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# Spectator

February 2026



**Broward Health**  
CORAL SPRINGS

**Heart Health  
Month**

See page 3 for details.





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COMPASS



City of Parkland Community Page



## Caring for Your Heart with All of Ours

**Heart health is often overlooked until warning signs appear.** According to the National Institutes of Health, atrial fibrillation (AFib) is the most common heart rhythm disorder, affecting about one in 22 Americans and serving as a leading cause of stroke.

AFib occurs when the upper chambers of the heart beat irregularly and often rapidly. Warning signs may include a racing heart, fatigue and chest pain.

This February, American Heart Month serves as a reminder to schedule regular cardiac screenings, such as an EKG, and to manage controllable risk factors, including high blood pressure, high cholesterol and smoking.

To meet the growing needs of the community, Broward Health Coral Springs has expanded its cardiac program and now offers left-sided ablations to treat AFib. Cardiac ablation is a minimally invasive procedure that uses energy to create small scars in the heart, helping block abnormal electrical signals and restore a normal heart rhythm.

"This accomplishment marks the beginning of a new chapter of offering comprehensive and cutting-edge cardiac care and electrophysiology," said Jose L. Baez-Escudero, M.D., Chief of Cardiology and Electrophysiology, Broward Health Physician Group. "We're expanding access to advanced cardiac and electrophysiology care close to home."

The 278- beds hospital is a designated STEMI facility with two cardiac catheterization labs and comprehensive cardiac and vascular services for residents of northwest Broward County. From diagnostic testing — such as stress tests and echocardiograms — to advanced interventional procedures and cardiac rehabilitation, patients

can receive coordinated heart care in one location.

### Listen to Your Body, Early Detection is Important

Last year, Coral Springs resident Owen Creighton, 38, was driving to work when he noticed his heart racing. He became dizzy and lightheaded and drove directly to the Emergency Department at Broward Health Coral Springs. Under the care of Jonathan Nieves, M.D., a cardiologist specializing in electrophysiology with the Broward Health Physician Group, Creighton became the first patient to undergo a left-sided ablation at Broward Health Coral Springs.



Jonathan Nieves, M.D. with patient Owen Creighton

"Following my procedure, I feel great and have not had any cardiac episodes," Creighton said. "It's reassuring to know I no longer have this nagging and debilitating problem."

Diagnosed with AFib a decade ago, Creighton initially tried blood thinners and medication, but negative side effects prevented long-term use. When doctors recommended a minimally invasive procedure known as cardiac ablation, he agreed it was the best treatment option for him.

"AFib most commonly affects older adults, but it can occur in younger patients as well," Dr. Nieves said. "That's why early screening is so important. Detecting heart

rhythm abnormalities early can save lives."

Broward Health Coral Springs' team of cardiologists, interventional cardiologists and electrophysiologists provides a comprehensive range of cardiac services.

**For more information on Broward Health's cardiac services, visit [BrowardHealth.org/Heart](http://BrowardHealth.org/Heart).**

**Advancing Structural Heart Care** Broward Health continues to strengthen its heart care services with the addition of board-certified interventional cardiologist Pablo Rengifo-Moreno, M.D., who leads the structural heart program.

Dr. Rengifo-Moreno brings advanced expertise in treating complex valve conditions and uses FDA-approved and investigational devices for valve repair and replacement, including the MitraClip, PASCAL and Tendyne systems, as well as transcatheter aortic valve replacement implants. He also plans to integrate emerging technologies, such as artificial intelligence and advanced imaging, to enhance early detection and improve patient outcomes.





# It's All About Community!

## Let's Focus on Love!

February is a special time. On the following pages, we see a variety of love stories that influence our culture.

This issue is full of inspiration. We are so happy to focus on people who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic.

Businesses in our community are thriving! Broward Health in Coral Springs is making monumental changes to ensure the best care is available to all of us (see page 3 ). Meet a fun local family that was, not only born here, but has a large extended family of adult children and grandchildren and runs several successful business (see pgs 12 & 13), and don't miss a minute of fun at the Florida Renaissance Fair! We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy February by offering love and service to friends and neighbors in our community.

Thank you for your time and support of our advertisers.

*God bless you and our troops,*

*Shellie & Scott*

## LOVE the Skin You're In!

*By Shellie Miller Farrugia*

For the girls and guys I grew up with, and all of those who aren't protecting their skin right now, this is for you.

Quite a few years ago, I noticed a scaly little patch on my face, right above my lip. It was small and annoying, so I would gently peel off the flakes, revealing tender pink skin underneath, and then quickly dab on concealer to hide it. I ignored it for years, figuring it would go away on its own or that it wasn't worth bothering a doctor over. Five years ago, I went to a dermatologist who did a biopsy. The results came back as basal cell skin cancer. She explained that Mohs surgery was the best way to remove it completely while preserving as much healthy tissue as possible. But because the spot was right there on my face for everyone to see, my vanity took over. The thought of scarring made me put it off. My husband kept gently pushing , reminding me it was important, but I was too scared of what the aftermath might look like.

