacious family room. The primary suite is a private retreat with an updated spa-like bath & sitting area overlooking the pool & lake. A resort-style pool, manicured landscaping, & serene waterfrontage complete the setting. A triple-split design offers privacy for family & guests. All assigned schools are A rated & are a short stroll away. Residents enjoy World Class Amenities.





Please visit

BillSohlSellsParkland.com for other featiure listings.

(954) 655-5097



COMPASS



City of Parkland Community Page





COMPASS

Wishing Everyone A Joyous Holiday Season

Parkland Real Estate Market Report: Stability, Insight, and the Value of Experience in 2025

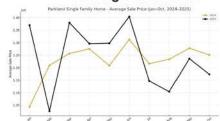
Happy Holidays, and thank you for welcoming me into the community I've proudly called home and served in for decades. While the 2025 Parkland real estate market brought peaks and valleys, it remains stable, desirable, and remarkably resilient.

Over the last three months, the Bill Sohl Luxury Homes Team closed 12 Parkland homes and placed 4 more under contract, causing a most meaningful drops in our inventory. This surge reflects not only increased market activity, but also the strength of our strategic marketing program and the trust our community places in us.

Understanding The Parkland Real Estate Market in 2025

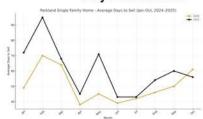
The accompanying graphs, sourced from Beaches MLS, offer a clear snapshot of the market's performance. Although the peaks and valleys of 2025 are more defined, a comparison of the two years reveals fluctuations consistent with Parkland's long-standing historic patterns.

Average Sale Price:



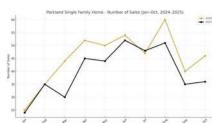
The average sale price peaked in June 2025, with 2025 recording both the highest and lowest average sale prices across the two years.

Days on Market:



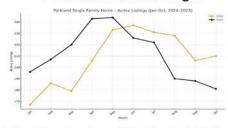
Homes remained on the market longer in 2025 when compared to 2024. It will be interesting to see how the numbers finish out as the year concludes.

Number of Sales:



The number of homes sold in 2025 was lower than in 2024. This likely reflects the effect of reduced inventory rather than weaker demand.

Parkland Active Listings:



The Parkland Inventory dropped significantly in 2025, signaling tightening supply. A shrinking inventory combined with steady pricing is a hallmark of a resilient market.

Why the Bill Sohl Luxury Homes Team Leads Parkland

Selling luxury homes requires strategy, insight, innovation, and a team deeply connected to the community. Our results are driven by a datainformed marketing strategy targeted for luxury real estate. Many listings appear in top national and international publications including The Wall Street Journal, Robb Report, and Mansion Global. Supported by a world-class marketing team, we bring unmatched creative and strategic expertise to every listing.

From crafting exceptional materials to deploying them across local, national, global, and digital channels, we ensure every home reaches the right buyers at the right time. Combined with deep neighborhood knowledge and a solutions-based mindset, our approach consistently delivers results in this dynamic market.

Have a joyful Holiday Season, and please contact me with any questions or real estate needs.



This Month's Digital Issue

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On the cover: Bill Sohl Luxury Homes Team. See Pages 3 and 4.

It's All About

Winter Wishes

What a special time of year! With Holiday memories to create, families are considering their favorite traditions, and the 2025 Holiday Season is FINALLY HERE! So much has changed ...let's look forward to new beginnings!

To repeat our tradition for the tenth year, please consider doing a drive-through Pay it Forward at least once this month. If you're going anyhow, why not take a moment to make someone else's day brighter? The Holidays are the perfect time to truly make a difference for someone who may be stressed over the whole "rush rush" of this time of year. So when you've arrived at the window to pay for your order, tell the cashier you'd like to pay for the car behind you and to please tell them you're wishing them the best for the Holidays! (or insert your favorite comment here...an invite to your church, an invite to 'Pay it Forward' to another unsuspecting person or a wish for them to Have a Great Day). We personally "Triple Dog Dare" you!

And after you've made a difference for a few people you may never meet or get to know, always remember to tell the people you cherish just how important they are to you. You might think it's not necessary, but your kind word can make all of the difference between a bad day and a good one.

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

Shellie & Scott



Sunshine Season: Making the Holidays Feel Festive in Florida By Anne Jerome

Celebrating the holidays in Florida; especially in our special corner of Broward, means trading snow boots for flip-flops and icy driveways for breezy beaches. While some newcomers miss the traditional winter chill, longtime residents know you don't need frosty weather to feel the magic of the season. With a little creativity, local flair and community spirit, the holidays in South Florida can be every bit as festive and memorable as those celebrated up north.

