



INDIAN TRACE ELEMENTARY SCHOOL WINNER OF THE MAYOR'S GET FIT CHALLENGE CUP



The Challenge: get the largest number of participants, based on a percentage of school enrollment, to walk in the December 12th Run For Tomorrow 5K, and that school will win the first ever "Mayor's Get Fit Challenge Cup".

Over 350 students, parents and school staff took Mayor Hersh up on his Mayor's Get Fit Challenge Cup offer, put forth to all Weston elementary schools on November 16th. With just three weeks to get their troops rallied, seven elementary schools in Weston participated.

Indian Trace Elementary, already on the fitness bandwagon with their Commit2BFit! school theme for this year, walked away with the competition, with 158 registered participants from the school. WAY TO GO INDIAN TRACE!

A fabulous finish was also obtained by **Imagine Charter School at Weston** who had the 2nd place finish of participants as a percentage of their enrollment!!! A huge thank you to all students, school personnel and families who participated. This shows that we can all **Get Fit Weston!**



12th ANNUAL RUN FOR TOMORROW *and the first ever*



This year's 12th annual Run for Tomorrow Half Marathon, 5K Run/Walk hit an all time record when registration for runners was closed after the maximum 1500 participants where signed up. In addition to the registered "numbered" participants, the Mayor's Get Fit Challenge Cup 5K walkers added another 358 participants to what was a glorious day for running or walking.

On December 12th, with a crisp clear morning start, runners, joggers and walkers gathered either at the Half Marathon start or the 5K start (pictured above) and all crossed the finish line on Main Street in Weston Town Center, cheered on by family, friends and spectators.





Weston Commission in action...

L-R: Mayor Eric Hersh, Commissioner Angel Gomez and Commissioner Jim Norton

New this year, the Get Fit Fest: Once the races were over the festival began!

Weston's first Health, Wellness and Fitness Festival. A day full of free activities for kids and adults. Free health tests from Walgreens and Cleveland Clinic Florida, more than 40 wellness exhibitors, live entertainment all day, including appearances by the Miami Heat dancers and Florida's strongest man, LeBron Grimes. Kids activities included the Miami Dolphins Junior Training Camp, Marlins' Street Team games and Panthers' Party Mobile.





The Get Fit Fest was the culmination of the 60-day **Get Fit Weston** initiative in partnership with the City of Weston, the YMCA of Broward County, Cleveland Clinic Florida, Billy Beck III Personal Performance & Training Center, and the Midtown Athletic Club.





The Rotary Club of Weston and its legion of volunteers is to be congratulated for all of the coordinated efforts and sheer manpower it took to put on these two back-to-back events.



WESTON TO HOST ORANGE CLASSIC SOCCER TOURNAMENT



While frigid temperatures invade much of the United States during the winter holidays, girls' soccer teams from across the country invade South Florida to participate in the Orange Classic Soccer Tournament.

Begun in 1980 with 10 teams, the tournament has grown to over 350 teams and 3,500 players ages 15-19. Weston has been a host site for the Classic for 10 years. The tournament takes place December 27th-30th on 21 fields spread across parks in Weston and Plantation.



While the nice winter weather in Florida is a significant draw for these young women and their families, the real opportunity is in showcasing their talent in front of over 250 college coaches from Division I, II and III schools. Past Club President, Anne Efros stated, "most of my daughter's college offers came from being seen at the Orange Classic, resulting in her attending Emory University after being noticed by the University's coach while playing for a Weston team in the tournament."

This year teams will be coming from across the U.S. including from as far away as Texas, Kansas, Minnesota, Colorado, Massachusetts and Connecticut. In addition, the tournament reaches out internationally by hosting teams from Canada and Denmark. **Weston will be represented by 18 teams from our very own Weston FC (Football Club).**

An added bonus: the tournament brings extensive commerce to our community through the patronage of local hotels, restaurants and businesses.