A year later, I saw a more direct dermatologist who stressed that delaying could make things worse, that these cancers grow slowly but steadily, becoming more invasive over time. That woke me up. One Monday morning, with my husband holding my hand and wiping my tears, we went in for the Mohs procedure. It took more than three hours because they had to go back in four separate times, removing thin layers and microscopically checking until every last trace of cancer was gone. From there, we went straight to an experienced plastic surgeon who performed a very extensive three hour reconstruction to repair the area and make it look as natural as possible. The pain in the following 48 hours was overwhelming, but I knew we had made the right decision.

This is not a ploy for sympathy, but a reminder for YOU to be proactive about your own skin starting today. I'm convinced that my vanity allowed that cancer to grow much larger. When I first spotted it years earlier, it was probably small and more easily treatable. Don't make my mistake.

Cover up with hats, protective clothing, and broad-spectrum sunscreen every single day, even on cloudy ones. Pay close attention to your skin and don't dismiss anything, whether it's a new spot, a changing mole, a persistent sore, or something scaly that won't heal.

In the waiting room at the Mohs doctor's office, I was surrounded by men and women mostly in their mid-40s and older. Several women chatted about their younger days, slathering on baby oil mixed with iodine, using reflectors to intensify the rays, and spending hours baking in the sun without a second thought. One lady was a 65-year-old grandmother who had never had a single concerning skin issue until recently. It was a stark reminder that the damage from those carefree years can show up decades later.

If you're reading this right now, know that you are loved. Taking care of your skin isn't just about vanity or appearance. It's about protecting your health so you can be there for the people who need you. Be kind to yourself and them by being vigilant now.

Your (now) cancer-free sister,  
*Shellie*



## This Month's Digital Issue

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**On the cover:**

Broward Health Dr. Jonathan Nieves,  
with patient Owen Creighton. See page 3.

calvary chapel parkland

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## The Beauty Prescription

By Dr. Gabriela Rifkin, MD



**The Beauty of Consistency...** As a doctor and medical aesthetic provider, I'm often asked what treatments I personally undergo to maintain my results. I believe that the most important aspect of aesthetics is about thoughtful and consistent maintenance. Once you've invested the time and energy into your "glow up," the goal becomes preserving skin health, balance, and natural movement over time.

For me, maintenance starts with neuromodulators. I get toxin treatments approximately every three months, for both its therapeutic and cosmetic benefits. Therapeutically, toxin plays an important role in managing my jaw clenching and resulting headaches. These treatments have made a huge difference in my comfort and overall quality of life.

Cosmetically, I also use toxin to soften crow's feet, forehead lines, and frown lines. I also treat the lower face and neck to support jawline definition and help counteract downward pull, which becomes increasingly important as we age.

Skin quality is the other major pillar of my maintenance treatment routine. I rotate through a combination of IPL, fractionated resurfacing, and microneedling with PRF (often referred to as a "vampire facial") or PDRN (often referred to as the "salmon facial"). These treatments work synergistically to address pigmentation, texture, fine lines, and overall skin vitality. IPL helps me keep sun damage and redness in check as well as curbing stray hairs and helping with rosacea. Fractionated resurfacing stimulates collagen and smooths texture, and microneedling with PRF or PDRN enhances regeneration and glow at a cellular level.

I typically perform these skin treatments every four to six months, depending on the season and what my skin needs at the time. I pair treatments with a good skincare routine at home, number one of which is sunscreen every day.

Ultimately, my personal aesthetic philosophy mirrors what I recommend to my patients: invest wisely, treat preventatively, and focus on long-term skin health. Consistent maintenance, rather than extremes, is what creates natural, refreshed results that age beautifully.

For those who share this maintenance mindset, a membership can be a beautiful way to stay on track—supporting regular treatments while simplifying the investment in yourself.

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



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# Youth Soccer Continues to Thrive in Coral Springs and Parkland

By Ashley Ferraro

As another youth soccer season comes to a close, Coral Springs Youth Soccer (CSYS) and Parkland Soccer Club remain important parts of our community. With decades of history behind them, both organizations continue to evolve while staying rooted in the values that have sustained them for generations.

Since 1972, Coral Springs Youth Soccer has remained one of the largest youth leagues in the area, with nearly 2,000 players participating this year. The league is fully volunteer-run, with hundreds of coaches and a dedicated board of directors who help keep the program running smoothly.

