



TIME IS TICKING BY... GET FIT WESTON PASSES available until December 8th



\$2,000 Worth of Training
Cost: \$25
Health Value: Priceless

The City of Weston has proudly partnered again with the Rotary Club of Weston in the Get Fit Weston health and fitness initiative. Anyone who registers for Get Fit Weston will be able to access training programs, classes, and online education that will help you to adopt a healthier lifestyle and become more physically fit.

Fantastic Fitness Partners!

This year there is an array of 7 incredible fitness partners. There are 35 workout programs to choose from every week. Many of the classes focus on children, families, and individuals with little to no workout experience. There is no limit on how many sessions you can attend; choose one, five or go for gold and go everyday!

- The YMCA of Broward County ■ Midtown Athletic Club ■ Billy Beck III ■
- Orange Theory Fitness ■ Weston Yoga ■
- Fitness 21 ■ Imperial Martial Arts ■

Goals of the Get Fit Weston Program:

- Stimulate awareness and participation by children, adults and businesses in events and activities to adopt healthier lifestyles and become more physically fit.
- Through the registration fee, funding will benefit physical education programs at Weston elementary schools and it will also support local and international charities that help children and families.

Register Today:

<http://www.rotaryclubofwestonevents.com/>



October 30, 2012

**CONGRATULATIONS
DEPUTY SHERIFF KARI PALLOTTO!**

2012 SFCPA Crime Prevention Practitioner of the Year

It is with great pleasure to inform the City of Weston the Southeast Florida Crime Prevention Association (SFCPA) Board of Directors has selected

Deputy Sheriff Kari Pallotto

as the

2012 SFCPA Crime Prevention Practitioner of the Year!



Congratulations for your dedication and hard work!

This award was presented during the 2012 Annual Chiefs' Appreciation Luncheon on Wednesday, October 24, 2012.

For more information regarding the Southeast Florida Crime Prevention Association, please visit www.SFCPA.org.

THE CITY OF WESTON • phone 954-385-2000 • facsimile 954-385-2010
The Nation's Premiere Municipal Corporationsm



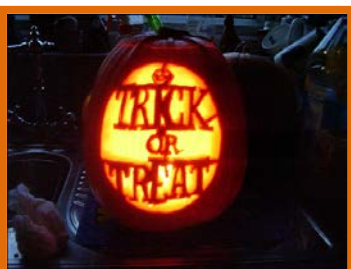
HALLOWEEN SAFETY TIPS

Costume Safety for Children

The right costume for your child can make all the difference for a fun and safe Halloween. Whether store bought or homemade, Halloween costumes should be fun or scary, yet safe. Below are some ideas to hazard-proof your Halloween fun. Costumes should be scary to those who see them, not those who wear them! Here are some easy tips to make your Halloween a safe and happy one!



- ✓ Only purchase costumes that are made of flame retardant material. If they are homemade, make sure fabrics used are inherently flame resistant, such as nylon and polyester.
- ✓ Try to work reflector strips into your child's costume, a flash light or light stick to make them more visible at night.
- ✓ Make sure that the costume fits properly to avoid any accidents like tripping over a long dress or cape. Make sure that it is comfortable since it will probably be worn for several hours.
- ✓ If the children are carrying a prop such as a scythe or sword, make sure they are made out of a flexible plastic that will bend if fallen on.
- ✓ Be sure to pre-test any makeup you plan to use by applying a small amount on the arm of the person who will be wearing it a couple of days in advance.
- ✓ If going out with a group, choose or make the costume a unique one, so it can be spotted easily in a crowded area. Use flashing lights or jewelry to stand out.
- ✓ If you are wearing a mask, make sure that it is comfortable, has adequate eye holes and proper ventilation.



Picking your costume should be a fun and exciting time for you and your child. Just take your time, try it on in the store if possible and make sure that it's something that you really like!

Happy and Safe Trick-or-Treating!