One of the easiest ways to evoke that cozy seasonal feeling is through atmosphere. Since our homes stay warm year-round, lighting becomes a powerful tool.

Soft white string lights indoors, flickering candles (or LED versions), and scents like pine, cinnamon and clove can immediately transform a bright December afternoon into something more reminiscent of a winter evening. Many Floridians also swap out tropical décor temporarily for touches of classic holiday textures with velvet pillows, knit throws and rustic greenery and the like; creating an inviting backdrop even when it's 80 degrees outside.

Community events play an especially big role in recreating seasonal spirit. Broward County offers an abundance of holiday parades, tree lightings and waterfront celebrations that combine a traditional holiday atmosphere with uniquely coastal charm. Boat parades, in particular, are a beloved SoFlo hallmark. Elaborate displays of twinkling lights gliding along the Intracoastal Waterway bring a sense of wonder on their own-no snow required. Outdoor concerts, art walks and festive markets throughout the region also provide built-in opportunities to enjoy the holidays in ways colder climates can't.

Of course, embracing the outdoors is one of Florida's greatest seasonal advantages. Picnics in the park, sunset beach gatherings, and holiday brunches al fresco all take advantage of the mild weather. Creating new traditions rooted in Florida's natural beauty helps families build a holiday identity that feels both special and authentic. Some residents choose to host "winter" movie nights in their backyards with projectors and cozy blankets, while others roast marshmallows in a small fire pit on cooler evenings, or lean into the tropical environment by decorating palm trees or crafting ornaments from seashells collected on local beaches.

Food also helps set the tone. While hearty stews and hot cocoa may not feel quite as appealing in warm weather, Coral Springs and Parkland's vibrant culinary scene offers plenty of festive alternatives. Citrus-glazed roasts, fresh seafood feasts, chilled holiday cocktails and locally baked treats can make seasonal dining feel both celebratory and regionally inspired. Those who miss traditional winter flavors often incorporate them through spices, baked goods or specialty drinks served over ice rather than piping hot.

Ultimately, making the holidays feel special in Florida isn't about imitating northern traditions, but blending them with a South Florida sensibility. The absence of snow simply opens room for a different kind of magic-one defined by community, creativity and sunlight. Whether it's watching palm trees sparkle with lights, hosting gatherings under starry skies, or exploring the festive events happening across Broward County, residents can craft a holiday season that feels joyful, meaningful and uniquely their own.

Want a Second Opinion on Your HomeOwners & Auto Insurance?

Give Us a Call

Are you overpaying for homeowner's & auto insurance? When's the last time you shopped your insurance rates to make sure you're not paying too much? Let us review your policies.



Local Owner/Agent Brett Porter & sons, Shane and Tyler



Porter & Associates Insurance Agency 561-771-8025 email: bporterinsurance@gmail.com

Meet The

Skellow Foundly



Gabriel and Erika Skelton have filled their Coral Springs home with love that spills out in giggles, sticky hugs, and little feet racing to the door when Daddy comes home. Their three treasures—Angel 4, Leo 2, and Valentina Alexandra 1, are the heartbeat of every day.

Gabe is Head of Sales at OpenBots in Sunrise. The moment he walks in, he's all theirs—scooping toddlers, listening to Angel's t-ball recaps, stealing kisses from Erika while dinner simmers. Erika wears her husband-given title Chief Homemaking Officer like a crown. "I'm an educator, nurse, chef, chauffeur, sports agent, and professional hugger," she says with a grin. "I love my job—it is the absolute best." In spare moments, she is also penning her first novel, and credits much of her motivation to a group of other writers and authors she has come to appreciate that meet at the Parkland Library.

Angel throws himself into piano, basketball, t-ball, and jujitsu, beaming brightest at the plate or the keyboard. Leo lives for the bounce of a basketball and sings with a soul that melts hearts. Valentina rules quietly with sparkling eyes and delighted squeals.

Evenings and weekends often find Gabe pedaling the boys in the bike trailer to Betti Stradling Park while Erika and Valentina sing in the grass, and everyone enjoys sandwiches and sunshine. Long walks, holiday decorating, and belting out worship songs on repeat are their love language. "We love these mundane things," Erika says softly, "that's where the beauty is." Around the kitchen table they homeschool, lingering over Little House in the Big Woods while Angel deciphers new words and Leo supplies the soundtrack.

This year brought a flood, time away from home, and months without a kitchen, yet joy prevailed. Erika shares, "Because that joy was freely given by the Creator." Gabe adds simply, "Love, especially when it's difficult." On the hardest days Erika whispered, "When in doubt, be a blessing!"

