



## APOLLO HAS TAKEN OFF!

After 12 years of honorable and dedicated service to the citizens of Broward County, Apollo, an 18-year-old Belgian Draft horse, is retiring. As a member of the Broward Sheriff's Office Mounted Unit, Apollo patrolled the streets of Broward County, helped with crowd control and took part in numerous parades. The past two years have been spent mainly in the City of Weston, where he is a familiar face to the many students he has met during countless career days.

On Tuesday, September 18<sup>th</sup>, Apollo and his partner, Dave Smith, worked side-by-side at their last career day at Imagine Charter School in Weston.



The schools' kindergarten and first-graders had an opportunity to hear about Apollo's BSO duties, watch him gallop, pet him and even present him with a farewell carrot-shaped cake!



After hanging up his horse shoes, Apollo will be living at Mill Creek Farm in Alachua, Florida. There he will join other retired law enforcement horses to share stories and gallop freely around the 265-acre farm. Mill Creek Farm is a nonprofit equine sanctuary that provides lifelong care for horses. You can learn more at [www.millcreekfarm.org/](http://www.millcreekfarm.org/).



September 25, 2012

## BICYCLES ARE VEHICLES

In Florida a bicycle is legally defined as a vehicle. Bicyclists have rights to the roadway with exceptions, and must obey the same traffic laws as other vehicles. The laws include: stopping for stop signs and red lights, right with the flow of traffic, using lights at night, and yielding to right-of-way when entering a roadway.

### Bicycle Regulations FSS 316.2065

- Must obey all traffic controls and signals.
- Must use a fixed, regular seat for riding.
- May not be used to carry for more than the number it is designed or equipped for.
- Rider must carry any passenger who is a child under 4 years of age, weighs less than 40 lbs in a seat or carrier designed to carry and protect the child from moving parts of the bicycle.
- Riders must keep at least one hand on the handlebars while riding.
- Every bicycle must be equipped with a brake or brakes that allow the rider to stop within 25 feet from a speed of 10 miles per hour on dry level, clean pavement.
- Parents and guardians must not knowingly allow a minor ward to violate any provisions of this section.



### Bicycle Registration

The Broward Sheriff's Office has developed the Bike Tracking Registration System to help reduce the number of bicycle thefts in Broward County and to support law enforcement officers in their efforts to recover lost or stolen bicycles.

In order to register your bicycle, please visit <http://www.sheriff.org/apps/biketrack/register.cfm>

*One in a series of articles on bicycling safety*



## PROCESS OF HOW A STORM BECOMES A CATEGORY HURRICANE

The National Hurricane Center has declared, June 1<sup>st</sup> to November 30<sup>th</sup> as "The Atlantic Ocean hurricane season." When determining the severity of the storm, the National Weather Service uses the Saffir-Simpson Hurricane Wind Scale; used only to describe hurricanes formed in the Atlantic Ocean and Northern Pacific Ocean.

A storm that is classified as a hurricane must first be recognized as a Tropical Cyclone. A tropical cyclone is a rotating, organized system of clouds and thunderstorms that originates counterclockwise over tropical or subtropical waters. They are classified as follows:



**Tropical Depression:** A tropical cyclone with maximum sustained winds of 38 mph or less.

**Tropical Storm:** A tropical cyclone with maximum sustained winds of 39 to 73 mph.

### Categories    Sustained Winds

1	74-95 mph
2	96-119 mph
3	111-129 mph
4	130-156 mph
5	157 mph or higher

(Once winds exceed 73 mph, they are classified hurricanes and based on wind severity are categorized from a 1-5. The classifications can provide some indication of potential damage and flooding caused upon landfall.) **Category 3 or higher** are considered "major" hurricanes; Their potential is significant for loss of life and damage.



For National Hurricane Info, visit [www.nhc.noaa.gov](http://www.nhc.noaa.gov).

For Helpful Info & tips, visit [www.westonfl.org/Residents/Hurricane/Default.aspx](http://www.westonfl.org/Residents/Hurricane/Default.aspx).



## FREE TRAFFIC INFORMATION SYSTEM

### Using Florida's Toll-Free 511 System



The Florida Department of Transportation's (FDOT) bilingual Florida 511 Traveler Information System provides traffic information on all of Florida's interstates, toll roads and many other metropolitan roadways.