FIRE SAFETY MONTH EDUCATION EVERGLADES ELEMENTARY TAKES A WALK Fun Informative Classes for Kindergarteners

Weston's Deputy Sheriff Kari Pallotto along with the men and women of the police and fire departments welcomed multiple kindergarteners from Everglades Elementary School as they visited the station the morning of October 16th.

The children walked from Everglades Elementary to the Police Department not only to promote walking as part of a healthy lifestyle but more importantly, eager to learn more on stranger danger, gun safety, 911, tour of the holding cells, and meeting & learning about the mounted patrol. In addition, the children were given a station tour/fire safety talk from the Fire Department.



For more information or to schedule a visit from the Fire Department, please call 954-389-2015 or www.westonfl.org/Departments/FireEMS/FireEMSHome.aspx.



ADVANCED CABLE COMMUNICATIONS Popular HD Channels Added

On Monday, November 19, 2012, the following HD channels will be moved to accommodate the planned addition of over 40 new HD channels, at no additional charge to the HD service offering in Weston.



<u>Network</u>	<u>New Channel</u>
WPBT/PBS HD	602
WBFS/My 33 HD	603
HBO HD	615
Cinemax HD	619
Showtime HD	622
The Movie Channel HD	625
Starz HD	628
Universal HD	632
Fox Business Network HD	676
G4 HD	677
Destination America HD	678
AXS TV HD	679
HD Net Movies	680
A & E HD	681
Nat Geo HD	682
Velocity	684

The Hallmark Movie Channel will also be added to the Digital Plus service tier.

APPLYS ONLY TO WESTON RESIDENTS THAT ARE CURRENT CUSTOMERS OF ADVANCED CABLE.

If you have any questions or need additional information on Advanced Cable, please call 954-752-7244 or www.advancedcable.net.



IMAGINE CHARTER SCHOOL Police Red Ribbon Event

Chief Butler's Message about Drug Awareness

On a beautiful Tuesday morning, October 23rd, the children at Imagine Charter School gathered in the cafeteria anxiously to learn about Drug Awareness with guest speaker, Weston's Chief of Police, Kevin Butler. The students were all dressed in green to signify "Green Living - Healthy Lifestyle" for Drug Awareness and Red Ribbon Week.

The children were reminded that along with a healthy diet and exercise playing a significant role in maintaining a healthy lifestyle, saying NO to drugs does as well! Chief Butler emphasized that nothing positive comes from drugs. He taught the students that there might be people they know that do drugs, or even their friends trying to pressure them to try drugs, but to stand ground and remember that no reason is a good reason to do drugs; so always say NO! Before the seminar ended, Chief Butler's closing advice for the kids was to stay focused in school, study and work hard to accomplish your goals and with that you will achieve them!





TURN YOUR CLOCKS BACK ONE HOUR BEFORE BED ON SATURDAY, NOVEMBER 3rd! FALL DAYLIGHT SAVING TIME

Don't forget that at 2 a.m. on Sunday, November 4th, you will need to turn your clocks back one hour, marking the end of [Daylight Saving Time \(DST\)](#).

BSO Fire Rescue also recommends changing the batteries in your smoke alarms/detectors and carbon monoxide detectors at the same time. When those items are in working order – they save lives!

Any elderly or disabled residents who need assistance changing their smoke alarm batteries can call the Fire Department for this free service at 954-389-2015.

History of Daylight Saving Time

Daylight Saving Time was instituted in the United States during World War I in order to save energy for war production by taking advantage of the later hours of daylight between April and October.

Daylight Saving Time is four weeks longer since 2007 due to the passage of the Energy Policy Act in 2005. The Act extended Daylight Saving Time by four weeks from the second Sunday of March to the first Sunday of November, with the hope that it would save 10,000 barrels of oil each day through reduced use of power by businesses during daylight hours. Unfortunately, it is exceedingly difficult to determine energy savings from Daylight Saving Time and based on a variety of factors, it is possible that little or no energy is saved by Daylight Saving Time.

Enjoy your extra hour on Sunday, November 4th!





