



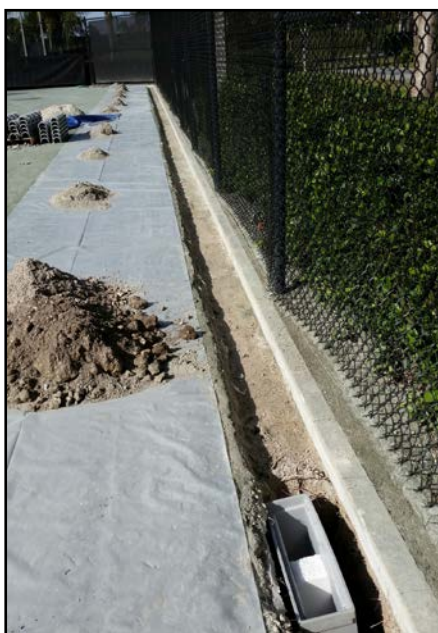
WESTON TENNIS CENTER RENOVATIONS



The Weston Tennis Center - great before and even better now. Built in 2001, the Weston Tennis Center got off to a wonderful start and was recognized by the American Sports Builders Association that same year as one of the nation's Outstanding Tennis Facilities.

The 15 state-of-the-art hydroclay tennis courts (and 1 championship hard court) are tucked into a 6 acre parcel in the Bonaventure section of the city. As the years have gone by the facility has matured and players and staff members alike realized that some attention was overdue. Match cancellations were growing more frequent as the settling courts were not draining properly.

This year the City Commission appropriated \$100,000 to renovate the clay courts. Work got underway in February. Over 100 tons of new clay are being brought in and spread over the 15 courts. Laser grading (using a beam of light to help create the proper pitch or grade of the courts) will provide a finished surface that will allow water to drain off the courts and into adjacent catch areas. With a properly functioning court players should experience far less downtime, even during Florida's rainy season. Renovation work continues and is expected to be completed over the next several weeks.



*Click on page to view page two of article
Weston Tennis Center Renovations*



March 17, 2015

Reviews of some of the completed renovations have been glowing. Ladies Team Captain Georgina Friend said, "The courts are so amazing now. The lines are even with the clay and they have a better bounce now." "I feel like I am playing at the French Open", said player Lucas Almedia.

The facilities at the Weston Tennis Center include locker rooms with showers, a covered patio area for socializing and small events and a fully stocked pro shop with racquets, shoes and clothing. Cliff Drysdale Management's Steven Brown is the Director of Tennis. He oversees a number of programs including private lessons, group clinics, leagues, tournaments, camps and more. Steven was named the 2011 Tennis Coach of the Year in Broward County.

To reserve a court please call 954-389-8666.

The Weston Tennis Center is located at 16451 Racquet Club Road, Weston, FL 33326
<http://cliffdrysdale.com/>





WESTON UNIVERSITY CLASS 2015 COMPLETES FINAL PROGRAM DAY

March 17, 2015



Students participating in this year's Weston University program partook in their final regularly scheduled program day on Wednesday, March 11th. They learned about fiscal responsibility and how the City of Weston manages the budget.

The class began their day at City Hall where they were greeted by Budget Director, Bryan Cahen. Mr. Cahen provided the students with an overview of how the city's budget is managed and approved by the City Commission each fiscal year. Mrs. Cindy Tao, Accounting Manager gave students insight on accounting operations. In addition, students had the opportunity to offer suggestions on establishing tax rates and the allocation of resources to provide various services for the residents of Weston.

After a reenergizing outdoor lunch, students began preparing for their upcoming City Commission Simulation which takes place on Wednesday, April 15th at 9:00 am. Director of Communications, Denise Barrett explained to the students the formatting of the mock meeting. Utilizing what they have learned over the past nine months, they will actually debate and vote on real items brought before Weston city commissioners in years' past.





FLORIDA BIKE MONTH Bike & Hike Event



Benefits of Bike Riding:

1. Full Body Cardio, all of your muscles work out!
2. Low Impact Exercise, it won't hurt your knees or joints.
3. Inexpensive, no gym membership needed.
4. Time efficient, it can serve as a mode of transportation.
5. Engages with nature, it's never boring!

