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January 2026



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See pages 12-13 for more information



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If perfection is what you seek, then this newly constructed home is for you. The main house reflects the highest standard of modern architecture & integrates a light-filled interior featuring high-quality materials with breathtaking outdoor spaces via expansive walls of impact glass throughout. Ultra luxe kitchen offers top-shelf appliances, a sprawling island with Taj Mahal quartzite counters & sleek European cabinets. A flexible design with large living areas, all bedrooms with ensuite baths, media room, gym & guest house provides privacy & enjoyment. The luxurious primary suite is tucked away & boasts a jaw-dropping bath & beautiful views. The resort-style backyard offers a heated pool with spa, summer kitchen, covered porch & pickleball courts. Gold Standard for design, finishes & location.



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COMPASS

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City of Parkland Community Page

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Tomorrow's healthcare is defined by everyday excellence at Broward Health. Through advanced treatments and personalized care, we are committed to building a healthier future for South Florida today and for generations to come.

BrowardHealth.org



It's All About Community!

Happy New Year!

We're excited to welcome you to a 2026 that is FULL of new opportunities! We encourage you to begin each day intentionally focused. When you turn to pages 6 & 7, please learn about a successful roofing company, Weather Guard, that has been serving our community for many years, with its founder coming to the rescue in the aftermath of hurricane Andrew..

This last few years have had an assortment of challenges, both in our community, and throughout the world. It's brought out the best in many of us. Being there for others is an important lesson, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!



This Month's Digital Issue

Spectator™ Magazine

7660 NW 82nd Ter. • Parkland • FL • 33067

Publisher & Managing Editor

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Creative Director

Scott Farrugia

Photography

Scott Farrugia
Michelle Richard

Web, Social Media & email Marketing

Speedy-Designs

Distributed by

US Mail & Baron Express
954-297-0731



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[MySpectatorOnline.com](https://www.myspectatoronline.com)

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On the cover:
Ben Kapusta, Founder & CEO of BK Capital Advisors,
See page 12-13.

To Advertise Call 954-753-4300

Another Sunny Season!

By Shellie Miller Farrugia

In South Florida, the New Year doesn't tiptoe in quietly. It arrives fully awake, sun blazing, humidity already making plans, and neighbors out walking dogs before breakfast like it's a competitive sport. While much of the country rings in January with snow boots and scraped windshields, we do it in flip-flops, debating whether today counts as "cool enough" to justify long sleeves we'll regret by noon.

We live in a place people escape to when they need a break from reality. Which makes it slightly ironic that we still feel the New Year's pressure to reset, refresh, and reinvent ourselves. Even here, under blue skies and palm trees, January whispers, "So... how'd you do last year?"

This is a community that stays busy. We volunteer, attend school events, support local causes, and somehow manage to see the same people at the gym, the grocery store, and the soccer field all in the same day. Families are close, friendships run deep, and everyone seems to have at least three group chats they muted but didn't leave because they might miss something important. Or funny. Or both.

The New Year traditionally comes with resolutions, most of which are wildly optimistic. We vow to eat healthier (starting after one last dinner out), exercise more (once the schedule calms down), and spend less time on our phones (right after this quick scroll). By February, we'll be negotiating with ourselves like seasoned diplomats. And that's okay. Around here, we understand balance. We schedule workouts and still stop for coffee. We plan carefully and then linger anyway.

There's something endearing about how seriously we take not taking ourselves too seriously. We complain about traffic while sitting in it next to someone we know. We insist we're too busy, yet somehow manage to show up for fundraisers, birthdays, games, and each other. We laugh often, sometimes at ourselves, sometimes because if we didn't, we'd cry — and occasionally, we do that too.

Because the truth is, the New Year isn't only light and laughter. It also carries a quiet pause. A moment where we notice how much has changed. Kids who seemingly grew inches overnight (they grow fast when we're not looking). Parents who move a little slower. Friends we wish were still sitting at the table. Even in a place where the seasons don't shift much, time always does.