“Now in our 53rd season serving the City of Coral Springs, our youth soccer program continues to thrive because of the passion and dedication of volunteer directors and coaches who lead with heart,” said CSYS President Denise Fatigate. “Together, we create an exceptional environment where young players grow, compete, and fall in love with the game.”

Denise has been involved with CSYS for much of her life, first as a player and now as president. Having grown up around the league, she brings a strong sense of history and community to her leadership.

Denise noted that one highlight of this season has been the referee program. More than 50 new referees joined this year, many of them local teenagers working their first job. CSYS provides training and on-field support to help young referees build confidence. Many referees stay involved for years, and some even return during school breaks to officiate games when they are home from college.

CSYS board member Dave Phelps added that the

league places strong value on the overall experience for everyone involved. “We want this to be a positive experience for everyone,” he said. “That includes the players, the coaches, and the families. When people enjoy being here, they keep coming back.”

Further north, Parkland Soccer Club is also wrapping up another incredibly strong season. The league serves close to 1,600 players and remains the largest youth sports program in Parkland. Founded in 1987, the club continues to be an important part of the community and a starting point for many young athletes.

About 250 volunteer coaches support Parkland Soccer each season. The league is guided by a passionate volunteer board of around 20 members who work behind the scenes to keep games fair, safe, and organized. Parkland Soccer also runs a referee program that includes teenage players who balance playing and officiating.

“Our program works because so many people give their time to it,” said Parkland Soccer President Doug Cole. “From the coaches and referees to the board and sponsors, everyone is focused on giving kids a good experience and supporting the community.”

Doug is looking forward to the club’s annual picnic, which remains a popular tradition for the young players and their families to celebrate the end of another successful season.

Together, Coral Springs Youth Soccer and Parkland Soccer Club continue to make a positive impact in the community, supported by volunteer leadership and a focus on development and inclusion.



# Family Orthopaedic Care

## Can Your Body Heal Itself? Orthobiologics May be the Answer!

By Dr. Brandon C. Maisel

In today’s world of medicine, we have various new treatment options for patients. In orthopedics specifically, majority of ailments we see are attributed to joint or muscle pain. In general, non-operative treatment options may include, but not limited to, physical therapy, home exercise programs, anti-inflammatory medication and cortisone (steroid) injections. However, is there another way we can help treat your musculoskeletal pain?

Orthobiologics is a form of therapy which harnesses the power of the body to promote healing. This form of therapy aims to treat ailments such as “tennis” elbow, knee/hip osteoarthritis and rotator cuff injuries, just to name a few. So, what exactly is an “orthobiologic” treatment and where does it come from? Our bodies normally use our own cells and tissues to stimulate a healing process. Therefore, we are able to now extract those cells via your blood, bone marrow, fat (yes, I said fat) and inject such cells into your problem area. The specific cells we are isolating are called “medicinal signal cells.” These cells once injected into the problem area begin to attract growth factors that induce healing.

Here at Gelb Sports Medicine and Orthopaedic Center we first begin with a thorough assessment to diagnose your specific problem. This will include x-ray imaging, diagnostic ultrasound and magnetic resonance imaging if required. Once, we diagnose the problem, we will discuss treatment options to help you get back to performing your favorite activities pain free. If we decide that orthobiologic treatment is the right option, you may be able to get the procedure done during the same office visit. Dr. Brandon Maisel performs all injections under ultrasound guidance to ensure treatment is placed safely and correctly into your problem area. Again, orthobiologics allows us to use your own bodies healing power, potentially delaying or even avoiding surgery all together.

Book an appointment today at Gelb Sports Medicine and Orthopaedic Center to learn more about orthobiologic therapy to treat your musculoskeletal problems!

## BRANDON C. MAISEL, D.O.

Board certified by the American Board of Physical Medicine and Rehabilitation

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

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

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



BRANDON C. MAISEL, D.O.  
Non-operative sports medicine physician  
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“ Dr. Maisel trained at one of the top sports medicine programs in the country. His expertise using ultrasound guided injections, professionalism, and commitment to providing the best quality care makes him a great addition to our team.

–Dr. Howard J. Gelb





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## A Royal Invitation: History, Fantasy, and Fun Await at the 34th Annual Florida Renaissance Festival

Quiet Waters Park • February 7 – March 29, 2026

Trumpets sound, flags fly, and the call to revelry returns as the 34th Annual Florida Renaissance Festival rides once more into Quiet Waters Park. From February 7 through March 29, 2026, guests of all ages are invited to step beyond the gates and into the year 1587, where knights clash, nobles revel, and fantasy and history intertwine across eight themed weekends of immersive entertainment.

The village of Kimmendale comes alive once again as the Royal Court of King Robert Rivera hosts its grand annual celebration. This year's festivities carry special meaning, as all gather to witness the handfasting of Prince Aaron of Veridian and Princess Katla Svartulff of Stalgaard. Yet amid the joy and ceremony, intrigue stirs and shadows loom—setting the stage for an unfolding story that evolves weekend by weekend.

