



KEEPING WESTON PLAYGROUNDS SAFE

It is estimated that there are over 200,000 injuries on playgrounds each year that will require a trip to the emergency room. Falls are the most common form of injury, followed by equipment related hazards such as breakage. The City of Weston goes to great lengths to limit both the frequency and severity of playground injuries.

In 2007, the City began installing poured in place rubberized surfacing on its playgrounds. This surface provides the best possible accessibility to the equipment for persons with disabilities, while reducing the likelihood of life-threatening head injuries due to the shock absorbing characteristics of the rubber. The surfacing must meet very strict guidelines set forth by the Consumer Product Safety Commission.



(It should be noted that the surfacing is not expected to prevent all injuries such as broken limbs. There is no surface on the market that can do that.)



Continued inspection and maintenance of the surfacing (and the playground equipment) is essential to keeping a playground area safe. Because Weston's initial rubber play surfaces were installed between 3 and 4 years ago, the parks and recreation department chose to have them

retested to ensure they are still in compliance with the CPSC standards. An independent testing agency performed surface tests using a "Triaxial Accelerometer" (pictured). This device measures the impact attenuation (or absorbency) of the surface.



All four playgrounds tested this year were affirmed to be in compliance with the national standards. Additional playgrounds will be tested in the coming year and then at regular intervals.

In addition to this rigorous test, the parks and recreation department performs more standard inspections and routine maintenance on a weekly and monthly basis. Playground equipment is observed for damage, graffiti, and cleanliness. Our staff includes individuals certified as Playground Safety Inspectors with the necessary knowledge of the most up to date safety standards.

Perhaps one of the greatest unforeseen injuries can occur as a result of sun exposure. The Skin Care Foundation reports that one blistering sunburn, in early childhood, may double the risk of melanoma later in life. The Journal of Clinical Oncology reports that melanoma rates in people under the age of 20 rose 3% per year from 1973 through 2001. Weston playgrounds are covered with a protective shade cover that will minimize the risk due to exposure. (The playground at Peace Mound Park does not have a shade cover but is surrounded by a number of trees that provide shade.) Even with the shade covers, parents are reminded that the best form of protection is a good sunscreen that provides broad-spectrum UVA and UVB protection and has an SPF of at least 15 to 30. It should also be water-resistant as sweating can limit its effectiveness.



Keeping Weston children safe on City playgrounds is a priority. The most crucial element to a safe playground is something that the City cannot buy, and that is good parental supervision. With safe equipment, proper use of the equipment (read the rules signs for helpful information) and attentive parents the playground experience, an essential element of childhood development, should be enjoyable for all.



PROTECT YOURSELF JULY IS UV SAFETY MONTH

With summer in full swing, the hot Florida sun is at its strongest and extra care and precaution is needed to protect you and your loved ones. From summer camps to beach days, there is no way to avoid the sun and no better time to educate yourself on UV safety.

As Floridians, we are no strangers to sunburns, yet some are unaware about the extent of damage that can be done. Sunburns are a **high risk** factor of skin cancer, the most commonly diagnosed cancer in the United States. In fact, about 626 people in Florida die of skin cancer every year.

There are plenty of changes you can make in your every-day life to prevent permanent UV damage:

- Avoid sun tanning and tanning beds. Instead opt for a self-tanning product
- Use sunscreen. Use a face lotion with SPF daily and when going outside, apply a minimum of SPF 15 every two hours.
- Seek shade between the hours of 10:00 a.m. and 4:00 p.m.
- Cover up when out in the sun, wear a hat and sunglasses with UV protection

The UV Index for South Florida ranges from a 7-13 on any given day. This means that the risk of UV exposures is in the 'very high' to 'extreme' range. Check the UV index daily and use the chart below to judge what to wear

UV PROTECTION CHART				
Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Staying indoors between 10am-4pm

For more information, please visit <http://www.epa.gov/sunwise/uviscale.html>.



BSO HOSTS SUCCESSFUL OPERATION MEDICINE CABINET & SHRED-A-THON EVENT IN WESTON

It was a busy day on Saturday, July 9, 2011 at the Weston Police Services Center, as the Broward Sheriff's Office District VIII Weston hosted two events-in-one, Operation Medicine Cabinet and the Shred-a-thon!

