



MR. PARKLAND PRESENTS PERFECTION



MUNICIPAL WATER & SEWER

\$6,500,000

7000+ SQ FT | OVER AN ACRE



MICHAEL LONGO

ICON REALTY
BROKER | FOUNDER
WWW.MRPARKLAND.COM

Coral Springs & Parkland Celebrating Over 20 Years As The #1 Family Resource!

Spectator

January 2026



BK | Capital Advisors

Unlocking Your
Potential, Together.

See pages 12-13 for more information



PINE TREE ESTATES

7 Bedrooms, 8.5 Bathrooms, 3 Car Garage,
Pool with Spa, Guesthouse,
Pickleball Court, New Construction,
1.09 Acre Lot

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.



PINE TREE ESTATES

6 Bedrooms, 5.5 Bathrooms, 3 Car Garage,
Pool with Spa, Completely Renovated,
1.09 Acre Waterfront Lot

Situated on a RARE waterfront lot in Pine Tree Estates with a preserve beyond (no rear neighbors), is this beautiful & perfectly renovated courtyard estate home. Multiple sundrenched living areas & exceptionally large bedrooms with ensuite bathrooms & sitting areas provide comfort & privacy for family, guests & the in-laws. A stunning and sleek new kitchen with a large island, Top shelf commercial grade appliances, quartz counters/waterfalls & butted glass windows add to the home's splendor. The primary suite is luxurious with a stunning spa like bath. Impressive curb appeal with a Porte Cochère, expansive circular driveway, & sprawling front lawn hints at its grandeur. Multiple glass doors open to the resort style courtyard with an oversize pool. Perfect for Multigeneration households.



Please visit

BillSohlSellsParkland.com
for other feature listings.

(954) 655-5097



COMPASS

City of Parkland Community Page



Advancing Healthcare for the Next Generation

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 it's 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 year is the 24th anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2026 is for YOU, dear Reader, Neighbor & Friend. Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

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.



This Month's Digital Issue

Spectator™ Magazine

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

Publisher & Managing Editor

Shellie Miller - Farrugia

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

Contributing Writers

Bessie Cristwell
Shellie Miller-Farrugia
Ashley Ferraro
Dr. Howard Gelb
Penny Miller
Dr. Gabriela Rifkin

Advertising Sales

Office
(954) 753-4300

Scott Farrugia
(954)684-6590

e-mail:

spectatormagsales@gmail.com



Facebook.com/MySpectator
MySpectatorOnline.com

The entire contents of this magazine are copyright 2026 Spectator Publishing, Inc. Opinions expressed in The Spectator are those of the respective writers and are not necessarily those held by the publisher or staff. All advertising and copy are subject to the approval of the publisher and may be rejected for any reason. Due to last minute changes, technical issues or other problems beyond Spectator Publishing Inc.'s control, Spectator Publishing Inc. cannot be held responsible for omissions, changes in schedule, misprints or accuracy of said listings or other information. All submission and published material are the property of Spectator Publishing, Inc. The publishers reserve the right to edit all submitted copy. All advertising and features, including art work, layout and design remain the sole property of Spectator Publishing Inc. and may not be reprinted without written permission from the publisher

On the cover:

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

Coastal Community Church

YOU'RE INVITED

Everyone's welcome because nobody's perfect and anything's possible.



One Church, Three Locations.

LIGHTHOUSE POINT	PARKLAND	WEST BOCA
3901 NE 22nd Ave. Lighthouse Point, FL 33064	6800 N University Dr. Parkland, FL 33067	10333 Diego Drive S. Boca Raton, FL 33428
SUNDAYS 8:45, 10:15 & 11:45 AM	SUNDAYS 8:30, 10:00, 11:30 AM & 1:00 PM	SUNDAYS 10:00 & 11:30 AM