Produced by Bobby Rodriguez Productions, the nationally acclaimed festival offers a full sensory journey into the Renaissance era. Visitors can feast on iconic fare like giant turkey legs, cheer on armored knights in thrilling jousts, browse handcrafted artisan wares, and mingle with whimsical characters, performers, and musicians.

General admission is \$39 for adults and \$15 for children, with children under five admitted free. Guests can enhance their experience with a 2026 Season Pass Perk, which includes a commemorative 34th anniversary pin, VIP parking for \$12, express pub lanes, exclusive gifts, and a 10% souvenir shop discount on purchases of \$25 or more.

The festival's eight themed weekends ensure a fresh experience with every visit:

### Week I - Gamemasters Unite

The Campaign Begins... (February 7–8)

### Week II - Cupid's Lullaby

Pulling at the Harpstrings! (February 14–15)

### Week III - A Viking's Valor

Shields, Scales, Tails, and Ale! (February 21–22)

### Week IV - Sirens and Shipwrecks

Party 'til the End of the Plank! (February 28–March 1)

### Week V - His Majesty's Marketplace

Haggle If You Dare! (March 7–8)

### Week VI - Clover the Rainbow

A Gathering of Green! (March 14–15)

### Week VII - Rise of the Cog-Keepers

Tinkering in Time! (March 21–22)

### Week VIII - Fantastical Fables

A World Beyond the Page! (March 28–29)

For tickets and more information visit:  
[www.ren-fest.com](http://www.ren-fest.com); Find us on Facebook or follow  
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@fl\_renfest on Tik Tok.

Please reach us the traditional method at  
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# The Lequerique Legacy



In Parkland, where wide-open spaces meet close-knit community values, the Lequerique family stands as a multigenerational example of what it means to build a life rooted in faith, perseverance, and service. Spanning careers in real estate, finance, insurance, entrepreneurship, and youth athletics, the Lequeriques are deeply woven into the fabric of the city—on the field, in business, and at home.

At the heart of the family is Monique Lequerique, a lifelong Floridian whose professional journey reflects more than three decades of experience across real estate, finance, underwriting, and business ownership. A licensed Florida Realtor and NMLS-licensed residential mortgage professional, Monique’s career has evolved through multiple market cycles and economic shifts. From founding and scaling successful businesses to underwriting for Fannie Mae and Freddie Mac and participating in elite CoreLogic “White Room” audits, her reputation has been built transaction by transaction.

*“It’s not the brand. It’s the name,” Monique says. “My reputation was built locally, one family and one closing at a time.”*

Monique also played a hands-on role in real estate development, overseeing the acquisition, construction, and sale of 38 townhomes in Coral Springs. Later, through Clear To Fund LLC, she acquired and sold more than \$15 million in residential investment properties across Florida, personally listing and selling each one. Most recently, she set a new record-breaking sale price in the City of Parkland—exceeding the prior benchmark by \$2.5 million—reinforcing her standing as a trusted local leader in both real estate and residential finance.

Her husband, Ray Lequerique Sr., brings an equally entrepreneurial spirit to the family. A career yacht broker, real estate investor, and developer with extensive experience in mergers and acquisitions, Ray has lived in Parkland’s Ranches for more than 23 years. He values the freedom, privacy, and agricultural environment the area offers—qualities that first drew the family to Parkland and continue to define their lifestyle today.

Together, Ray and Monique have raised a family centered on resilience, independence, and presence. Family time is sacred, whether it’s simple backyard barbecues, swimming on their property, football games, or quiet evenings at home. That sense of togetherness naturally extends into the community, particularly through youth sports.

Their son Justin Lequerique—now a successful painting contractor—serves as head coach for

Parkland Recreation’s 10U softball team and Friday Night Lights flag football. Ray Sr. proudly assists, mentoring young athletes and supporting the girls who love the game. Coaching has become a family affair, with Monique often found in the dugout, keeping score and cheering loudly for her granddaughters and their teammates.

*“Coaching isn’t just about the game,” Justin shares. “It’s about showing kids they matter, teaching teamwork, and giving back to the community that raised us.”*

Justin and his wife Christine Lequerique, an insurance broker with First Family Insurance, are raising their daughters Lilly Rae (10) and Ivory (5) in Parkland. Both girls attend Park Trails Elementary and are deeply involved in local sports. Lilly Rae has played Parkland softball since age eight and participates in flag football, while Ivory enjoys softball and soccer. Christine volunteers at school and with the softball program, reinforcing the family’s belief that community is built through participation.