October 30, 2012

BICYCLES ARE VEHICLES Emergency Maneuvers

Emergency Maneuvers are important to know and execute as a bicyclist in any emergency situation because it will help the bicyclist keep in better control which will prevent accidents to themselves or with motorists. Also, there is an element of risk in practicing the following maneuvers so if you may fall, remember to wear long pants, long sleeves, gloves, and a helmet.



Rock Dodge: A wide swerve around a pothole or rock can send you into the path of an overtaking auto. A "rock dodge" will allow you to avoid any last minute hazards without swerving.

For practice, toss a sponge into a clear area in an empty parking lot. Slowly pedal directly toward the sponge and at the last second turn your handlebars left to avoid it. Quickly turn back to the right to prevent the fall. Then straighten out. Hitting the object with your rear wheel is not serious, since the front wheel steers the bicycle. Once you become accomplished at this maneuver, traffic behind you will not even notice it.

Emergency Turns: If a car suddenly turns into your path, what do you do? Hopefully, you anticipate the problem and can stop in time. If you cannot stop, then turn **with** the car. To do this, turn the front wheel to the left toward the car, forcing your body to lean to the right. Now quickly turn to the right at a sharp angle to follow alongside the car. In most cases, you will avoid the collision. Practice this technique in the parking lot. It will probably feel uncomfortable at first.

Panic Stop: Stopping fast requires a harder use of the front brake than the rear brake. However, this can cause you to catapult. To counteract this tendency, practice the following in an empty parking lot wearing a helmet: Ride slowly; then, at a predetermined point, apply both brakes evenly while moving back on the saddle and lowering your chest horizontally. As you move back and down, apply greater pressure to the front brake until it is about three times the pressure on the rear brake.



Continue practicing at gradually faster speeds, but remember if you feel the rear wheel beginning to skid, let off a bit on the front brake.

For further information regarding Bicycle Laws & Safety, please visit
[Http://sheriff.org/safety/bike.cfm](http://sheriff.org/safety/bike.cfm).



AARP SAFE DRIVING COURSE FOR MATURE ADULTS

Wednesday, November 28th

The City of Weston is offering AARP's 55 Alive/Mature Driving Program. This is a six (6) hour classroom session designed as a refresher course in safe driving.

The course is available to anyone 50 and over. A reduction in automobile insurance premium is allowed to each person 55 and over, by most insurance companies when the course is completed and the driver has a safe driving record.

DATE: **Wednesday, November 28th**

TIME: 10:00 a.m. – 4:00 p.m.

LOCATION: Weston Branch Library
4205 Bonaventure Blvd.

REGISTER: Advance registration is required

**To register, call Sonny
at 954-385-9920.**

COST: \$12.00 AARP Members
\$14.00 Non-Members

**ALL VETERANS & SPOUSES WILL BE ADMITTED FREE OF CHARGE FOR
THIS CLASS.**

Please bring a bagged lunch and
AARP members should bring their card.



October 30, 2012

UPCOMING EVENTS/PROGRAMS

WATER METER REPLACEMENTS: Savannah Falls, Palm Island, Orchid Island
Water meters in residential communities are being systematically replaced. For more information call Public Works at 954-385-2600.



EARLY VOTING 7AM-7PM

Saturday, October 27 thru Saturday, November 3

General Election: Federal, State, County and City elections

There are 17 Early Voting Sites for the 2012 General Election. The Weston location is the Weston Branch Library, 4205 Bonaventure Boulevard. For additional locations or questions visit www.browardsoe.org.



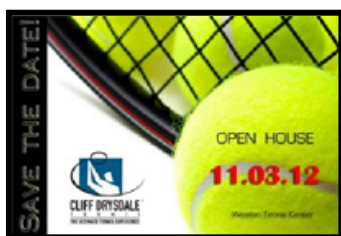
NOW – DECEMBER 9th

Get Fit Weston

Get Fit Weston is back for the third year! This fitness initiative offers anyone an opportunity to **pay just \$25** and choose from 35 weekly fitness programs from 7 local fitness partners. Choose one class or take them all!