That's when the humor softens and the gratitude settles in. When we realize how lucky we are — not just for where we live, but for who we share it with. For the familiar faces, the shared routines, the community that feels like more than just a location on a map.

So as we turn the calendar and step into another year, maybe we don't need dramatic resolutions or grand declarations. Maybe it's enough to keep showing up. To laugh loudly, care deeply, and give ourselves a little grace along the way.

Here's to another year of sunshine, connection, and doing the best we can — even when that means carrying a sweater all day we never needed, and loving this place and these people just a little more than we did last year.



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Meet The

Donnelly Family

Patrick, Michelle, Jayden, 14, Elliana, 9, and Kashton, 5, call Parkland home, along with their two beloved dogs, Frenchie Chapo and King Charles Cavalier Papito.

Patrick owns and operates Care Point Insurance Group as a health insurance agent, while Michelle serves as office manager for South Florida Dental Surgical Specialists.

Deeply rooted in their community, all three children participate in Parkland Basketball, Soccer, and Flag Football. This year, Michelle is head coach for Kashton's first season of recreational basketball, and Patrick assists with Elliana's Friday Night Lights Flag Football team. Michelle stays active with hot yoga and Pilates, and she serves as room mom for both Elliana and Kashton at Park Trails Elementary. The beach remains her favorite escape. Patrick enjoys dirt biking with his sons, relaxing in the sauna, and practicing sports outdoors with the kids, embracing nature whenever possible.

As a family, the Donnellys cherish beach outings, shared dinners, attending church, and traveling to create lasting memories and discover new places. Michelle loves scouting local events to keep the children entertained and engaged.

Jayden, a freshman at Marjory Stoneman Douglas High School, thrives in history class and is the family's outgoing social butterfly. Fourth-grader Elliana, attends Park Trails Elementary, excels in science—especially astronomy—while pursuing art and dance with passion. Kindergartener Kashton, also at Park Trails, shines in math but favors PE, and he has a natural knack for fixing things.

The Donnellys feel fortunate to raise their children in Parkland, a safe, family-oriented suburban haven filled with beautiful parks and homes, yet conveniently close to everything they need. In 2026, they look forward to expanding their insurance business and purchasing a new home in Parkland Royal.

They attend Mary Help of Christians and, over the past year, have grown fond of Parkland's Coastal Community Church. Patrick has lived in Parkland his entire 38 years, growing up in The Ranches and witnessing the city's remarkable growth. Michelle's family hails from Peru; though born in Florida, she spent parts of her childhood in Mexico and Canada.

Favorite family quotes reflect their outlook: Patrick often repeats Benjamin Franklin's "Nothing is certain except for death and taxes," alongside his late father's "It is what it is, man." Michelle lives by Bob Marley's "Love the life you live, live the life you love" and her Pilates instructor's wisdom: "The mouse ate the elephant, one bite at a time." Jayden draws inspiration from Wayne Gretzky: "You miss 100% of the shots you don't take." Elliana embraces "You get what you get, and you don't get upset," while Kashton cheerfully declares, "Zip it, lock it, put it in your pocket."

The Beauty Prescription

By Dr. Gabriela Rifkin, MD

New Year, New You - 2026 is the perfect time to refresh, reset, and invest in yourself. If looking more rested, confident, and naturally rejuvenated is your goal, Bella Vista Medical Spa offers the perfect way to begin.

Our signature treatment, BellaVive, is a natural approach to skin rejuvenation. It combines the synergy between two proven treatment modalities — fractionated skin resurfacing and platelet-rich fibrin (PRF) — to improve skin quality, restore subtle volume, and refresh your appearance in a safe, minimally invasive way. The first part delivers gentle, controlled heat beneath the skin to stimulate collagen, which is the protein that keeps skin firm and smooth. This process helps improve fine lines, texture, and overall skin tightness while allowing for quicker healing compared to more aggressive treatments. The second part of the treatment uses PRF, which is made from a small sample of your own blood - rich in natural growth factors that support healing and skin renewal. During BellaVive, PRF is applied to the skin during microneedling to help it absorb deeply and improve skin tone and texture. PRF is also gently injected as PRFM, as well as being used to make a natural "bio-filler" restoring soft volume and improving under-eye hollows, fine lines, and areas of facial fatigue without synthetic fillers.