The Lequerique family also includes Ray Lequerique Jr., who works at Publix while pursuing his passion as a newly licensed tattoo artist, and Bryan Lequerique, a health and life insurance broker. Bryan, his fiancée Brooke Moore, and their son Cason (2) recently moved from Parkland to Coral Springs, though their connection to Parkland remains strong. They enjoy outdoor activities, cooking together, and watching Cason explore the world—especially anything involving water or animals.

Beyond sports, the Lequeriques are engaged in civic life. Monique is outspoken about responsible city spending, advocating for homestead tax relief for qualified families and preserving Parkland so future generations can afford to live and thrive here. Ray Sr. is equally passionate about protecting neighborhoods and supporting leadership that prioritizes residents.

Faith anchors the family through every season. The Lequeriques attend Coastal Community Church and Mary Help of Christians, grounding their busy lives in shared belief and gratitude. Their home is also filled with life from their beloved pets—three dogs, a cat, and Sophie, a cherished service dog who holds a special place in the family.

When asked what defines them, the answer is simple and unanimous: **God, Family, Country. For the Lequerique family**, Parkland is more than a place to live—it is a community they actively invest in, protect, and hope to preserve for generations to come.



# Coral Springs Connections

## Baseball & Tee Ball

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## WINTER BASEBALL & T-BALL

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## Soccer

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

## CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. City of Coral Springs Cypress Park; 1301 Coral Springs Drive.

## Softball

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

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

## CORAL SPRINGS WOMEN'S SOFTBALL

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

## Swimming

### AQUATIC COMPLEX & FITNESS CENTER

12441 Royal Palm Boulevard • Coral Springs, 33065 • 954-345-2121

### MULLINS PARK POOL

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

## CYPRESS WATER PARK

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

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

## Private Schools & Camps

**NORTH BROWARD PREPARATORY SCHOOL**  
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See page 6.

## Dance

### DANCE THEATRE

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

## Fitness

### LAURA'S ULTIMATE PILATES & FITNESS

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

## Special Needs

### PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

## CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329 or [www.challengerbaseballofbroward.com](http://www.challengerbaseballofbroward.com)

## THE FRIENDSHIP JOURNEY

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

## Volleyball

### SAND TURTLES VOLLEYBALL CLUB

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

## Parkland P-Rec

### PICKLEBALL

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

## Scouting

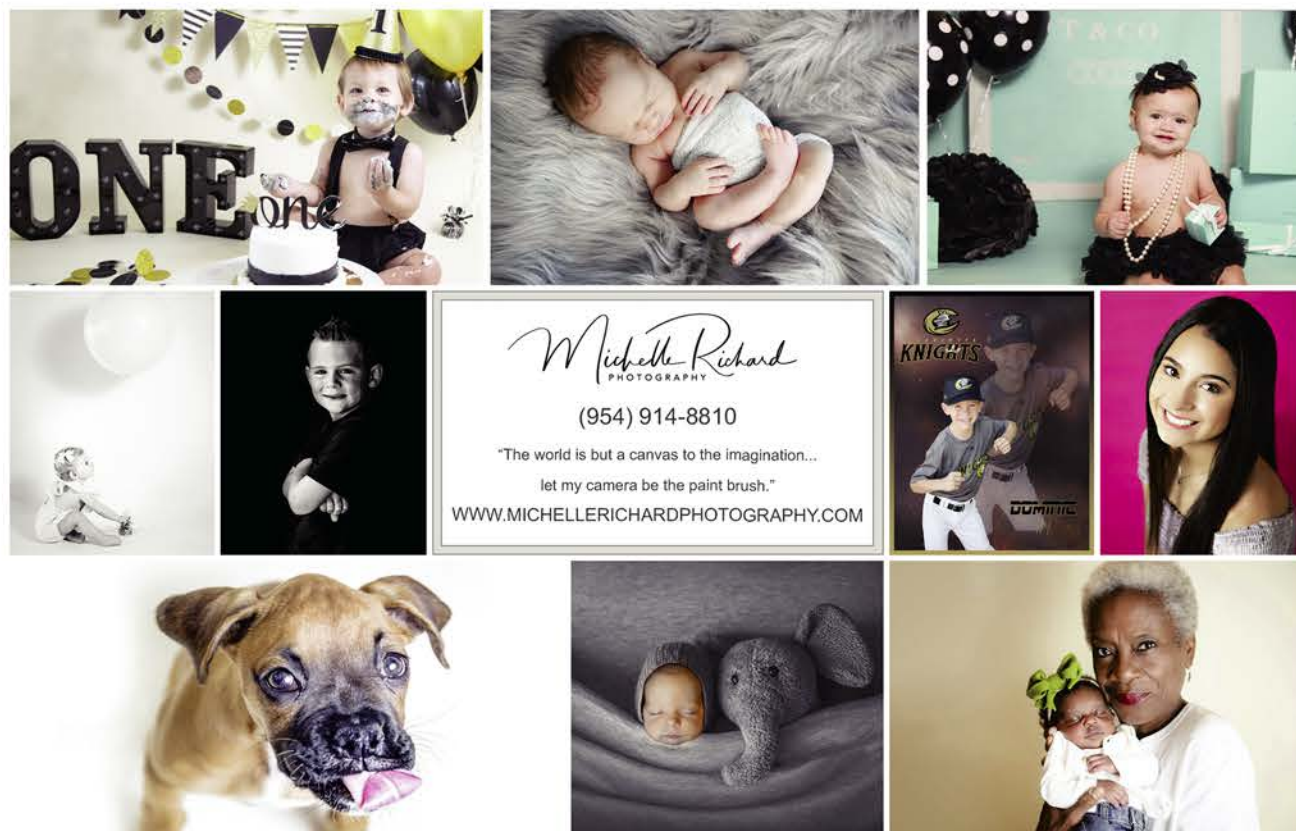
Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade  
Find a local unit at [www.beascout.org](http://www.beascout.org)