Think “No Frog. No Clog.” During this Holiday Season

*This year, Broward County Water and Wastewater Services encourage residents to properly dispose of **Fats, Rags, Oil and Grease (FROG).***

Families are thinking of all sorts of special foods to serve throughout this holiday season. However, disposing of the left-over cooking grease from these rich foods can cause damage to both household drains and our water resources. The following tips may prevent a clogged drain from ruining your holidays:



- Freeze small amounts of fats, oils and grease in a container with a tight-sealing lid and dispose of them in a trash receptacle
- Mix cooking oil with an absorbent material such as cat litter or coffee grounds, place in a tightly-sealed container and dispose of them in a trash receptacle
- Scrape and wipe excess grease from pans and dishes with a paper towel before washing
- Prewash dishes and pans with cold water before putting them in the dishwasher
- Use a strainer in your sink to catch scraps
- Cover drains with a fine screen or catch basket and empty into garbage can as needed
- Use environmentally safe cleaning products instead of harsh detergents or cleaners that can damage sewer lines.

With some common sense approaches to the proper disposal of the excess cooking grease, all residents can enjoy the holiday season without the added burden of unnecessary, expensive repairs to clogged drains and pipes. For more information, contact Water and Wastewater Services at 954-831-3250 or visit www.broward.org/waterservices.



Weston Warriors 110# National Youth Football Champions Under 11



Boys Having Fun!

Congratulations are in order for the players and coaches of the Weston Warriors 110# Team, Under 11 age group, who have earned the title of **National Youth Football Champions Under 11. Way to go team!**

The Weston Warriors beat Chicago with a score of 33-0, and Georgia 25-0, in the Daytona Beach/Las Vega National Thanksgiving Tournament. This talented group of boys are also the winners of the **2010 Football AYFL Super Bowl.**



THE SANDHILL CRANES OF WESTON REGIONAL PARK

Two of nature's, and now Weston's, "residents" are often in the Weston Regional Park.

They are **Florida Sandhill Cranes**

Some important information to note about these very unique wild birds: *they can be aggressive and are protective of each other.*

- They are protected under the Federal Migratory Bird Treaty Act and **it is illegal to feed them.**
- It is estimated that there are only about 5000 remaining.
- These large birds can be found in both rural and urban areas.
- The Florida Sandhill Crane (*Grus canadensis pratensis*) is a subspecies of the North American Sandhill Crane. Florida Sandhill Cranes are year round residents where as the North American Sandhill Cranes will migrate here for the winter.
- These cranes are omnivorous and will eat things like seeds, worms, insects, lizards, crayfish and mice.
- Sandhill Cranes will normally mate for life (monogamous) and will lay one or two eggs on their nest, which is often on the waters edge for protection from predators.



A handsome couple – Florida Sandhill Cranes which mate for life, walk in front of the Weston Community Center.

Because they mate for life they are protective. During mating season they can be aggressive if they perceive a threat of someone moving in on their mate.

**One more reason Weston is so special – our close association to nature.
Please help to maintain a healthy and respectful relationship with
nature's inhabitants.**

For more information on wildlife in Weston, please visit:
<http://www.westonfl.org/Departments/Landscaping/Wildlife.aspx>



UPCOMING EVENTS AND HOLIDAY CLOSURES

Friday, December 24th

City Offices Closed

All City administrative offices will be closed in observance of the Christmas holiday.

All City parks will close at 6PM

There will be regularly scheduled garbage collection.

Saturday, December 25th

NO GARBAGE/RECYCLING COLLECTION – collection will be on your next regularly scheduled collection day, of Monday, December 27th.

All City Parks will close at 6PM



Christmas Tree Curbside Collection – Trees are Recycled

Residential Christmas tree curbside collection begins Monday, January 3rd.

The last collection day will be on Saturday, January 29th.

Place tree curbside and not obstructing regular garbage cart collection.

Be sure to remove all ornaments and lights as trees are recycled.

Friday, December 31st

City Offices Closed

All City administrative offices will be closed in observance of the New Year's Day holiday.

All City parks close at 6PM

There will be regularly scheduled garbage collection.



PLANNING AHEAD: The next free Residential Bulk Trash Pickup will occur in **JANUARY** on your regularly scheduled garbage day as follows:

Wed., January 26th, Thur., January 27th, **or** Friday, January 28th

Multi-family: Sat. 29th