Hundreds decided to take advantage of Operation Medicine Cabinet and the opportunity to rid their medicine cabinet of unused, unnecessary, or expired prescription medication. Just how many pills were collected? **58,000!** Participants received \$5.00 gift cards to local stores and pharmacies for their diligent efforts to keep unused prescription drugs off the streets and out of their homes.

Also, residents had the ability to shred away identity theft by safely disposing of their personal documents, check stubs, credit card offers, receipts and any other material that might contain sensitive data. The Broward Sheriff's Office is proud to report that **18,240 lbs** of sensitive documents were shredded - a pro-active step in reducing the risk of identity theft!

Did you miss the Weston event on July 9th? The Broward Sheriff's Office hosts various prescription drug "take back" programs throughout Broward County. To obtain the event schedule, visit www.sheriff.org.





TREE TRIMMING HURRICANE PREPAREDNESS

With hurricane season well underway, residents are reminded to prepare their home and property now for a storm event. One important aspect of preparedness is tree trimming. Downed branches can pose serious problems for your home, car, roadways and even people. Take the proper precautions to properly prune and trim the trees on your property.

- Trim trees and shrubbery regularly by cutting weak branches and thinning foliage to decrease the chance that plants will be uprooted. Remove limbs resting on your roof.
- Do not attempt to trim any vegetation growing on or near overhead power lines. Only specially trained line-clearing professionals should work around power lines.
- Please refrain from trimming trees once a hurricane watch has been posted as the trimmings may become projectiles during the storm.
- Residents without experience using a chain saw should seek professional assistance, or the assistance of someone familiar with operation of the equipment.

We have additional details on our city website regarding Trees, Before and After a Storm - <http://www.westonfl.org/Departments/Landscaping/StormTrees.aspx>

Hiring a Tree Trimmer

Beware of unlicensed tree trimmers, who may be cheaper, but often deliver poor quality work, resulting in greater long-term costs.

- Get written estimates from different tree companies.
- Verify the company's license and insurance for property damage and personal liability. Call the insurance company to verify that the appropriate coverage is in effect.
- To verify a tree trimmer's license, call the Permitting, Licensing, and Consumer Affairs Division at 954-765-4400, option 2.

Trees are dynamic living things that require proper care. Hiring a certified arborist who can assist you with pre-storm inspections and post-storm repairs can help avoid the unnecessary loss of your trees.

City of Weston - Tree Services / Certified Arborist List (PDF)
http://www.westonfl.org/media/docs/forms/Certified_Arborist_List.pdf



Visit the City of Weston YouTube Channel for an informational video entitled "Proper Tree Pruning."

<http://www.youtube.com/user/CityofWeston?feature=mhee#p/u/8/XonXkOtxLA>



PREPARE EARLY FOR THE UPCOMING SCHOOL YEAR **FREE IMMUNIZATIONS IN BROWARD COUNTY**

The Broward County Health Department will offer free immunizations for children of all ages (birth to 18 years of age) during the months of July and August at various locations throughout Broward County. Florida law requires that all children, from birth through 18 years, follow recommended immunization schedules and guidelines. The recommended schedules and guidelines can be found on the health department's website at www.browardchd.org. Children must be immunized before entering any Broward County School.

Broward County Health Department Immunization Outreach

Pompano Beach Middle School
310 NE 6th Street
Pompano Beach, FL 33060

August 8-11, 2011 – 9:00am-3:00pm
August 15-19, 2011 – 9:00am -3:00pm

Lauderhill Mall
1267 NW 40th Avenue
Lauderhill, FL 33313

August 1, 2, 5 & 6, 2011 – 9:00am-4:00pm
August 3 & 4, 2011 – 12:00pm-7pm

McNicol Middle School
1602 S. 27th Avenue
Hollywood, FL 33020

July 18-22, 2011 – 9:00am-3:00pm

Edgar Mills Multi-Purpose Center
900 NW 31st Avenue
Fort Lauderdale, FL 33311

August 10-12, 2011 – 8:00am-4:00pm
August 15-19, 2011 – 8:00am-4:00pm
August 22-24, 2011 – 8:00am-4:00pm

The mission of the Broward County Health Department is to promote, protect and improve the health of all people in Broward County. With a vision of a healthier future for the people in Broward County, the Health Department offers a wealth of information which all residents can benefit from.