## Seminole Nation

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

## Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall .....	(954)344-1828
Coral Springs Gymnasium .....	(954)345-2107
Cypress Park Pool .....	(954)345-2109
Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
Sportsplex Tennis Center .....	(954)344-1840
Parks and Recreation .....	(954)345-2200
Parks Field Conditions .....	(954)344-1187



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# Parkland Connections

## Parkland Little League

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

## Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://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](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

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

## Lacrosse

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

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

## Soccer

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

PARKLAND TRAVEL SOCCER CLUB  
For more info, call (754) 240-9005 visit [www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com) or email [info@parklandtravelsoccer.com](mailto:info@parklandtravelsoccer.com).

## Private Schools & Camp

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## Special Needs

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## THE FRIENDSHIP JOURNEY

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## Adult Softball

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

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade

Find a local unit at [www.beascout.org](http://www.beascout.org)

## Important Numbers

Leisure Services .....	(954)757-4105
Field Conditions .....	(954)757-4110
Park Ranger .....	(954)575-1007
Youth, Teen, & Senior Programs .....	(954)757-4129
City Hall .....	(954)753-5040
Tennis .....	(954)757-1910
P-REC .....	(954)757-4105

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## Cherokees Take Top Prize in Father/Daughter Cook-Off

By Randle Ferrari

The Indian Princess program thrives on one essential ingredient many families crave but rarely find enough of: intentional time. As Carlos Delgado, current chief of the victorious Cherokee tribe, explains, "The Indian Princess program creates something every family needs—time. Time for fathers to connect, to lead, and to build lifelong memories with their daughters through traditions, campouts, and shared experiences." That spirit was on full display at this year's nation cook-off, one of the program's most anticipated local traditions. The excitement on the children's faces when the Cherokee name was announced as the winner made the moment unforgettable.

The program is fortunate to be filled with talented and passionate families, including culinary standouts like Steve Zhu. "Indian Princess is a deeply enriching program," he says. "It allows fathers to build meaningful bonds with their daughters and connect with other like-minded dads. I can't think of a better way to do that than our annual cook-off, which blends teamwork, competition, and great food."

Each year adds its own layer of memories. Last year's Cherokee entry—cheesesteak eggrolls—felt like a sure win, while the prior year's pizza-themed cook-off brought laughter and camaraderie through flying dough and friendly rivalry. The Seminole nation deserves special recognition for consistently hosting these events with style and precision. Meanwhile, the kids enjoy attractions that make the day magical: snow cones that leave blue-stained smiles, bounce houses filled with laughter, obstacle courses testing limitless energy, and this year's surprise favorite—henna tattoos that transformed small hands into works of art.

Set against the scenic backdrop of an equestrian center, the cook-off itself is a sensory celebration. Eight tribes transform their booths into bustling kitchens, filling the air with the aroma of sizzling creativity. The Arapahoe tribe impressed with an outstanding booth display, earning well-deserved recognition. Ultimately, the Cherokee tribe claimed top honors with Cheeto-crusted chicken fingers and crispy waffle fries—a bold, crunchy creation that delighted the judges. The presence of the mayor and local commissioners as impartial tasters elevated the competition, reinforcing the program's strong ties to the broader community.

While cook-offs are memorable, camping remains the heart of the Indian Princess experience. Upcoming trips to Fish Eating Creek and Camp Geneva promise evenings around campfires, marshmallows under star-filled skies, and shared stories that linger long after the tents come down. Tribes arrive in full force—often eight to twenty-five dads with one to four children each—working together to set up camps, prepare meals, and clean up afterward. It's an environment that fosters responsibility, teamwork, and connection.