Sometimes the everyday hustle and bustle of life gets in the way of what matters most. During Florida Bike Month we encourage you take time from your schedule to go outside and appreciate nature with your loved ones. Here is one activity that the whole family can enjoy!

Family Fitness Event

Tall Cypress Natural Area
March 28th 4:00PM-6:00PM
3700 Turtle Run Blvd., Coral Springs, FL

Bike ride and nature walk for the entire family. Helmets and locks are required. The slow pace ride is intended to enjoy the beauty of nature while spending quality time with your family!

All ages are welcomed! \$5 per person
Pre-registration is *required*
Phone: (954) 357-5100 ext.0
Online: webtrac.broward.org



HEALTHY LIVING TIP STRATEGIES TO ADDRESS UNHEALTHY WEIGHT

Although everyone has different preferences when it comes to food, there is one thing we can all incorporate into our diets that will aid our weight loss process and help us live healthier lives. What is this magical ingredient? **Water!**

There are many reasons why water is important, but the key to losing weight is found in a BALANCED diet. Water is the perfect *support* we can include in our lives to guarantee weight loss success.

Water is a combination of hydrogen and oxygen. It is the basis for the fluids in the body. The importance of constantly drinking water comes from the fact that it makes up more than two-thirds of the weight of the human body.

Also, increasing the amount of water intake can help you avoid overeating. A lot of people confuse thirst for hunger. A tip to keep yourself in check and make sure your pangs are caused by hunger, and not hydration, is to have a glass of water first before eating snacks. That way, you drink more water and teach your body how to have self-control.

Incorporating water into your life is the first seamless step you can take to lose all of that unhealthy weight!

Make Drinking Water Exciting.

Drinking water is the most beneficial way of keeping hydrated. Although it tastes great as it is, sometimes it is nice to mix it up a little. Here are some tips on how to make your water more fun;

Freeze it.

Freeze fruit like berries in ice cubes for a chilled infusion.



Go Fruity.

Add fresh fruits such as lime and berries to make your water tastier.



OR..

Try adding cucumber for a fresh taste.

Make it Herbal.

Adding herbs such as ginger, mint leaves or lemongrass can improve the flavour of drinking water.



TEA ANYONE?

TEA AND HERBAL DRINKS NOT ONLY HELP YOU TO STAY HYDRATED BUT ARE FULL OF HEALTH BENEFITS.

Lavender and rose hips are packed full of vitamin C and may help ease arthritis pain. Add these to your water to improve the taste and experience healthy hydration.



The City of Weston is proud to be the recipient of the 2015 Healthy Weight Community Champion recognition from the Florida Department of Health and State Surgeon General.

For more information about unhealthy weight or Healthiest Weight Florida, please visit <http://www.healthiestweightflorida.com/strategies/index.html>.



BROWARD SHERIFF'S OFFICE WESTON EXPLORERS

BSO's Weston Explorer Post 44 assisted with a fundraising event last week in Weston. The explorers assisted with parking and traffic for the event (even in the torrential downpour of rain for 2 hours). The event had a silent auction and ended with a concert starring Josh Turner the country singer.

The Explorers program works with teens and young adults (14-21 years of age) by allowing them to interact with law enforcement and other community advisors in a serious, regimented atmosphere where the students can demonstrate their personal initiative.

The program offers young adults the opportunity to learn and experience lawful citizenship as they participate, side-by-side with certified BSO's Weston deputies in ongoing training and community service projects.



For detailed program information, visit the City of Weston's website at www.westonfl.org/Departments/Police/VolunteerYouth.



#SaferBy4

SAFELY GET CHILDREN TO THE FOURTH BIRTHDAY

The City of Weston is a #SaferBy4 Community!

The Weston City Commission unanimously adopted a Resolution on March 2, 2015 supporting the Department of Children and Families #SaferBy4 initiative.

#SaferBy4 was created to reduce preventable child deaths due to drowning and sleep habits, informing and educating families and care givers about actions and steps to prevent child fatalities, safely getting children to their fourth birthday.