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Creating Thoughtful Outdoor Spaces with All Terrain Landscaping

By Ashley Ferraro

For homeowners and businesses in Parkland and Coral Springs seeking intentional, professionally designed outdoor spaces, All Terrain Landscaping has earned a strong local reputation through thoughtful design, careful attention to detail, and a hands-on, collaborative approach with clients.

Founded and based in Parkland, All Terrain Landscaping serves residential and commercial clients throughout Broward and Palm Beach Counties, including Coral Springs, Boca Raton, and Fort Lauderdale. The company's work reflects a deep understanding of South Florida's unique climate and ecosystems, resulting in landscapes that are both visually compelling and built to thrive year-round.



All Terrain is one of the top landscape design companies in Broward County, earning multiple industry recognitions, including being named Top Landscaper by the City of Fort Lauderdale three times. Their portfolio spans residential neighborhoods, high-profile and celebrity homes, and municipal projects for cities throughout South Florida.

The company is led by Mike Squillace, a longtime Parkland resident whose background in botany and horticulture informs every project. He works alongside his brother and a seasoned crew of professionals.

Outside of All Terrain, Mike is actively involved with Reef Boyz, a local marine conservation initiative. Through the 501(c)(3) nonprofit, he leads coral reef restoration projects and organizes community cleanups, helping to preserve South Florida's marine ecosystems and promote ocean health for future generations.

All Terrain Landscaping offers a comprehensive range of services tailored to clients who value quality and customization. These services include landscape design and installation, sod installation, irrigation and drainage solutions, tree services, hardscaping, landscape lighting, and quarterly maintenance. Clients can also access the

company's public nursery in Parkland, with 10 acres to choose from.

The nursery, curated with botanical expertise, provides homeowners and professionals alike with healthy, climate-appropriate plants, trees, and shrubs, along with knowledgeable guidance to ensure long-term success.

Central to All Terrain's reputation is its white-glove level of service. Guided by four core values—quality craftsmanship, client-centricity, environmental responsibility, and integrity and reliability—the company delivers work that earns clients' trust and satisfaction.

Clients frequently describe the company as professional, detail-oriented, and deeply invested in every step of the process. One customer praised All Terrain Landscaping as "professional, responsive, and truly [taking] ownership of the entire vision from start to finish." Another noted that "It's clear that All Terrain Landscaping takes immense pride in its work, and it truly shows."

Equally important is the company's highly consultative philosophy. Every project begins with careful listening. The team dedicates significant time upfront understanding each client's goals, lifestyle, and property conditions, then collaborates closely throughout the design and installation process. Clients are actively involved in selecting materials and plants, creating transparency, confidence, and results that feel personal rather than generic.

All Terrain Landscaping approaches its work with environmental responsibility in mind, prioritizing sustainable practices and thoughtful plant selection that respects South Florida's natural landscape.

Residents and businesses interested in working with All Terrain Landscaping can request a FREE consultation and quote by contacting Mike Squillace at 954-658-5040.

Visit www.allterrainlandscaping.com for more info.



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DARING TO SOAR – Wealth Management's New Heights

In the competitive world of financial advising, daring to step outside conventional boundaries can be a game-changer. Ben Kapusta, founder of BK Capital Advisors, embodies this spirit of ambition and resilience. His journey is a testament to the transformative power of believing in one's vision, trusting the process, and having the courage to build something different.

In an industry long dominated by large financial institutions where policies often dictate how advisors serve their clients, Kapusta found himself at a crossroads during his time with a prominent firm. While the organization offered structure and scale, it also imposed limitations. Kapusta increasingly observed clients seeking deeper relationships, more customized solutions, and a broader scope of services—needs that could not always be met within a rigid corporate framework. Recognizing this disconnect, he felt compelled to pursue a new path, one that would allow him to truly put clients first and deliver a more comprehensive approach to wealth management.