☎ (954) 573-6932 ✉ info@coastalcommunity.tv 🌐 coastalcommunity.tv



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



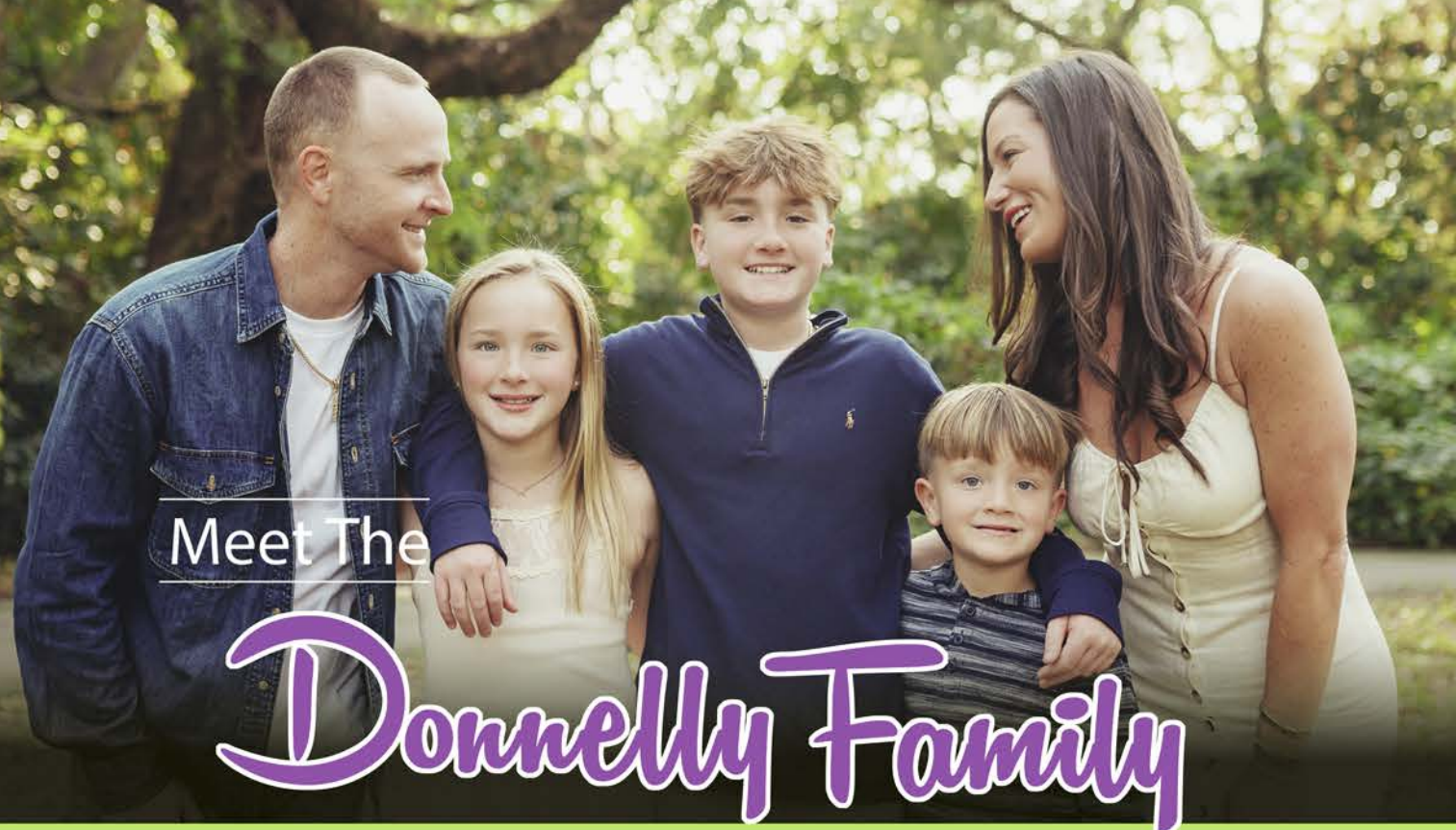
Porter & Associates Insurance Agency

561-771-8025

email: bporterinsurance@gmail.com

To Advertise Call 954•753•4300

www.MySpectatorOnline.com 5



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.

With BellaVive, you'll look like a healthier, more refreshed version of yourself — without appearing overdone or artificial. Because it uses your own natural biology, the treatment is very well tolerated. Most patients experience only mild redness or swelling and can return to normal activities quickly.

At Bella Vista, a boutique concierge medical spa bordering conveniently on Parkland and Coral Springs, I personally meet with every patient. As a board-certified ophthalmologist with advanced training in aesthetics, together we create a customized treatment plan based on your goals and I perform all treatments myself. This hands-on, personalized approach is designed to promote natural looking results and to deliver the highest level of care.

To schedule an appointment please call or text (954) 507-0343 and visit www.BellaVistaFla.com, See ad below



Need A Beauty Boost?

Call or Text (954)507-0343
BellaVistaFla.com

New Year Special!



20% Off

|

New Client First Treatments

OFFER EXPIRES 1-31-2026





Bofshever Chiropractic Center

UNLIMITED FAMILY CHIROPRACTIC MEMBERSHIP



35+ Years
Experience

YOUR HEALTH IS OUR FIRST PRIORITY!