Beyond camping and cook-offs, the program offers charity drives, creative crafts, parades, daddy-daughter dances, derby car races, and unique outings that surprise and inspire. These experiences explain why Indian Princess has endured for over a century. For fathers seeking meaningful ways to connect with their daughters, the adventure is waiting.

**Dads with children ages 5–10 in Broward or Palm Beach counties can learn more at [www.seminolenation.org](http://www.seminolenation.org) or by emailing [big5@seminolenation.org](mailto:big5@seminolenation.org).**



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(954) 752-9220

### BOCA RATON

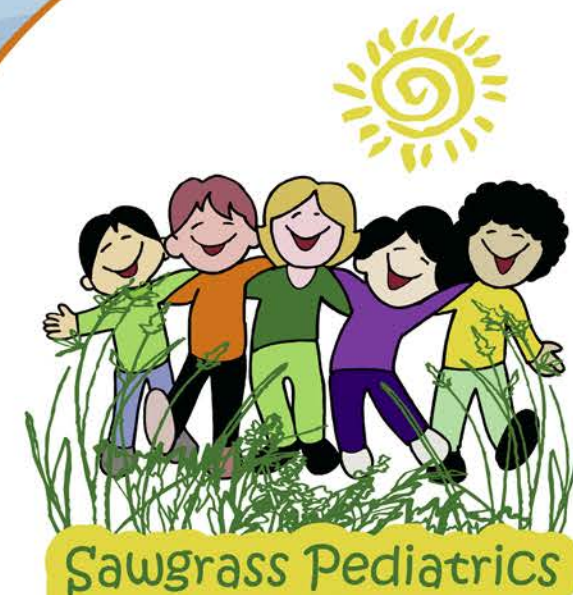
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# The 5 Love Languages

By Andrea Goff

My husband and I are polar opposites. High school sweethearts who have been married for 43 years, and together for 47, we beat to a different drum, and yet, with a few tools learned over the years, our relationship works.

Learning about love languages was like a person with myopia putting on prescription glasses and suddenly having 20/20 vision. Taking the test at [www.The5lovelanguages.com](http://www.The5lovelanguages.com) we discovered that while he thrived on physical touch my greatest need was for words of affirmation. I even went so far as to tape to the bathroom mirror a list of things my verbally challenged husband could say to make me feel loved; and I have kept just about every card he has ever given me.

Three children later we learned that one daughter loved to receive gifts, while the other needed quality time. It wasn't hard to guess the love language of our son, a mirror image of his Daddy, whose favorite thing to do is hug and be hugged.

Interestingly, my closest friends have always been go-getters like my husband, but their love languages are diverse. Often people give to others what they themselves like to receive, so my friend whose love language is acts of service will sometimes surprise me with a mop in hand. Another enjoys the quality time that comes with long leisurely lunches and invites me frequently to join her. Of course, we may have several love languages but there is usually one that is stronger, our primary love language, and makes us feel particularly loved and appreciated. Gift giving is one of my weakest areas but my husband's secondary love language. Thankfully my techie brother-in-law can always be called on for unique gift ideas.

Love is a word that has been greatly misused. We talk about loving our job, a bar of chocolate, the latest movie. Love is not just an emotion it is a decision that often requires unselfish deliberation and action. Love can be described as not only a strong liking but a unique attachment, the carrier of the highest emotion inherent in man.

Each of us is designed with a love tank that yearns to be filled. A child whose love tank is full will be well adjusted and able to easily give love as well as receive it. Conversely a child whose love tank is constantly on empty will have many internal struggles. Life can be tough, taking a few minutes to discover the particular love languages of our spouse and children can help a family have more understanding and effectively give love, while truly feeling loved in return.

**You can read more in Dr Gary Chapman's book "The Five Love Languages" or have your family take the test at [www.The5LoveLanguages.com](http://www.The5LoveLanguages.com).**



## Hope with Heather

### A Reminder to Love Thy Neighbor

By Heather Palacios

**Back in the early 2000s, on a Friday night,**

my husband Raul and I went out to dinner—most likely sushi, because back then we were deep in our sushi-obsession phase. As we headed home and turned down our street, Raul slammed on his brakes when he saw a man stumble out into the road. The man collapsed, then managed to crawl to the other side, where he started convulsing in the gravel and grass. He was small in physique and, judging by his weathered countenance, middle-aged. His hair was mangled with dirt and grass. His clothes were too big for him—ragged and dirty.

Raul and I didn't communicate a plan. I don't even recall us saying anything at all. I think instincts took over. While Raul pulled over, turned on his hazards, and dialed 911, I got out of the car and went to the man. By now, his seizure-state was erratically escalating as he kept trying to stand.