"The handcuffs are off," Kapusta recalls. "I wanted to forget conformity and build something that truly prioritized the client experience and gave me the freedom to offer more. With that freedom came the opportunity to change the landscape of wealth management."

When Kapusta announced his decision to establish BK Capital Advisors, skepticism came from many directions. A former colleague bluntly told him, "You don't know much about anything yet, and you'll never be able to do it on your own." Rather than deterring him, those doubts strengthened his resolve. "I knew I had to take the leap," Kapusta says. He focused on surrounding himself with quality individuals who

shared his commitment to innovation, integrity, and excellence. By building a trusted network of mentors and advisors, he laid the foundation needed to turn vision into reality.

BK Capital Advisors was launched with a clear mission: to serve individuals and families with complex financial lives. Many high-net-worth clients across South Florida hold far more than traditional investment portfolios. Their balance sheets often include business interests, commercial and residential real estate, intellectual property, and international assets, all of which require careful coordination and strategic oversight. Kapusta recognized that managing these complexities demands a holistic approach rather than fragmented advice. The firm operates under the guiding principle "Dare to Soar," reflecting his belief in the power of personalized, forward-thinking wealth management.

Kapusta and his team understand that effective wealth management extends far beyond asset allocation. "If we are to genuinely manage wealth rather than simply act as wealth managers, we must elevate our services," he explains. BK Capital Advisors offers a comprehensive suite of services designed to integrate every aspect of a client's financial life. These include strategic tax planning, estate planning, business planning such as mergers and acquisitions and succession strategies, and multigenerational wealth planning. Housing these services under one roof allows clients to make informed decisions efficiently, safeguarding their most valuable asset: time.

Customized financial solutions remain the cornerstone of the firm's philosophy. Kapusta emphasizes that aligning financial strategies with each client's

personal goals and values is essential. Success, he believes, is not defined solely by investment performance but by how well a financial plan supports a client's broader life objectives. Proactive engagement, regular communication, and personalized check-ins foster strong, enduring relationships built on trust and transparency.

Education also plays a vital role in the BK Capital Advisors experience. The firm is committed to enhancing financial literacy among its clients through specialized workshops and seminars tailored to high-net-worth individuals. Topics include estate planning strategies, tax considerations, and evolving investment opportunities. "We aim to demystify complex financial concepts," Kapusta says. "When clients are educated, they are empowered to make decisions that align with their long-term goals." Individual coaching sessions further personalize the process, allowing clients to engage deeply with their financial plans.

Throughout his professional journey, Kapusta has remained grounded by the unwavering support of his family. "Without them, I wouldn't be half as successful as I am," he reflects with gratitude. He and his wife, Lindsay, have built a vibrant life together in South Florida, where they are raising their five children: Benjamin, Jackson, Lillian, Madison, and Jameson. Despite the demands of running a growing firm, Kapusta takes great pride in being actively involved in his children's lives, attending Saturday morning dance classes and cheering from the sidelines at travel soccer games on busy weeknights. He firmly believes that true success includes maintaining a healthy work-life balance and being present for the moments that matter most.

Kapusta's leadership represents a modern evolution in wealth management—one grounded in fiduciary responsibility, transparency, and ethical practice. By prioritizing clients' best interests and maintaining clear fee structures, BK Capital Advisors promotes accountability and trust. Kapusta believes educating clients about fiduciary standards empowers them to seek advisors who truly act on their behalf.

Looking ahead, the future of BK Capital Advisors reflects both growth and intention. The firm currently operates offices in Parkland and Fort Lauderdale, with plans for an Orlando location opening in late 2026. With leaders like Ben Kapusta at the helm, the future of wealth management in South Florida looks promising. By daring to defy convention and centering his practice on the evolving needs of high-net-worth clients, Kapusta is not only shaping the future of his firm but also redefining expectations within the financial advisory industry.