After more than 35 years of having a high capacity practice, Dr. Bofshever has decided to introduce a new concept in delivery of chiropractic care to the local communities. He is proud to announce the formation of a membership/concierge style of practice. By paying a small annual fee for membership, Dr. Bofshever's patients receive **unlimited access** and care without worrying about payments or insurance billing at each visit.

Family Wellness Plan
ONLY \$645 Annually

Individual plans only \$500

www.DrBof.com

VISIT US TODAY!



5850 Coral Ridge Drive, # 105
Coral Springs, Florida 33076

(954) 344-4343

Gary Bofshever DC



The patient and other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee, or reduced service, examination, or treatment.



**NORTH BROWARD
PREPARATORY SCHOOL**
A NORD ANGLIA EDUCATION SCHOOL



UNLOCKING FUTURES

From 9th through 12th grade, your child will rigorously prepare for college through a challenging High School curriculum, honors classes, and enrichment programs. In an academically stimulating environment, our students explore their interests, learn to collaborate, and think critically.

Visit www.nbps.org or call 954-247-0011 for more information



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.

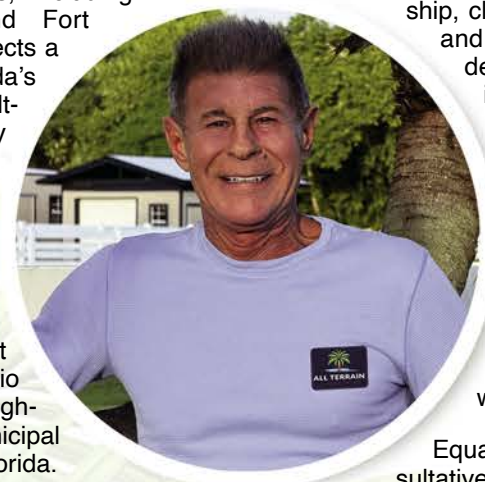
Clients frequently describe the company as professional, detail-oriented, and deeply invested in every step of the process. One customer praised All Terrain Landscaping as "professional, responsive, and truly [taking] ownership of the entire vision from start to finish." Another noted that "It's clear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

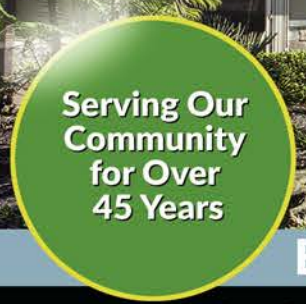


Creating Elegant Outdoor Spaces Your Whole Family Will Love!

At All Terrain Landscaping, we blend high-end design with functional, family-focused outdoor living. From lush gardens to safe, stunning play-ready spaces, we bring luxury and comfort together right at home.

Our Premium Services Include:

- Custom Landscape Design
- Full-Service Installation
- Hardscape, Patios & Pools
- Outdoor Living Spaces
- Retaining Walls & Stonework
- Irrigation Systems
- Seasonal Maintenance & Planting
- Lighting Design & Installation



Enhance Your Home's Outdoor Living Space

Schedule Your FREE Private Design Consultation Today!

Visit us at AllTerrainLandscaping.com

Mobile: Call or text to 954-658-5040 | Office: 954-565-6453





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.

BK | Capital Advisors
Unlocking Your Potential, Together.

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

Ben Kapusta is a Registered representative of, and securities and investment advisory services offered through Hornor, Townsend & Kent, LLC (HTK), Registered Investment Adviser, Member FINRA/SIPC, 800-873-7637, www.htk.com. BK Capital Advisors is unaffiliated with HTK. HTK does not offer tax or legal advice. Always consult a qualified adviser regarding your individual circumstances.

Coral Springs Connections

Baseball & Tee Ball

CORAL SPRINGS AMERICAN LITTLE LEAGUE
For more info. visit. www.csall.com, or call (954) 369-4813. 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, or call (954) 369-4813. 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

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
See ad below.

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 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 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

1300 Coral Springs Drive • Coral Springs, 33071 • 954-345-2109

For more information see 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 See page 9.