Sundays mean the same row at Calvary Chapel Parkland, where they've been loved like Jesus for three years. Gabe coaches the undefeated Parkland T-ball Red Sox, plays in the Coral Springs men's league, and cherishes date nights and men's group. Erika now sings on the worship team, writes and watercolors in quiet moments, and rereads Pride and Prejudice when the house finally stills.

Walk past the Skeltons' home any evening and you'll feel the warmth before you see it—children singing off-key and perfectly, while parents look at each other like the adventure is still brand-new. They want every family reading this to know: if you have people to love, you are so, so, so rich. And on an ordinary Coral Springs street, the Skeltons are living proof.

CHRISTIAS CALVARY

Discover the wonder of a God who meets us in the ordinary!
This Christmas Eve, celebrate Jesus' birth at a candlelight service with special moments for all ages and be reminded of the hope and joy

Jesus brings to everyday life!

DECEMBER 24 4pm & 6pm

ূল: calvary chapel parkland

4690 N State Road 7, Suite 107, Coconut Creek, FL 33073

CalvaryFTL.org/Christmas

By Heather Palacios

Hope with Heather

Three To-Do's for the Holiday Blues

As the carol goes, "It's the most wonderful time of the year!" But this time of year can also yield bouts of depression, or "blues." When I have contended with the Holiday Blues, it has created an interesting contrast within: the blues of depression or grief, and the hues of snow-white wonder and evergreen nostalgia.

At the same time, in the same brain, I can have both gladness and sadness; laughter and tears; camaraderie and loneliness. You too? This holiday season, if this resonates with you, I'd like to share three things I have done. These aren't professional tips from an expert's textbook. Rather, just some personal lifelessons from the school of hard knocks:

- 1. Go to Therapy. In my simple summation, therapy is the antidote for mental food-poisoning. If you have ever endured bodily food-poisoning, you know there is nothing more the body is begging for than a purge of the poison within. A therapy session is my mind's antidote to purge the poison within. The pain, hurt, conflict, confusion, trauma, guilt-all the things-purged OUT in one hour with a therapist. Bonus? I don't have to clean it up, I don't have to pick it up, and I don't have to carry it back home. Give yourself a Christmas gift: schedule a therapy session. You might be thinking, "I'd love to, but I can't afford it this time of year." IDEA! When asked what you want for Christmas this year, tell your loved ones: "I'd like a 2-pack counseling session." If it will bring joy to you, it will bring joy to them to give it.
- 2. Go to Church. When you have the Holiday Blues, going to gatherings can be daunting. Been there, done that, got the t-shirt. But church is a different kind of gathering because the social part of it takes on a different shape. At church, I sit by you, I sing by you, but I am there with God. It's a vertical-gathering. We are parallel to others but on a plumb line with God. For me, that dynamic has reduced my anxieties about attending. That dynamic has lowered the pressure to perform. And that dynamic has poured into me, not

emptied. Yes you might have to drag yourself there, but you will leave better than you came. Bet!

3. Give to Others. Give old clothes to the homeless, give donations to your church, give time to the elderly, give free babysitting to a single mom, give your presence to people in the hospital, at a homeless shelter, in a behavioral facility or substance abuse treatment center. It is true that it is more blessed to give than to receive. I would also add, it's more healing. It's the ultimate paradox: giving. away. fills. up.

I hope this encourages someone today.

Here's to a hopeful Holiday and a beautiful, better New Year.

Love, Heather



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.



Excellence in Hernia Treatment Meets Innovation

Hernias affect an estimated five million Americans annually. While most hernia repairs are elective surgeries, giving patients time to plan and prepare, untreated hernias can lead to life-threatening complications. That's why hernias should not be ignored.

Here's what the experts at Broward Health Coral Springs, recently recognized as a Center of Excellence in Hernia Surgery by Surgical Review Corporation (SRC), want you to know about this common medical condition and its treatment options.

What is a Hernia?

Hernias occur when part of an internal organ pushes through weakened muscles, usually in the abdomen, groin, diaphragm or the site of a previous surgery. They can be caused by muscle weakness, repetitive stress, injury, aging, obesity, pregnancy, chronic coughing or even constipation.

Hernias often cause a lump or bulge that comes and goes. Other common symptoms include pain or pressure during certain movements, and discomfort that gets worse when straining, lifting, laughing or coughing. Some hernias cause heartburn.

When hernias get stuck bulging out, it can stop blood flow to the affected tissue, resulting in conditions called strangulation and obstruction that can cause tissue death and usually require emergency surgery.