At BK Capital Advisors, the trajectory is clear: for clients ready to soar to new heights, the sky is truly the limit—guided by a trusted partner who believes in their potential and is committed to helping them achieve it.

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For more information, please call 954-290-6433 or visit www.bkcapitaladvisors.com

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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.

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Special Needs

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FOOTBALL & CHEERLEADING
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info@parklandrangers.com
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cheer@parklandrangers.com

Flag Football

PARKLAND FLAG FOOTBALL
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Lacrosse

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For more info go to www.parklandlacrosse.com

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

Soccer

PARKLAND REC SOCCER
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PARKLAND TRAVEL SOCCER CLUB
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emailinfo@parklandtravelsoccer.com.

Private Schools & Camp

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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

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 Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105



*"I have decided to stick with love.
Hate is too great a burden to bear."*

— Martin Luther King, Jr.

Honoring the Dream

Each year, the anniversary of Martin Luther King Jr. Day invites the nation to pause and reflect on the life and legacy of a man whose vision reshaped America's moral imagination. Observed on the third Monday of January, close to Dr. King's birthday, the holiday is more than a commemoration of past achievements. It is a call to conscience, reminding us that the struggle for justice, equality, and human dignity is ongoing and demands active participation from every generation.

Dr. King emerged as a defining leader of the civil rights movement by articulating a powerful philosophy rooted in nonviolence, courage, and love. Through speeches that stirred the nation and actions that challenged unjust laws, he helped dismantle legalized segregation and expand voting rights for millions of Americans. His words, particularly his insistence that injustice anywhere is a threat to justice everywhere, continue to resonate in classrooms, houses of worship, and public squares. Martin Luther King Jr. Day honors not only his achievements, but also the values that guided them.

Unlike many federal holidays, this day was intentionally framed as a "day on, not a day off." It encourages service, reflection, and engagement with communities too often overlooked. Across the country, volunteers participate in food drives, educational programs, and

neighborhood revitalization efforts, embodying Dr. King's belief that lasting change begins with ordinary people choosing compassion over indifference. This emphasis on service transforms remembrance into responsibility, urging Americans to translate admiration into action.

The anniversary also offers an opportunity to examine the distance between Dr. King's dream and present-day realities. While significant progress has been made, persistent disparities in education, healthcare, economic opportunity, and criminal justice reveal unfinished work. Remembering Dr. King honestly requires acknowledging both how far the nation has come and how far it still must go. His legacy challenges complacency and invites difficult but necessary conversations about fairness, equity, and moral leadership.

As the nation observes another anniversary of Martin Luther King Jr. Day, the question is not whether his dream still matters, but how it will be carried forward. The holiday serves as a mirror and a map, reflecting our shared values while pointing toward a more just future. By honoring Dr. King through service, dialogue, and renewed commitment to equality, Americans keep his dream alive—not as a distant ideal, but as a living promise still within reach.

EVENTS

Parkland MLK Tribute Event - Monday, January 19

At 5:30 p.m. Pine Trails Park, 10559 Trails End, Parkland, FL 33076. Come and join us on our tribute to Martin Luther King Jr. featuring Black History Month through music, guest speakers, inspirational local performances, poetry, essay contests, food trucks, and more. For more info. visit www.cityofparkland.org/mlk or call 954-757-4107.

22nd Annual Martin Luther King, Jr. Inspirational Breakfast - Jan 16

From 7:30 to 9:45. First Baptist Fort Lauderdale 301 East Broward Boulevard Fort Lauderdale, 33301 Presented by JM Family Enterprises, the Inspirational Breakfast is set for 7:30 a.m. Every year, the Y's MLK Inspirational Breakfast and Luncheon unites business, civic and community leaders, drawing an audience of more than 1,400 to honor Dr. King and support the YMCA of South Florida's "I Have a Dream" Youth Scholarship Fund. For more info. and tickets, visit www.ymcasouthflorida.org/martin-luther-king-jr-inspirational-celebrations/



Kindness in Action!