Dance

DANCE THEATRE

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

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

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a wiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC – 10559 Trails End (located inside Pine Trails Park)

Scouting

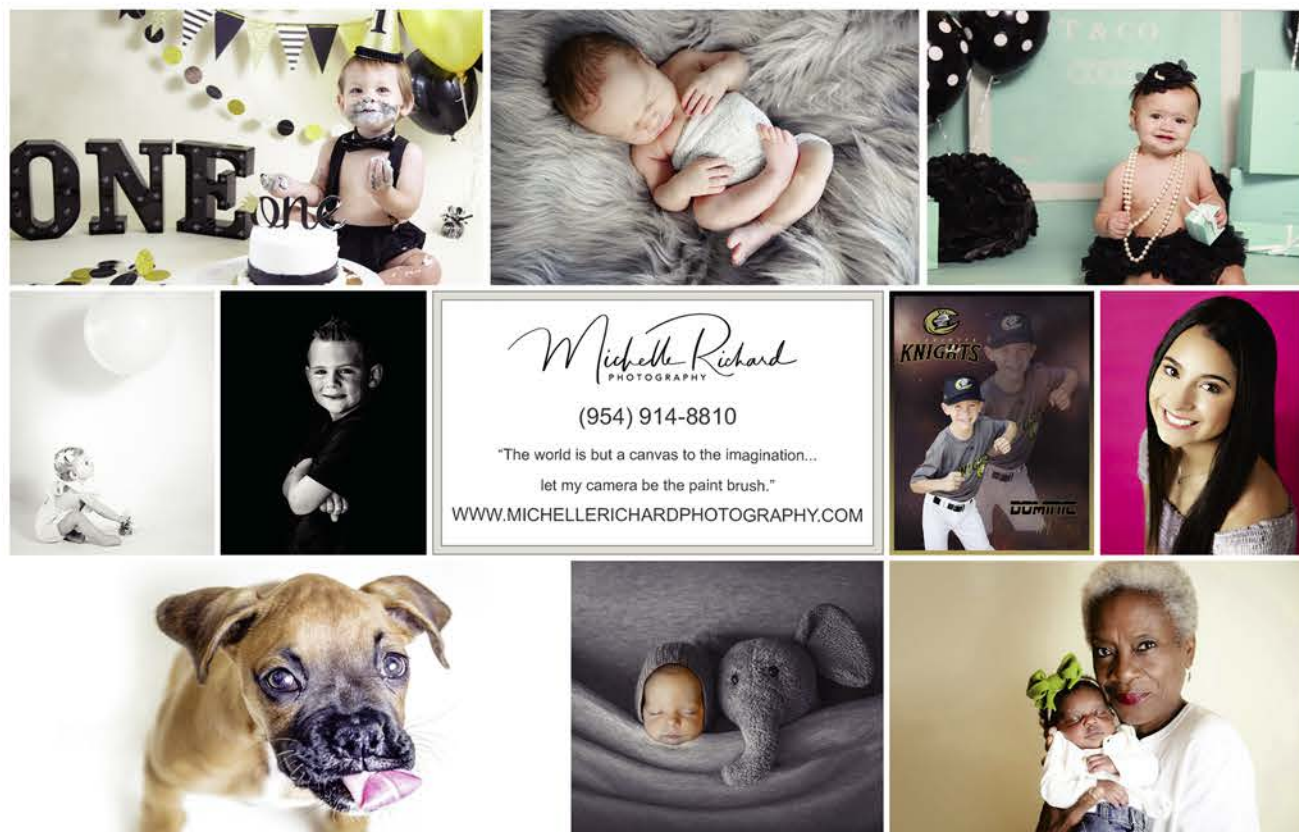
Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

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



Michelle Richard
PHOTOGRAPHY
(954) 914-8810
"The world is but a canvas to the imagination...
let my camera be the paint brush."
WWW.MICHELLERICHARDPHOTOGRAPHY.COM

Want a Second Opinion on Your HomeOwners Insurance? Give Us a Call

Are you overpaying for homeowner's 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 & Tyler



Porter & Associates InsuranceAgency • 561-771-8025
www.Porterinsurance.us • bporterinsurance@gmail.com

Parkland Connections

Parkland Little League

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

Basketball

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

Soccer

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, 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 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.

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 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/

THE PRINTERS PRINTER
ESTABLISHED IN 1987

Printers Printer is a full service commercial printing, binding and mailing company.

FEATURED PRODUCTS

- Magazines
- Calendars
- Catalogs
- Posters
- Newsletters
- Mailers
- Brochures
- Folders

THE PRINTERS PRINTER
(954) 917-2773 • theprintersprinter.com
quotes@theprintersprinter.com
2681 West McNab Road
Pompano Beach, FL 33069



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.

Christopher Leporte, Key Club sponsor, and president, Dennis Bautista, students collected and donated toys and essential items to the shelter.