Sponsored by the Rotary Club of Weston, the City of Weston and the YMCA, this initiative offers a great way to try out various fitness clubs and classes and see what works best for you.

REGISTER: www.rotaryclubofwestonevents.com or www.westonrotary.com/Get-Fit-Weston/



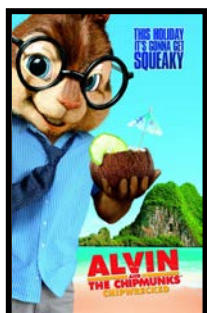
COMMUNITY OPEN HOUSE AT WESTON TENNIS CENTER

Saturday, November 3rd 9AM-5PM

A family event with on-going programming all day for adults and kids, including networking, tennis clinics, face painting, jump houses and more! Along with club memberships they offer non-member activities, court time and corporate team building events.

Location: 16451 Racquet Club Road, Weston. Phone: 954-389-8666

<http://cliffdrysdale.com/locations/weston-tennis-center>



FREE MOONLIGHT MOVIE IN THE PARK

ALVIN AND THE CHIPMUNKS: CHIPWRECKED

Saturday, November 3rd at 7:30PM

Dave Seville, the Chipmunks and the Chipettes are taking a luxury cruise to the International Music Awards. Of course, Alvin cannot resist the urge to create havoc. For more information and the full schedule of movies and dates, visit

http://www.westonfl.org/media/docs/misc/2012-2013_Movie_Flyer.pdf.

DOUBLE CLICK ON PAGE FOR ADDITIONAL EVENTS



SLEEPING BEAUTY

Saturday, November 10th 10:30AM

The City offers a professional theatrical presentation for children of Sleeping Beauty. A sleeping princess, a spellbound prince and more fairies than you can shake a stick at are all part of this quirky adaptation of the popular tale.

Location: Cypress Bay Theater, Cypress Bay High School, 18600 Vista Park Blvd.

Tickets: **\$5.00 in advance** or \$10.00 at the door. Tickets are purchased at the Weston Community Center, 20200 Saddle Club Road (inside the Weston Regional Park).



AN APARTMENT IN ATHENS

First Film in Foreign Film Series – Monday, November 12th

A Greek couple with a 12 year old son and a 10 year old daughter in Nazi-occupied Athens must share living quarters with a tough German officer.

Location: Weston 8 Cinema, 1338 SW 160 Ave, Sunrise

Show Times: 5:00PM & 7:15PM

Tickets: \$30 for series of 5 or \$7 individual tickets if available.

Series tickets available at the Weston Community Center, Community Bank of Broward and Friends Book Store in the Weston Library. **Single tickets:** at the door if available.



VETERANS DAY OBSERVED

Monday, November 12th – City Offices Closed

All City administrative offices will be closed in observance of Veterans Day. Veterans Day is a day set aside to honor the members of our military, past and present. Please take a moment to pause and give thanks to all of our men and women who have served in uniform, and for those protecting our country today.

All city parks will be open and there is regular garbage collection.



FREE POPS CONCERT: SYMPHONY OF THE AMERICAS

Saturday, November 17th – 5PM-6PM - Weston Town Center

A Free twilight concert of pops and light classes performed by the full Symphony of Americas orchestra. Music of your favorite Broadway shows, movies and hum-along favorites will be featured. *Presented by Weston Town Center, the City of Weston and Arts Council of Greater Weston in partnership with the Weston Philharmonic Society.*



E-mail Notifications

Weston now delivers the latest news direct to your inbox. Select from two options (*we recommend BOTH*):

- **Newsday Tuesday:** sent each Tuesday, a collection of city news articles, information and events.
- **General Notifications:** Updates on construction projects; media releases; sports registrations and events. Subscribe at www.westonfl.org/EmailSubscriptions.aspx.



SMOKE ALARM AND BATTERY REPLACEMENT PROGRAM **BSO Weston Fire Rescue**

This program is designed to reach resident seniors or the disabled who are unable to safely install smoke alarms and/or replace the batteries in existing alarms. Please call **954-389-2015** to schedule this FREE service for our Weston residents.