Coral Springs and Parkland Schools Spread Holiday Cheer Through Community Giving

By Bessie Cristwell & Penny Miller

The spirit of giving was alive and well this holiday season as several Coral Springs and Parkland schools joined forces with the local community to make a meaningful impact on the lives of homeless families in Broward County. Through a united effort, these schools collected and donated essential supplies and gifts for the Broward Partnership, a homeless shelter located in Pompano Beach, Florida.

Central to this successful initiative was Dr. Bessie W. Cristwell. For years, Dr. Cristwell has collaborated with neighboring schools and community members, raising awareness and organizing drives to secure toys, household goods, and other necessities for those experiencing homelessness.

Coral Springs Middle School's Health Occupation Students Association (HOSA) played a vital role in this year's donation drive as well. With the understanding that individual and social health are directly linked to safe housing and resources, HOSA students, under the guidance of teachers Erin Henningson and Kimberly Locke, Assistant Principal Donna Baker, and Principal Jill Slesinski, worked quickly to collect items for the shelter.

The generous efforts did not stop at the middle school level. Five high schools in Coral Springs and Parkland stepped up to support Broward Partnership in a big way:

- **Coral Springs High School:** The MTL (Mentoring Tomorrow's Leader) chapter, sponsored by Mrs. Lawana Jones and led by dedicated students, established a food pantry on campus and gave to families in need.
- **Marjory Stoneman Douglas High School:** Mrs. Elizabeth Arata and her team of student leaders delivered essential items directly to Broward Partnership.
- **J.P. Taravella High School:** Assisted by Mr.



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CORAL SPRINGS

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Coral Springs, FL 33065
(954) 752-9220

BOCA RATON

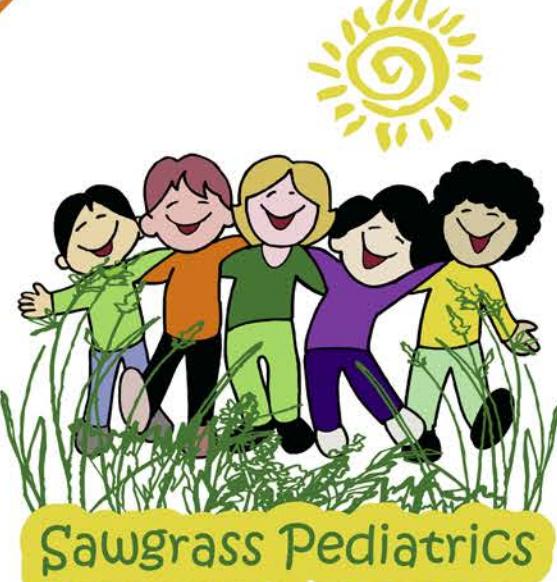
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ALLSTAR HIGHLIGHT

At just 15 years old, Samanyu "Sam" Mahajan is already learning how to balance academics, athletics, and a genuine curiosity about the world.

A freshman at North Broward Preparatory School, this is Sam's first year at the school after attending Coral Springs Middle School. The transition, he admits, came with its own challenges. "For me, it was about making new friends," Sam says. "When I came here, I only knew one person, but now I'm enjoying finding new friends. I've also gotten used to the expectations, both academically and sports wise when it comes to high school."

Sports have long been a defining part of Sam's life, with baseball currently taking center stage. He plays first base, third base, and pitches for his school team, though pitching remains his clear favorite. That passion began early, thanks to a coach who made a lasting impact. "He gave me an opportunity to pitch, continued to help me and taught me more," Sam says of Coach Rob, who encouraged him when he was just eight years old. Today, Sam is focused on refining his skills, particularly increasing the speed of his pitches as he gains more experience and confidence on the mound.

Academically, Sam is just as driven. "I like math a lot, science, and geography," he shares, noting that baseball also plays an important role off the field by helping him manage stress. The structure and focus of the game provide a mental reset after demanding school days, allowing him to stay grounded and motivated.