- **MTL Chapter Contributions:** Mrs. Tashauna Thompson, sponsor, and her students gathered numerous items and gifts for the shelter.

Alongside the schools, generous individuals and organizations added to the impact. Contributions were made by the Coral Springs Martin Luther King, Jr. Committee, Melinda Robbins, Mr. John and Mrs. Marlena Roland and family, Mrs. Alean M. Ford and her family, Mrs. Kathy Barkdale, Ms. Katia Regi, and the Esquenazi family.

Isabella Preble of Broward Partnership expressed her gratitude for the outpouring of support. She shared, "Each gift shared this season brings comfort to the men, women, and children experiencing homelessness, helping them take meaningful steps toward stability and a home of their own." Preble emphasized the importance of student involvement, noting their kindness and inspiring example, she added, "We are deeply inspired by the kindness of the young people in our community. By choosing to give this holiday season, they are spreading warmth, encouragement, and the true magic of the holidays to those who need it the most."

Through the collaborative efforts between schools, students, teachers, and community members, a profound impact was made this holiday season. By working together, this collective not only provided essential resources but also shared hope and compassion with those experiencing hardship. The act of giving is more than just a seasonal event; it is a perpetual initiative that highlights empathy, generosity, and community. **Truly, Kindness in Action all year round!**



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.

Board certified pediatricians and Fellows of the American Academy of Pediatrics (FAAP)

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

PARKLAND

7895 N University Dr, Ste 502-503,
Parkland, FL 33067
(954) 752-9220

CORAL SPRINGS

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

BOCA RATON

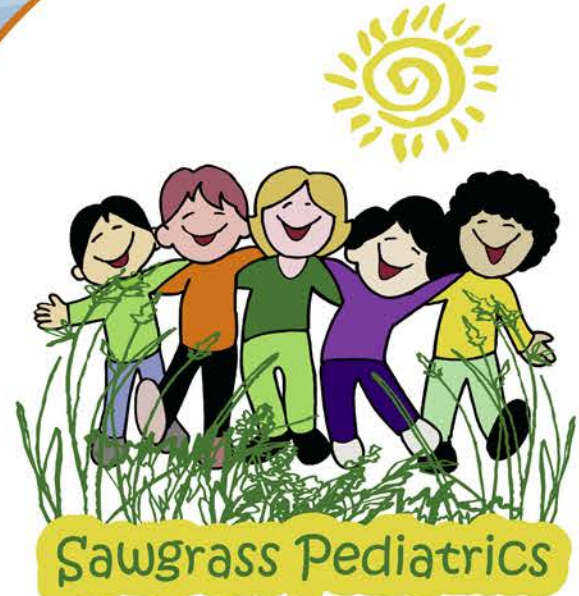
9960 S Central Park Blvd
Suite 325
Boca Raton, FL 33428
(561) 487-9912

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



 **TopLine MD Alliance**



www.toplinemd.com/sawgrass-pediatrics



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.

www.MySpectatorOnline.com

Family **Sports** Health

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.

Sports Medicine & Orthopaedic Center

(561) 558-8898
See our ad below

That’s Gotta Hurt!

- Specializing in Adult and Pediatric Orthopaedic Sports Medicine, Arthroscopic Surgery of the knee, shoulder, hip, elbow, wrist and ankle
- Fracture care and joint replacement
- ACL reconstruction, meniscus repair and arthroscopic shoulder reconstruction

Howard J. Gelb, MD, PA Sports Medicine & Orthopaedic Center

*American Orthopaedic Society for Sports Medicine
Fellow American Academy Orthopaedic Surgeons
Diplomat American Board of Orthopaedic Surgery
Subspecialty Certified in Sports Medicine
Fellowship Subspecialty trained in Sports Medicine & Arthroscopy
Member Arthroscopy Association of North America*

www.GelbMd.com

561-558-8898

9980 Central Park Blvd. N., Suite 222, Boca Raton,
Between Palmetto Park & Glades Rd. on 441/State Rd. 7



To Advertise Call 954.753.4300 **21**



It's your yard.

Reclaim It.

CREATE A SPACE FOR

Entertaining

Family Time

Playing

Enjoying Pets

Relaxing

SAY GOODBYE TO

Mowing

Weeding

Seeding

Watering

ForeverLawn®

Grass without limits.

Call 954.421.9097

for your free consultation from
a synthetic grass expert.

ForeverLawn®
GOLD COAST

gc.foreverlawn.com

Mayors' New Year Message



**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

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.



**Parkland Mayor,
Rich Walker**