- Over 200 child deaths have been reported to the Department of Children and Families in Broward County in the last five years.
- Nearly half of those reported resulted from drowning and accidental suffocation or strangulation from an unsafe sleep environment.
- The most preventable cause of death of children under one year of age was from an unsafe sleep environment.
- 77% of Broward County children who died in the last five years were ages 3 and under.

BABIES SLEEP SAFEST: *ABCs of safe sleep*

Alone - On their Back - In a Crib -

How different sleep situations can be dangerous:



- Although they may look cute, pillows, blankets, bumper pads and toys can suffocate your infant.
 - Despite popular belief, sleep aids such as wedges and sleep positioners can increase the risk of infant death due to suffocation. If the infant shifts at all, the soft objects can actually trap the baby in a fatal position.
 - Sleeping with your infant may be more convenient and look peaceful, but the risk of an adult rolling onto or pinning the baby and killing the infant by suffocation increases immensely through co-sleep.
 - Each baby should have their own bed – even other siblings increase the risk of suffocation.
 - Adult beds, air mattresses, beanbags, reclining chairs, sofas, etc. are not made for babies and wedge a baby, causing suffocation.
- Any loose cables, wires, bumper pad strings, etc. around the crib could be fire hazards and/or wrap around your baby's neck and strangle him or her.
 - If you do not place your baby on the back to sleep, your baby's airway may not be clear.

Click on page to view additional information



March 17, 2015

There are many layers of protection that can prevent drowning deaths:



SUPERVISION: Someone should always be actively watching children when they are in the pool. This means don't play around on your phone or get involved in a big conversation while watching the kids. Drowning can happen in just a few minutes. Designate a "Water Watcher" to keep an eye on swimmers.

BARRIERS: A child should never be able to enter the pool area unaccompanied by an adult. Barriers physically block a child from the pool. Barriers include: child-proof locks on all doors, a pool fence with self-latching and self-closing gates, as well as door and pool alarms. Pool covers may also be used but make sure it is a professional cover fitted for your pool. A simple canvas covering can be a drowning hazard and entrap a child in the water. Florida law requires barriers for home pools.

SWIMMING LESSONS: The American Academy of Pediatrics recommends that children ages 4 and older learn to swim in order to help prevent drowning. It also encourages caregivers of children ages 1-3 to consider swim instruction for their child, as studies have shown it reduces drowning incidents. Caregivers should learn to swim as well. **To find swimming lessons in your area, contact your local YMCA, city facilities, or swim school or call 2-1-1.** Many of these programs have scholarships available.

EMERGENCY PREPAREDNESS: The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows what to do. Even if you're not a parent, it's important to learn CPR. The techniques are easy to learn and can mean the difference between life and death. In an emergency, it is critical to have a phone nearby and immediately call 911. **To learn more about CPR or register for a free CPR certification course, call Weston Fire Rescue at 954-389-2015.**

For more information on **#SaferBy4**, visit Child Fatality Prevention at <http://www.dcf.state.fl.us/childfatality/prevention.shtml>.




**REGISTER YOUR TEAM NOW
FOR AYSO'S WESTON BLAST
3v3 SOCCER TOURNAMENT**

Soccer Tournament!

**WESTON
BLAST**

3v3

Disney 3v3 Soccer
Qualifying Tournament



4.19.15

WESTON REGIONAL PARK

www.AYSO644.ORG

Register your team today—Only \$175!



March 17, 2105

WESTON COMMUNITY CENTER ADULT PROGRAMS BRIDGE, MAHJONG AND WATERCOLOR PAINTING

Join your friends for games and art at the Weston Community Center!

FREE Open Bridge Play

Dates: Runs Continuously

Days: Monday 12:30 pm-4:00 pm
Wednesday 12:30 pm-3:30 pm
Friday 12:30 pm-3:30 pm

Join the fun for social Bridge!

For more information on Mondays, call Bernice Ross at 954-389-8756 and Wednesdays/Fridays, call Mac Rosen at 954-385-3683.



FREE Open Mahjong

Dates: Runs Continuously

Days: Thursday 11:30 am-3:30 pm

Join the fun on Thursdays for Mahjong. For more information, call Sandy Green at 954-446-6299.