When baseball season winds down, soccer fills the gap. Sam has played the sport from a young age and currently competes in the Coral Springs Youth Soccer recreational league. While he has excelled in soccer over the years, he approaches it with a lighter mindset. "When it's not baseball season, this will keep me fit and active," he explains. "I mostly just play soccer for fun."

Beyond athletics, Sam's interests reveal a thoughtful and inquisitive side. He enjoys playing chess, spending time outdoors, listening to music, and occasionally unwinding with video games on his new PS5. At school, he participates in policy debate, an activity he finds especially engaging. "You have to think on your feet and be quick with your response," Sam says. "I would be very comfortable debating about politics and what's going on in the world currently." His interest in understanding reasoning and logic extends into psychology, a subject he enjoys studying and hopes to pursue one day as a psychiatrist.

The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.



Howard J. Gelb, MD

A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

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Mayors' New Year Message



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**Coral Springs Mayor,
Scott Brook**

As we step into a new year together, I want to extend my sincere gratitude to each of you for the strength, kindness and commitment you show to our community every day. This past year has brought both challenges and progress, and through it all, our residents have proved once again that we are stronger when we work together.

Because of your dedication, we have continued to improve our neighborhoods, support local businesses, and invest in projects that make our city a better place to live, work, and raise a family. From our first responders and city employees to volunteers, educators, business owners, and more, your efforts do not go unnoticed, and I am deeply grateful for your contributions.

This year ahead brings new opportunities. We will continue focusing on public safety, economic growth, and community well-being, while listening closely to your ideas and concerns. Our shared goals remain clear: a city that is welcoming, resilient, and full of opportunity for everyone.

As we step into this new year, I encourage you to stay engaged, look out for one another, and take pride in the community we call home. For those of you experiencing tough challenges, I urge you to ask for help, stay in faith, and take things one day at a time. Together, we can build on our successes and face the future with confidence and optimism.

On behalf of the city, I wish you and your loved ones a happy, healthy, and prosperous new year. Thank you for being an essential part of our community. **I can be reached at Phone: 954-344-5911.**
• Text: 954-494-9872 • email: sbrook@coralsprings.gov



**Parkland Mayor,
Rich Walker**

If you have ever wanted to try something new, now is the time. January gives us the perfect opportunity to enrich and expand. And when we talk about trying something new, it does not have to be a monumental, dramatic attempt. I'm talking about anything from tasting a food that is new to you, to learning the latest dance steps, to mapping out another route on your morning walk.

It could even be trying out a new perspective. When you talk to your friends, consider their points of view. Listening to someone else's story is a healthy exchange. Applying what you learn about them to how you see the world – well, that's even better.

Let's break out of our silos for a moment and think about people we interact with every day. For example, if we think about a teen's perspective, imagine what it might feel like to walk to the bus stop in the dark, start school at 7:30 a.m., sit in classes for most of the day, and come home with only a few hours left before the cycle starts again. Or what about your neighbor's commute? What would your experience be like, if you had to drive two hours to get to work, and two hours back – every day? Parkland is a tight-knit, strong community. We cross paths with the same people multiple times throughout the week. We all have something that presents a challenge for us – and sharing stories about our hurdles may help ease our stress or alleviate some of the loneliness we may feel in certain situations. This isn't about complaining. It's about sharing, growing, and understanding.

As the novelty of New Year wishes subsides, look around before you take a step forward and look at things from a different angle. Seeing something through another's eyes may give you insights to help them through a rough patch – and it could help you, too.

Happy New Year.

If you would like to share your thoughts or if you have questions or comments you would like to share, I would love to hear from you. **I can be reached via e-mail at rwalker@cityofparkland.org or via cell phone at (973) 390-1453.** Of course, I am frequently available monthly at Parkland businesses and love to talk with residents there. I encourage you to visit the City's website cityofparkland.org and click on the social media icon that you prefer, to ensure that you stay informed on events and helpful information.