Treatment Options

Hernia repair surgical options include:

- Laparoscopic surgery: A minimally invasive procedure in which a camera and special instruments are used
- Robotic surgery: A minimally invasive procedure performed using robotic technology
- Open surgery: A procedure in which a larger incision is made, still used for complex cases

"While we perform most procedures robotically, we choose the best option to meet each patient's individual needs," said Mark Shachner, M.D., a general surgeon and SRC accredited Surgeon of Excellence in Hernia Surgery, and medical director for the Heartburn and Hernia Center at Broward Health Coral Springs. "The majority of our patients go home the same day of surgery. When we avoid having patients lie in bed for days, it helps everything heal better."

What Being a Center of Excellence Means



"I'm incredibly proud of our team for attaining this accreditation," said Kristen Bowman, CEO of Broward Health Coral Springs. "It required an extensive assessment and inspection process and reflects their dedication to our community and commitment to providing exceptional patient care."

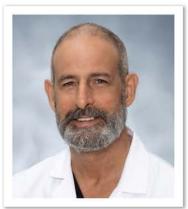
"This designation shows that our nurses, anesthesiologists and surgeons all follow the same proven standards of care," said Dr. Shachner. "I'm thankful for the hard

work and support given by the team and our leadership during this process, and proud of what it means for our patients."

To be recognized as a Surgeon of Excellence, Dr. Shachner had to meet criteria for the number of procedures performed, years of experience and exposure to complex procedures. The designation also means he submits himself to outcome monitoring.

As part of its commitment to advancing treatment and care protocols to support the best possible patient outcomes, the Heartburn and Hernia Center at Broward Health Coral Springs is actively researching what pain management leads to the most comfortable recovery.

Visit BrowardHealth.org/CoralSprings for more information on the hospital and its services.



Mark Shachner, M.D.



North Springs Little League Builds Momentum Ahead of the 2026 Spring Season

By Ashley Ferraro

North Springs Little League (NSLL) is preparing for another exciting spring baseball season as the organization continues to strengthen its programs and welcome new families. Online registration for spring 2026 is now open, and player evaluations will take place in mid-January, which is also the registration deadline.

The league continues to emphasize fundamentals, sportsmanship, and the sense of community that has shaped North Springs for three decades.

This year also brings a major improvement to the league's facilities. The City of Coral Springs is installing new turf fields at North Community Park, and NSLL expects to play the upcoming season on those upgraded fields. The league looks forward to returning to North Community Park once the turf project is completed.

For decades, NSLL has remained one of the region's most respected youth baseball programs and continues to serve players ages 4 to 16. Families are also reminded that Little League's updated boundary rules allow children ages 4 through 8 to register with the league of their choice. Siblings may do the same, even if they live outside the traditional North Springs zone.

The league enters the new year under the leadership of President Rob Boing, who began serving in the role in late 2024 and led the organization through the spring 2025 season. Rob has been involved with North Springs for more than 15 years, both as a coach and board member. His wife, Arelis Boing, has served on the board for 13 years and remains an important contributor to the organization.

North Springs is currently coming off a strong year of competitive achievements. Four All-Star teams advanced to the state tournament last spring: Seniors, 50/70 (the 13-year-old team), Majors, and 7-8 Selects. The league also celebrated a district championship from its 7-8 Select team, marking the first district

win for that age group in six years. These accomplishments continued North Springs'

long-standing tradition of sending competitive All-Star teams to represent the community at higher levels of play.

Rob shared that he is especially looking forward to working with the younger divisions again this spring. "When you bring kids in early and teach them the right fundamentals, it helps build a real sense of community," he said. "Those bonds grow throughout the

season and become even stronger when the

kids have success in the postseason."

The league offers opportunities for first-time players as well as more experienced athletes, providing a clear path for development at every stage.

NSLL also recognizes that many families balance multiple sports and activities. The league accommodates families balancing multiple sports or commitments, including players who participate in travel baseball.

With registration underway and the start of spring baseball right around the corner, now is the best time for families to get involved and register their players.

To register or learn more about the upcoming season, visit www.northspringsll.com. See ad on opposite page.



LITTLE LEAGUE

Sign Up for NSLL Spring Baseball! For ages 4-16

Attention! Players Ages 4 to 7 are permitted to register at North Springs Little League, including those in Parkland and all of Coral Springs!

Little League Baseball allows kids ages 4 to 7 to join any league, including NSLL, no matter where they live or go to school. Siblings can stick together, too! (Players age 8 and up without an enrolling younger sibling still follow residency or school eligibility rules.)



North Springs Little League proudly celebrates over 30 years of youth baseball. Be a part of the NSLL family. Scan the QR code and register today!