### 511 Features

- Traffic information on all interstate highways, toll roads and many other metropolitan roadways
- Commuter travel times and reports on crashes, congestion and construction
- Public transit, airport and seaport information
- AMBER, Silver and LEO Alerts
- [www.FL511.com](http://www.FL511.com) provides travel information, traffic camera views and free personalized services, including customized travel routes and e-mail, text and phone call alerts
- Voice-activated and touch-tone navigation available
- New 511 App for iPhone & iPad, found in the navigation category.
- All the information provided is available in English and Spanish.



The 511 system is available on the phone by dialing 511, or visit [www.FL511.com](http://www.FL511.com).



## BROWARD COUNTY SCHOOL DISTRICT OFFERS “WEEKEND WITH THE EXPERTS” WORKSHOPS Parents of Students with Disabilities and Other Workshops

Broward County Public Schools (BCPS), ESE (Exceptional Student Education) and Support Services Department are offering free workshop targeted for parents of students with disabilities, however, the workshops are open to all parents who wish to attend.

The latest workshop will be held [Saturday, October 6<sup>th</sup> from 9:00am-11:00am](#), in conjunction with the Disability Expo at Nova Southeastern University, Alvin Sherman Library, 3100 Ray Ferrero, Jr. Blvd., Davie.



Attendees may attend the following workshops at the event:



[Healthy Eating for All:](#) Participants will learn about plant-based nutrition (fruits, vegetables and grains) and the role they play in health, fitness and performance, as well as how to use a meal plate to guide healthful eating.

[Miranda Rights: What You Need to Know/Police Interaction Seminar:](#) A brief history of Miranda Rights will be presented along with other information including how Miranda Rights are triggered, what they mean, why they are important and how they are used by law enforcement officials.

[Brain Gym for Parents:](#) Participants will learn a series of 26 movements that can improve concentration and focus, memory, academics and test-taking ability, physical coordination, relationships, self-responsibility, organization and attitude.

[Everyday Math for Struggling Learners:](#) During a hands-on interactive presentation, participants will learn fun, family math games and how to assist reluctant math learners at home.

Detailed workshop information is available at the ESE and Support Services website ([www.broward.k12.fl.us/studentsupport/ese/html/workshop.htm](http://www.broward.k12.fl.us/studentsupport/ese/html/workshop.htm)). A complete schedule of workshops offered, is available online at ([www.broward.k12.fl.us/studentsupport/ese/PDF/ParentWS.PDF](http://www.broward.k12.fl.us/studentsupport/ese/PDF/ParentWS.PDF)).



## PET VACCINATIONS FOR DOGS AND CATS

**Special clinic events help prepare pets for the remainder of hurricane season**

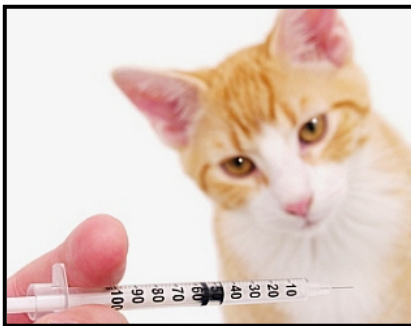
In celebration of World Rabies Day next week, and to help residents prepare for the remainder of hurricane season, Broward County Animal Care and Adoption is offering several opportunities for residents to have their pet vaccinated through September 30.



With a little more than two months left in the 2012 hurricane season, Broward pet owners are reminded that they have more options available to them in the event of an evacuation when their pet is vaccinated and registered. The County's pet-friendly shelter, boarding kennels and most pet-friendly hotels require proof of vaccination and registration.

### Pet owners will be able to take advantage of two upcoming neighborhood Wellness Clinics:

- **Saturday, September 29, 10 a.m. - 1:30 p.m., Miramar Library**, 2050 Civic Center Place
- Saturday, September 22, 1 - 4 p.m., Collins Community Center, 3900 N.E. 3rd Ave., Oakland Park



Services include rabies vaccination, Broward County pet registration tag, parvo/distemper vaccine for dogs and FVRCP vaccine for cats. **Cost is \$20 (cash only) per pet.**

No appointment is necessary and pets will be vaccinated on a first-come, first-served basis. You must be a Broward County resident to attend. All dogs must be on leashes and all cats must be in carriers.