For more information, visit the Broward County Health Department's website at www.browardchd.org.

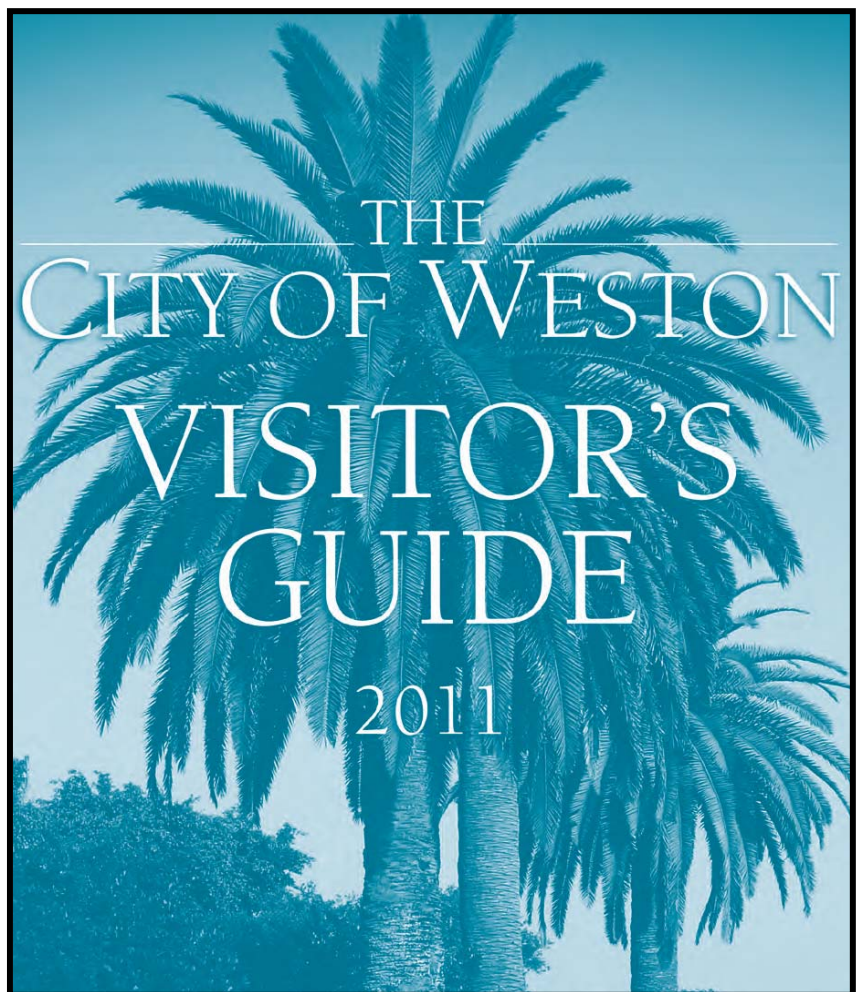


WESTON VISITOR'S GUIDE IS AVAILABLE ONLINE

Simply visit www.westonfl.org and click on "**Visitor's Guide**" on the homepage for a listing of Weston's restaurants, shops and personal service establishments as well as houses of worship, hotels, gas stations, hospitals, post offices, financial institutions and parks and recreation facilities.

The Visitor's Guide is updated periodically throughout the year. To be included businesses must have a commercial storefront in the City of Weston **and** maintain a valid Business Tax Receipt.

Need a hard copy of the guide?
You can pick one up at City Hall or the Weston Community Center.





NEW VIDEOS ONLINE



Looking for city information in a quick, easy way? The City of Weston's YouTube Channel is the perfect outlet for you to tune into! New videos with up to date city information ranging from tree pruning advice to parks information, city project insights and more are keeping you, our residents, visitors and business owners informed.

With social media all the rage, YouTube is a tool at the forefront that allows web browsers worldwide, to view videos and have a visual learning experience. Wtv videos will also air on the city's government access cable channel.

Subscribe to the City of Weston YouTube channel today by visiting <http://www.youtube.com/profile?user=CityofWeston>.