Coming this Spring: State-of-the-art turf fields!

www.northspringsII.com

CHURCH BY THE GLADES

♥400 LAKEVIEW DRIVE, CORAL SPRINGS FL 33071

DECEMBER

Thursday 18th Saturday 20th Sunday 21st

Wednesday 24th

7PM

6PM, 7:30PM

10AM, 11:30AM, 1PM, 6PM, 7:30PM

4PM, 5:30PM, 7PM



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CoralSpring

Baseball & Tee Ball

NORTH SPRINGS LITTLE LEAGUE For more info go to www.northspringsll.com See ad and article on pages 10-11.

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

Basketball

CORAL SPRINGS BASKETBALL Year round play check for sign up dates. 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

Coral Springs Flag Football

CORAL SPRINGS FLAG FOOTBALL CLUB For more info, call 954-406-0660, email info@csffc.org or go to www.CSFFC.ORG

Tackle Football & Cheerleading

CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING For more info see www.cschargers.com

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com Cheer contact: 786-236-0948 or cheer@parklandrangers.com. 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 or call (954)341-9956.

Lacrosse

PARKLAND REDHAWKS
For more info go to www.parklandlacrosse.com

BUZZARDS MEN'S LACROSSE CLUB For more info contact Mike at 954-540-8970 or visit 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.nwbrrc.com or email 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, email: csysadmin@csys.org

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

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 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













(954) 914-8810

*The world is but a canvas to the imagination...

let my camera be the paint brush."

WWW.MICHELLERICHARDPHOTOGRAPHY.COM











s Connections

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 See page 15.

Dance

DANCE THEATRE

DANCE THEATHE
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 954-427-7217or the
Coral Springs Studio at 954-340-1544. Please visit
www.PanceTheater pet www.DanceTheatre.net.

Fitness

LAURA'S ULTIMATE PILATES & FITNESS

Transforming bodies since 2010. All Levels Welcome, Group Classes & Private Sessions. Please visit www.LaurasUltimatePilates.com or call (954)575-2121.

Special Needs

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

CHALLENGER BASEBALL LEAGUE

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

Parkland P-Rec

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

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 or email 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
Sportsplex Tennis Center	(954)344-1840
Parks and Recreation	(954)345-2200
Parks Field Conditions	(954)344-1187



Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com. See ad below

PARKLAND REC BASKETBALL www.parklandbasketball.com or call the hotline (954) 227-0989.

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com Cheer contact: 786-236-0948 or cheer@parklandrangers.com.

Flag Football

PARKLAND FLAG FOOTBALL For more info, see www.parklandflag.com

Lacrosse

PARKLAND REDHAWKS For more info go to www.parklandlacrosse.com **BUZZARDS MEN'S LACROSSE CLUB** For more info contact Mike at 954-540-8970

PARKLAND REC SOCCER For more info, visit www.parklandsoccer.net

PARKLAND TRAVEL SOCCER CLUB For more info, call (754) 240-9005 visit www.parklandtravelsoccer.com or emailInfo@parklandtravelsoccer.com.

Private Schools & Camp

NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, nonsectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or www.NBPS.org See page 15.

Dance

DANCE THEATRE

DANCE THEATHE
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 954-427-7217or the
Coral Springs Studio at 954-340-1544. Please visit
www.DanceTheatre.net.

Fitness

LAURA'S ULTIMATE PILATES & FITNESS

Transforming bodies since 2010. All Levels Welcome, Group Classes & Private Sessions. Please visit www.LaurasUltimatePilates.com or call (954)575-2121.

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

Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE

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

THE FRIENDSHIP JOURNEY

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

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

Important Numbers

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





DISCOVER YOUR TALENTS



Whether your child enjoys getting immersed in fine art events, student organizations, sports, travel, or competitions, NBPS has a robust schedule of events and extracurricular activities after school for everyone to get actively involved —following their interests, goals, and talents beyond class time.

Contact Admissions at 954-621-2911 or admissions@nbps.org for more information

Winter Proof Your Kids: A Pediatrician's Guide to Health & Safety



As winter sets in and we all enjoy the mild Florida weather. It's also the season when viruses, accidents, and holiday hustle can put our little ones at risk. As a pediatrician, I want to help you keep your children safe and healthy this winter with some practical tips on managing seasonal illnesses, holiday travel, and gift safety.

Protecting Against Seasonal Viruses

Winter is prime time for a variety of seasonal viruses, including the flu, the common cold, and RSV (respiratory syncytial virus). These illnesses are not only uncomfortable but can lead to serious complications in children, especially infants, young children, and those with underlying health conditions.