In addition, cat owners can bring their felines to the following local location for vaccinations:

- Discount Pet Clinic, 6902 Stirling Road, Davie. Vaccinations are available Monday through Friday from 8:30 to noon and 2 to 5 p.m. Sunday from 2 to 4:30 p.m.

Cats will receive a rabies and FVRCP vaccine. In addition, a Broward County pet registration tag will be issued. **The cost per pet is \$20 (cash only).** You must be a Broward County resident to attend. All cats must be in carriers.



## EDUCATION AND JOB RESOURCES PROVIDED BY BROWARD COUNTY LIBRARIES



Broward County Library offers materials and services on all aspects of searching for a job, including interactive online resources, computers with résumé writing, employability skills software and personalized assistance.

### Online Tutoring

Broward County Library offers tutoring via live chat and other assistance for students, job seekers and adult learners. Looking for a job? **Job Now** provides on-demand access to live, expert coaches for every stage of your job search, or get professional assistance in résumé/cover letter writing, career coaching and more at **Adult Learning Center**. Students of all ages can access free tutoring and test-taking practice (SAT/ACT/GED) including language arts, writing, math, foreign language, science and social studies at **Help Now**.



### Broward County Library Computer Classes

Free computer classes are offered at 12 Broward County Libraries. There are a variety of classes offered in English and Spanish including résumé writing, online job searching, and computer literacy to PowerPoint: **Calendar of classes** by branch or by computer category.

### Broward County Library Databases – Job/Career Search

The library provides easy access to the following career-related sites, which are accessible from any computer.



For more information, please visit

<http://www.broward.org/library/Pages/Default.aspx>.



## IT'S A DOG'S LIFE

# K9 WATER FESTIVALS

The dog days of summer may be long gone, but you can still pamper your pooches during the lingering heat of a South Florida fall by letting them frolic at two water parks on dogs-only days. One of Broward County Parks and Recreation's most popular programs for the past dozen years, the **K9 Water Festivals**, returns this year with three weekend events in October and another in November. (There will be no events at C.B. Smith Park this year due to renovations at the water park.)

- October 6, 7, 20, 21 - Castaway Island at T.Y. Park
- October 27, 28; November 10, 11 - Splash Adventure at Quiet Waters Park.



Admission is \$5 per dog per 50-minute session, with sessions beginning on the hour from 9 a.m. to 5 p.m. **Only dogs weighing 25 pounds or less will be permitted for the final session of each day.** All dogs must be sociable, well behaved, **proof of current rabies vaccination, county tag required** and dogs must be at least 4 months of age to participate.

For more information, call the park of your choice:  
Quiet Waters Park at 954-357-5100 or T.Y. Park at 954-357-8811  
[www.broward.org/Parks/ProgramsClasses/Pages/K9WaterFestival.aspx](http://www.broward.org/Parks/ProgramsClasses/Pages/K9WaterFestival.aspx).

(Gate Entrance Fee of \$1.50/person)





September 25, 2012

## JOIN STROLLER STRIDES OF WESTON at the Weston Community Center

### Fitness and support for new moms!

Stroller Strides, one of the many programs offered by the Weston Community Center, is a unique fitness program for new moms incorporating both the baby and stroller.

"Stroller Strides offers a great combination of getting fit after the baby while enjoying the support of other moms experiencing the newness, joys and challenges of motherhood," said Ann Marie Corbett, owner of Stroller Strides of Weston.

In 60 minutes, you will get a total body workout improving your cardiovascular endurance, your strength and your flexibility. Along with walking, Stroller Strides uses the environment as a gym by doing intervals of body toning using exercise tubing and the stroller.

MOMMIES IN MOTION INC.  
OFFICIAL PROVIDER OF STROLLER STRIDES

**STROLLER STRIDES**

**TOTAL FITNESS PROGRAM**  
For Moms  
With Their Babies.™

FIRST CLASS FREE!

For More Info Call Ann Marie  
**954.303.6477**  
WWW.STROLLERSTRIDES.NET/WESTON

The class registration ranges from one class

to a monthly membership. Classes are ongoing so you can register at anytime by contacting Stroller Strides of Weston or visiting their Web site at [www.strollerstrides.com](http://www.strollerstrides.com).

"Having a group of parents who are going through the same amazing and exhausting experience of living with a baby is so important," said Corbett. "If you have a great support system, everything else, including fitness, is so much easier."