FREE RESIDENTIAL BULK TRASH PICK-UP

*Wednesday, January 26th; Thursday, January 27th;
Friday, January 28th; or *Saturday, January 29th*

Bulk trash will be picked up *only* on your regularly scheduled collection day. Bulk trash must be placed curbside by 7 a.m. For residences with dumpster service, place items alongside dumpster. *Indicates pick-up for multi-family units (condominiums & apartment complexes).

Occasionally bulk trash is not collected on its regularly scheduled collection day due to heavy volume, if this occurs it will be collected the following day.

Bulk items include, but are not limited to:

Furniture / Mattresses / Carpets / Large and Small Appliances: dishwashers, laundry machines, and stoves; and other large household items.

Refrigerators or air conditioners must have Freon removed by a certified dealer.

NOTE: Mirrors, glass, glass tabletops, windowpanes, and plate glass items should be safely placed in a rigid container to facilitate safe collection. Larger glass items such as table tops, shower doors, windows should be placed separately from the rest of the bulk pickup.

Bulk items **DO NOT** include contractor-generated material, or vegetative waste (landscape materials) or household hazardous waste (HHW).

THINK BEFORE YOU THROW – Consider donating before tossing

Help those in need

Keep items out of the waste stream, *and* get a tax deduction.

Several national organizations will even pick-up directly from your residence – you don't even have to wait for bulk pick-up day! There are many local, well-established charitable organizations that readily accept donated items.

From Your home to a New home...

Don't forget pet shelters, they are always in need of sheets and towels.

For more information, please call the Weston Public Works Services Center at 954-385-2600 or link to our Bulk Pick-Up web page at

<http://www.westonfl.org/Departments/PublicWorks/BulkPickup.aspx>



UPCOMING EVENTS /MEETINGS

Tuesday, July 26th, 6:30 p.m.

Night Out at the Service Center

Hosted by the South Florida Water Management District, learn about exotic and invasive plants and animals that cause damage to South Florida's natural environment. **At the Ft. Lauderdale Field Station located at 2535 Davie Road, Davie, FL 33317. RSVP by Monday, July 25th to Tammy Moore at 954-713-3200 or tmoore@sfwmd.gov.**

Wednesday, July 27th; Thursday, July 28th; Friday, July 29th; *Saturday, July 30th

FREE Residential Bulk Pick-Up

Bulk Trash will be picked up on your regularly scheduled collection day. Bulk trash must be placed curbside by 7 a.m. For residences with dumpster service, place items alongside dumpster. *Indicates pick-up for multi-family units (condominiums & apartment complexes). *Occasionally bulk trash is not collected on its regularly scheduled collection day due to heavy volume, if this occurs it will be collected the following day.* **For more information, please call the Weston Public Works Services Center at 954-385-2600.**

THINK BEFORE YOU THROW – Consider donating before tossing

Help those in need, keep items out of the waste stream, and get a tax deduction. Several national organizations will even pick-up directly from your residence – you don't have to wait for bulk pick-up day! There are many local, well-established charitable organizations that readily accept donated items. From your home to a New home....and don't forget pets, many pet shelters are in need of sheets and towels on a regular basis.

Saturday, August 6th, 10:00 a.m. – 4:00 p.m.

Friends of the Library Book Fair

Shop through a selection of chapter books for young readers, hard and soft cover books, how to books, children's books, videos and much more. Books average \$0.50 to \$1.00. **Weston Branch Library, located at 4205 Bonaventure Boulevard.**



"For Your Health"

Web Chats by Cleveland Clinic Florida

Cleveland Clinic Florida will offer live, online health chats designed to educate participants and encourage healthy lifestyle choices. The FREE online health chats will be presented by two of Cleveland Clinic Florida's top medical specialists. Log on at www.clevelandclinic.org/webchats

On Wednesday, August 17, 2011 from 12:00 p.m. - 1:00 p.m. the topic will be **"Concussion and Injury Prevention In Athletes"** presented by Daniel Groba, DO - Spine and Sports Medicine Specialist.

On Tuesday, August 23, 2011 from 12:00 p.m. - 1:00 p.m. the topic will be **"Epilepsy and Seizures"** presented by Epileptologist, Adriana Rodriguez, MD and Neurologist, Chaten Malpe, MD.

Log on to www.clevelandclinic.org/webchats to register, and click **"join"** to participate. Questions may be submitted in advance.