- Flu and RSV shots (available for infants) are key to keeping your kids healthy. You'll also protect elderly relatives and other family and friends who may be especially vulnerable.
- Encourage handwashing and keep hand sanitizer in your purse, car and around the home.
- Keep your kids bundled up and warm in cold weather.
 Try to stick to a regular bedtime routine, so everyone gets a good night's sleep.
- Go for moderation! Cake, candy and cookies are yummy, but encourage one serving instead of two.

Travel Safety

The winter holidays often involve family visits, road trips, and air travel. While exciting, these travel experiences also pose safety challenges.

 Make sure your child is restrained in a car seat, booster or seat belt that's right for their age and size. Bring your own car seat or booster if you're ride-sharing, taking a taxi or flying. Adults should always buckle up, too.

- Children shouldn't wear bulky, thick or puffy coats while secured in car seats or booster seats. They create dangerous gaps in the harness or seat belt.
- Long road trips and flights can be tough on kids. Pack healthy snacks and drinks to keep them hydrated and energized. Take breaks when possible to give them a chance to stretch their legs and release energy.
- The change in air pressure during takeoff and landing can be uncomfortable for little ones. Offer a pacifier, bottle, or sugar free lollipop to help relieve ear pressure.

Toy and Gift Safety

With the holiday season comes an influx of new toys, gadgets, and gifts. While toys can be a fun way to engage children, it's crucial to choose ones that are safe and appropriate for their age.

- Always check the manufacturer's recommended age range for toys. Small parts, sharp edges, or choking hazards are common dangers for young children. For toddlers and infants, avoid toys with small detachable parts.
- Ensure toys are made from non-toxic materials, especially if your child is likely to chew on them.
 Make sure the battery compartment is secure and can't be easily opened by your child.
- Be cautious with toys that have long cords, strings, or ribbons, which can pose a strangulation risk to young children.

Winter can be a season of joy, but it also comes with unique challenges when it comes to the health and safety of our children. If you ever have concerns about your child's health or safety, don't hesitate to reach out to your pediatrician for advice. Stay safe, and enjoy the magic of the season with your family!



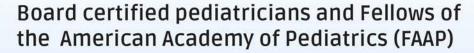
Michelle Snyder, DO

A pediatrician who is passionate about childhood development and preventative care. She empowers parents and children to understand and optimize their own health. Michelle joined Sawgrass Pediatrics in 2022. Sawgrass Pediatrics (954) 752-9220

NEW BOCA RATON LOCATION

Confident Care Convenient Locations

The number one goal at Sawgrass Pediatrics in Parkland, Coral Springs & Boca Raton is to keep your little ones healthy and happy. The doctors, nurses, and staff at Sawgrass Pediatrics are dedicated to providing parents and caregivers with the best tools and resources available to ensure their children grow up to be healthy adults. Our pediatricians have decades of combined expertise in the field of pediatrics and parents can rest assured that their children are in good hands at Sawgrass Pediatrics.



- Routine well visits
 Vaccines
- Physicals
 Extended hours
- Same day appointments
- 3 Convenient Locations

PARKLAND

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BOCA RATON

9960 S Central Park Blvd Suite 325 Boca Raton, FL 33428 (561) 487-9912

CORAL SPRINGS

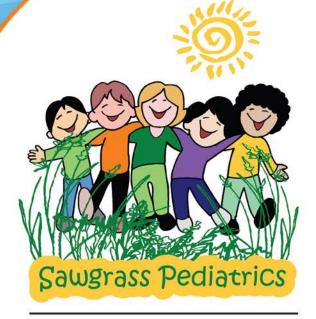
9750 NW 33rd St, Ste 101 Coral Springs, Fl 33065 (954) 752-9220

HOURS

Mon 8 am - 7 pm Thur 8 am - 7 pm Tues 8 am - 7 pm Fri 8 am - 5 pm Wed 8 am - 7 pm Sat 8 am - 12 pm

AFTER-HOUR VISITS:

Monday - Friday evenings • Saturday afternoons • Sunday, as needed











In our corner of the world, where driveways hold Teslas and kids compare Disney and ski trips over lunch, the pressure to give lavish holiday gifts can feel suffocating. Yet the most memorable presents rarely come with the highest price tags; they come wrapped in the quiet message, "I see you, I appreciate you, and I thought about what actually makes you happy." This year, lean into that truth and watch your money stretch further than ever.

Start at home. Teenagers, perpetually impossible to shop for, light up over experiences more than

objects. A pair of tickets to a Heat or Panthers game in the cheap seats (picked up on resale sites the week before) cost less than one designer hoodie but deliver months of bragging rights. For younger kids, skip the toy mountain and give a "yes day" coupon book: one page for staying up late, one for choosing dinner, one for a solo parent date to the ice-cream parlor that spins the giant cones. Print it on card stock, tie it with ribbon, done.