With my limited Spanish and my very limited first-aid knowledge, I crouched next to him and said, "por favor, siéntate" (please, sit) and "ayudaremos" (we will help). It was a sporadic, chaotic scene swirling around us when I happened to glance across the street from where this man had crossed. I saw someone standing at their front door watching us—then turning around, going back inside, and shutting the door.

Within minutes, EMTs arrived, along with his landscape partner who had been out looking for him, and another young adult who we later learned was the homeowner's son. As EMTs implemented protocol, Raul and I learned through their urgent questioning that these two men had been outside all day in the Florida heat doing work for the homeowner—which, if you live in South Florida, is hardly uncommon but can be brutal.

#### Bio:

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

The homeowner's son offered one piece of information to the EMTs that felt to me equally callous and heartbreaking: the homeowner had seen this man have a seizure earlier but didn't take any action.

Twenty years later, it has not passed me that I learned something that day. As I reflect on all the players in the scene, there is one role I don't want to play.

The helpless man on the side of the road? No. Because in one way or another, we have all been that man. We have all gone through something that rendered us helpless and in need of help from another.

Rather, I don't want to be the person who closes the door.



The bestselling book of all time contains a verse I've heard many times, can often recite, but have been guilty of not applying: love thy neighbor. What fascinates me about this verse is that it offers no descriptors of "neighbor." By its overwhelming general nature, I can only conclude that my neighbor is anybody—everybody.

My neighbor is me, and how I hope someone would treat me if I were helpless on the side of the road. I never heard what happened to that man, but I hope today he is okay. And I hope this encourages all of us to love our neighbors.





# The Outdoor Upgrade That Moves Luxury Homes

## All Terrain Landscaping

By Ashley Ferraro

For homeowners in Parkland, Coral Springs, and surrounding South Florida communities preparing to sell a high-end property, few pre-sale investments deliver a stronger return than professional landscaping. In today's luxury market, curb appeal is no longer cosmetic—it is strategic. Buyers form opinions within seconds, and exterior presentation often determines whether a home sells quickly, commands a premium, or lingers on the market.

Renovating and updating landscaping before listing has proven to significantly increase buyer interest and shorten time on market. In fact, most properties with updated landscaping sell within 30 days. A thoughtfully designed exterior signals care, quality, and value—key factors for affluent buyers evaluating multiple options.

All Terrain Landscaping has become a trusted partner for homeowners looking to maximize resale value through strategic outdoor improvements. Founded and based in Parkland, the company serves Broward and Palm Beach Counties, including Coral Springs, Boca Raton, and Fort Lauderdale. Their work reflects a deep understanding of South Florida's climate and luxury buyer expectations, resulting in landscapes that photograph beautifully, tour impressively, and hold up long after closing.

"We have completed the largest landscaping projects in Parkland," says founder Mike Squillace. One standout example is the award-winning largest residential landscaping and custom pool project in Broward County—valued at over \$2.5 million and completed within an accelerated 90-day timeline. The project demonstrated how large-scale outdoor transformations can be executed efficiently without sacrificing quality.

More recently, a \$1.3 million landscaping renovation directly contributed to the highest residential sale in Parkland to date. In this case, the outdoor upgrade was

not an enhancement—it was a differentiator. The property's exterior presentation elevated buyer perception, reinforced the home's luxury positioning, and helped drive a record-setting sale.

For sellers, All Terrain Landscaping offers a comprehensive, streamlined solution. Services include landscape design and installation, sod installation, irrigation and drainage solutions, tree services, hardscaping, landscape lighting, and quarterly maintenance. The company also operates a 10-acre public nursery in Parkland, allowing rapid access to mature, climate-appropriate plants—an advantage when sellers are working against listing deadlines.

Central to All Terrain's reputation is its white-glove, consultative approach. Each project begins with an in-depth evaluation of the property, the seller's timeline, and the target buyer profile. From there, the team collaborates closely with homeowners to select materials and plantings that enhance architectural features and maximize perceived value—without over-improving or misaligning with the market.

Clients consistently describe the experience as professional, detail-oriented, and results-driven. The company operates on four core values: quality craftsmanship, client-centricity, environmental responsibility, and integrity and reliability.

For homeowners preparing to sell a luxury property, landscaping is no longer optional—it is a proven catalyst for faster sales and stronger offers. When executed with expertise and intent, outdoor design becomes one of the most powerful tools in the luxury selling process.

Homeowners 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](http://www.allterrainlandscaping.com) for more info.

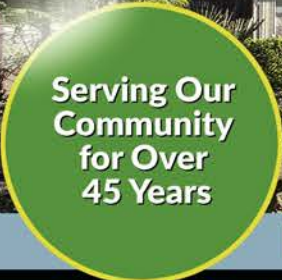


# Creating Elegant Outdoor Spaces Your Whole Family Will Love!

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.

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

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