Watercolor Painting

Dates: Runs Continuously

Days: Friday 10:00 am-1:00 pm

Cost: \$195 6 weeks

Award winning watercolorist Rolande Moorhead teaches watercolor painting where you have the opportunity to learn the vocabulary of colors, shapes, composition and preliminary drawing. With individual attention, you will have the opportunity to explore your creative potential. For more information, call Roland Moorhead at 954-721-6055.



For a complete list of programs at the Weston Community Center,
please call 954-389-4321 or visit
www.westonfl.org/media/docs/misc/Class_Schedule.pdf.



UPCOMING EVENTS & PROGRAMS

View our [Upcoming Events on YouTube](#)



WESTON'S ANNUAL ROYAL EGG HUNT

Saturday, April 4th 10:00AM

ARRIVE BY 9:15AM to park & get to field

All age group egg hunts go off at 10AM

Egg hunts for children ages 10 and under. There will be 30,000 candy-filled eggs for the taking. Bring a basket or bag and don't be late! After the hunt, take photos with the Royal Bunny and enjoy bounce houses.

Location: Weston Regional Park Baseball Fields #1 through #4

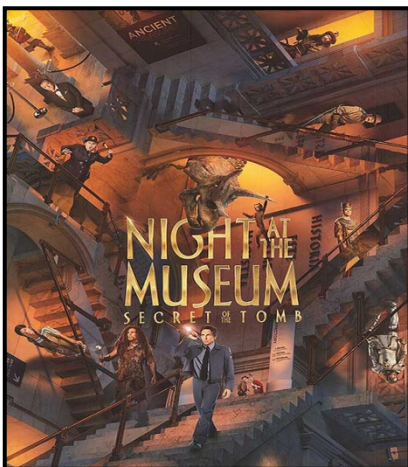


CITY COMMISSION MEETING

Monday, April 6th 7:00PM

A regular meeting of the Weston City Commission.

Location: Weston City Hall, 17200 Royal Palm Blvd.



FREE MOONLIGHT MOVIE IN THE PARK

NIGHT AT THE MUSEUM: SECRET OF THE TOMB

Saturday, April 11th 8:00PM

Larry spans the globe, while embarking on an epic quest to save the magic before it is gone forever. Adventure, Comedy; 105 min. Rated "PG"

Location: Outdoors at the Event Stage in the Weston Regional Park, 20200 Saddle Club Road, 954-389-4321.

Bring lawn chairs or blankets, the movie is on us!

[CLICK HERE FOR MORE EVENTS](#)



March 17, 2015



CITY COMMISSION MEETING

Monday, April 20th 7:00PM

A regular meeting of the Weston City Commission.

Location: Weston City Hall, 17200 Royal Palm Blvd.



CINDERELLA – PROFESSIONAL THEATER FOR CHILDREN BY STAGES PRODUCTIONS

AN OFFICIAL BROWARD 100 EVENT

Saturday, April 25th 10:30AM

Cinderella is probably the most popular and best loved fairy tale ever written.

Location: Cypress Bay High School Theater, 18600 Vista Park Boulevard

Tickets: \$5.00 if purchased in advance at the Weston Community Theater, 20200 Saddle Club Road; \$10.00 at the door if available



SAFE SELLING LOCATION FOR POTENTIAL ONLINE BUYERS/SELLERS

BSO's Weston district office's parking lot serves as a safe haven for the City's online buyers and sellers to meet at 17300 Royal Palm Boulevard.



EMS GO PACKETS

BSO Weston Fire Rescue - Free for Residents

The packets hold medical information and legal documents for EMS and hospital personnel can be aware of your medical conditions. Call 954-389-2015 for information.



CPR SAFE COMMUNITY INITIATIVE

FREE CPR classes for residents, organizations and businesses. Classes are offered at your own location (minimum of 8 persons). Call 954-389-2015 today.



SMOKE ALARM AND BATTERY REPLACEMENT

This free service is designed to reach people who are unable to safely install smoke alarms and/or replace the batteries in existing alarms. Call 954-389-2015.



REGISTER FOR CodeRED TODAY

All residents and businesses should register with the City's CodeRED Emergency Notification System. The City will send out a message for an emergency situation only. To register, please visit:

www.westonfl.org/Residents/Hurricane/CodeRed.aspx.



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