Spouses and partners want time and

attention more than another gadget. Book a mid-week night at a boutique in your favorite staycation spot (rates plummet Sunday through Thursday) or simply clear an evening, cook their favorite meal, and leave phones in another room. Cost:

almost nothing. Impact: enormous.

Parents and in-laws pose a bigger challenge because they insist they "don't need anything." Get around that by giving them bragging material. A custom hardcover photo book from Mixbook or Artifact Uprising, filled with pictures of the grandchildren from the whole family actually looks good in, feels like a million dollars and usually lands under seventy-five. Pair it with a small luxury they'd never buy themselves: a tin of real Belgian butter cookies from the specialty market, a bar

of scented soap that smells like a spa, or a bottle of the good olive oil they admire in your pantry.

Then come the people who keep our lives running smoothly all year: the housekeeper who folds fitted sheets like origami, the hairdresser who squeezes us in when roots revolt, the nail tech who adds jewelry to our hands, the teachers turning chaos into third graders who can read. These relationships matter, and a thoughtful tip wrapped as a gift goes a long way. The old rule of thumb—one week's pay or service cost—still works beautifully when money is

tight. Present it with intention: place the cash or Venmo in a handwritten card,

add a box of local bakery cookies or a fancy candle from HomeGoods, and suddenly the gesture feels abundant instead of awkward. Teachers adore practical classroom treats: a stack of the good flair pens, Post-it notes in pretty colors, or a gift card to a nearby coffee shop paired with a bag of ground beans they can take home. Nail and hair pros melt for a

simple envelope that says "treat yourself to something fun" without strings.

The secret running through every successful gift this season is specificity. A \$30 present chosen because you remembered someone's offhand comment about loving pistachio gelato trumps a \$300 sweater in the wrong size every time. Shop small when you can—our local cheese shop, bookstore, and plant store all offer gorgeous items under fifty dollars that look curated instead of cheap. Add a ribbon, a sprig of cedar, and a note in your own handwriting.

In an affluent community, the rarest currency isn't money; it's genuine thought. Spend that lavishly, and everyone ends the season feeling truly rich.

Family Orthopaedic Care

Hip Pain Got You Down?

By Dr. Brandon C. Maisel

Hip pain tends to be a reoccurring common complaint in Orthopeadic offices across the country. Here at Gelb Sports Medicine and Orthopaedic Center we aim to correctly diagnose the source of the pain, develop an appropriate treatment plan, and get you back to performing your favorite activities pain free.

"Doc, my hip started hurting out of the blue," is a common statement heard by Dr. Brandon Maisel in the office. What may be the underlying cause of such pain? The hip joint is a mobile ball and socket joint surrounded by strong musculature such as the quadriceps and glutes. In general, the source of pain is either intra-articular (inside the joint) or extra-articular (outside of the joint). When you come to our office, we will begin with x-ray imaging that allows us to gather more information about the hip joint. We can see if you are suffering from osteoarthritic changes inside the joint or potentially other ailments such as greater trochanteric bursitis or gluteal tendonitis outside of the joint. Next, Dr. Maisel will perform a thorough examination to further develop a cause of your pain.

"What can we do about it?" is the next question we get and depending on the condition we have several treatment options we may offer. In general treatment options may include, but not limited to, anti-inflammatory medications, physical therapy, corticosteroid injections and platelet rich plasma injections. Platelet rich plasma otherwise known as "PRP" is a type of orthobiologic treatment that allows the body to naturally heal itself. Dr. Maisel performs these injections under ultrasound quidance to ensure precision needle placement into the problem area. In addition, here in our office we offer top-notch physical therapy services led by Dr. Jay Itzkowitz, who may assist in your recovery.

Occasionally, certain injuries or hip "problems" will require further interventions. In order to further evaluate in these situations, Dr. Maisel will order magnetic resonance imaging (MRI) to get a three-dimensional image of the hip joint, muscles, and soft tissues. This will allow us to create a more detailed treatment plan to heal your pain!

Ultimately, there are many causes of hip pain that will not require surgery! Book an appointment today at Gelb Sports Medicine and Orthopaedic Center to learn more about your non-surgical options for hip pain.