For more information on how to register for classes, or what classes are offered in the Weston area, contact Ann Marie Corbett at 954-303-6477 or [mommiesinmotioninc@strollerstrides.net](mailto:mommiesinmotioninc@strollerstrides.net).

**STROLLER STRIDES**

Offering classes in Weston Regional Park  
Mon/Wed/Fri 9:15-10:15 am



## WESTON AREA LITTLE LEAGUE (WALL) REGISTRATION OPENS MONDAY, OCTOBER 15<sup>TH</sup>



**Weston Area Little League**  
Baseball and Girls Softball



Sign up starting October 15<sup>th</sup> to participate in the always exciting baseball/ softball/ challenger program offered by Weston Area Little League (WALL). Prices vary per divisions, ages 4-18 baseball, girl's only softball, boys & girls ALL FREE challenger program. Please visit <http://www.eteamz.com/wall2/> for more information.





## WESTON YMCA OFFERS SENIOR HEALTH PROGRAM TO BROWARD COUNTY

*Lead Researchers from the National Council on Aging  
Select YMCA of Broward County  
as one of the Top Eight Nationally Recognized Programs*



Adults 55 and over may join the Weston YMCA at their nationally recognized program called **Enhance Fitness**. The class is open to the public and is held on Mondays and Wednesdays at 11:30am and Thursdays at 12:30p.m. Members and Non-members may attend; non-members have one free visit and Silver Sneakers members (AARP, Humana, etc.) may attend unlimited classes. The Weston Family YMCA is located at 20201 Saddle Club Road, Weston; 954-424-9622.

National Council on Aging researchers visited Broward County in September 2012 to observe the YMCA Senior Health Innovation programs and participants. The Y of Broward, who operates sixty Senior Health programs, has been selected as one of the leading eight collaborations in the nation. The Y of Broward County programs are part of the Healthy Aging Regional Collaborative, an initiative of Health Foundation of South Florida.

For current locations or to bring the Y programs to your neighborhood or community center visit:

[www.ymcabroward.org/images/enhance\\_fitness\\_sites\(1\).pdf](http://www.ymcabroward.org/images/enhance_fitness_sites(1).pdf).





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## UPCOMING EVENTS/PROGRAMS

### **WATER METER REPLACEMENTS: Savannah Falls beginning in October**

Water meters in residential communities are being systematically replaced. For more information: [www.westonfl.org/media/docs/misc/2012\\_Residential\\_Water\\_Meter\\_Replacement.pdf](http://www.westonfl.org/media/docs/misc/2012_Residential_Water_Meter_Replacement.pdf)

### **FREE MOVIES IN THE PARK RETURN IN ONE MONTH!**

*Kick back and relax - the movies are on us...*



#### **Dolphin Tale**

**Saturday, October 13, 2012 at 8:00 p.m.**

An amazing true story of Winter, a young dolphin who loses her tail, and Sawyer, an 11-year old who befriends her, convincing locals to build her a prosthetic replacement. For more information and the full schedule of movies and dates, visit [http://www.westonfl.org/media/docs/misc/2012-2013\\_Movie\\_Flyer.pdf](http://www.westonfl.org/media/docs/misc/2012-2013_Movie_Flyer.pdf).



#### **Halloween Safety Expo**

**Friday, October 26, 2012 6:00PM-8:30PM**

Tequesta Trace Park, 600 Indian Trace

Join us for an entertaining, action-packed, safe Trick-or-Treating event.

Tons of Safe FUN! Children's costume contest, a "Picture Patch" to have photos taken with a Halloween background, bounce houses, activities for kids, informational booths (all with candy...) food concessions and a DJ spinning tunes. The Broward Sheriff's Office will have a wide range of vehicles on site for exploring including fire trucks, helicopter, rescue trucks, police motorcycles, SWAT truck, K-9 demonstration and much more!!!



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](http://www.westonfl.org/EmailSubscriptions.aspx).

**MORE EVENTS/PROGRAMS ON THE NEXT PAGE**



### **CPR SAFE COMMUNITY INITIATIVE**

**BSO Weston Fire Rescue** – This program offers FREE CPR classes to residents, organizations and businesses and their employees. Convenient weeknight and weekend CPR classes are offered as well as training right at your own location at a time convenient for you (min. 8 persons) **Call 954-389-2015** today.



### **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.