Board certified by the American Board of Physical Medicine and Rehabilitation

Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries. To further assist him in treatment and diagnosis, he utilizes musculoskeletal sonography and performs ultrasound-guided injections, Injections/aspiration include however, not limited to:

· Platelet rich plasma · Viscosupplementation · Various joints including hip, knee, and shoulder corticosteroid injections • Trigger Finger • Morton's Neuroma • Baker's Cyst • Ganglion Cyst

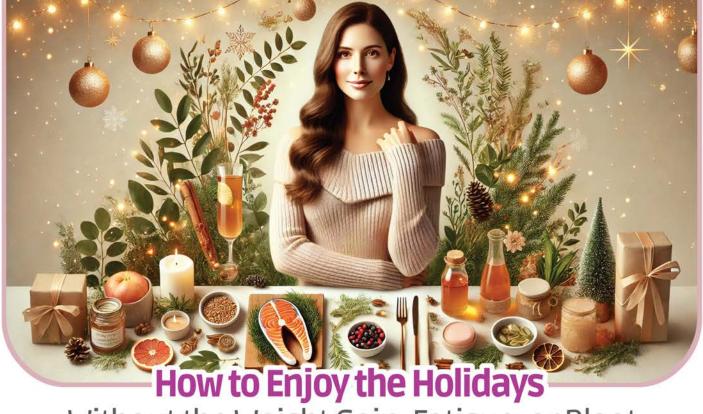


BRANDON C. MAISEL, D.O.

Non-operative sports medicine physician Fellowship Trained in Sports Medicine

Dr. Maisel trained at one of the top sports medicine programs in the country. His expertise using ultrasound guided injections, professionalism, and commitment to providing the best quality care makes him a great addition to our team.

-Dr. Howard J. Gelb



Without the Weight Gain, Fatigue, or Bloat

By Dr. Rosemarie Rutecki

The holidays are a time for connection, celebration, and joy — but for many women, they also bring an entirely different reality: sugar cravings, bloating, fatigue, and the frustrating feeling of starting the new year a few pounds heavier and completely drained.

But here's the good news: it's not the few holiday meals that throw your body off. It's the weeks of mindless snacking, stress eating, skipped routines, and constant grazing that slowly stack up. The holidays don't have to derail your health — and with a few smart nutrition strategies, you can stay energized, support your gut, reduce inflammation, and still enjoy all your favorite foods guilt-free.

1. Prioritize Protein First When you sit down to eat, start with protein — think turkey, salmon, eggs, beef, or chicken. Protein helps balance blood sugar, reduce cravings, and keep your metabolism active. Most women over 35 underestimate how much protein their body needs, especially during stressful seasons. Eating protein first helps keep you full longer and naturally reduces overeating, especially when the dessert table is calling your name.

2. Pair Carbs with Fiber and Healthy Fats

You don't need to avoid carbs during the holidays — you just need to balance them. Whenever you enjoy carbohydrates, include fiber-rich options like sweet potatoes, squash, pumpkin, berries, green vegetables like asparagus and green beans, and add healthy fats like avocado or olive oil. This combination slows digestion, stabilizes your energy, and prevents the dramatic crash that often hits after holiday desserts. Balanced carbs = balanced hormones. And balanced hor-

mones mean fewer cravings, less bloat, and more energy.

3. Stay Hydrated (But Not Just with Plain Water) Many women confuse hunger with dehydration — especially during the holiday rush. Aim for half your body weight in ounces of fluids daily. To support minerals, add electrolytes, coconut water, herbal teas, or lemon water with a pinch of sea salt.

Proper hydration helps with digestion, energy, metabolism, and cravings. Even mild dehydration can make you feel foggy and tired.

4. Support Your Gut Extra sugar, alcohol, and processed holiday foods can disrupt your microbiome. You can quickly counter this by adding fermented foods like sauer-kraut, kimchi, kefir, or unsweetened yogurt, plus dark leafy greens that help feed good bacteria. A healthy gut improves everything — digestion, mental clarity, immunity, inflammation, and even your sleep.

5. Give Yourself Grace — and a Plan Perfection is not the goal. Holidays are meant to be joyful, not stressful. If you overeat or go off track, don't spiral. Simply reset with your next meal: prioritize protein, hydrate, and include vegetables. A single meal will never ruin your progress. It's all about consistency, not rigidity.

Ready for a Post-Holiday Reset? If you want to start the new year feeling lighter, energized, and in control of your metabolism — I created something just for you.

My 21-Day Body Reset is a step-by-step plan for women 35+ who want to drop up to 10 pounds of inflammation, fix digestion, and boost energy without starving, detox pills, or intense workouts. It's simple, sustainable, and designed to work even during the busiest seasons.



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COMMUNITY







Christmas Eve

COASTAL COMMUNITY CHURCH

6800 N UNIVERSITY DR., PARKLAND, FL 33067

*Portuguese & Spanish Translation available.