



**HERE THEY ARE!**

## YOUR WEEKLY NEWSDAY TUESDAY ARTICLES



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## WESTON UNIVERSITY'S WHIRLWIND TRIP TO OUR NATION'S CAPITOL

On Wednesday, April 29<sup>th</sup>, Weston University Students experienced the opportunity to visit and learn about our Nation's Capitol, Washington D.C. for the day. They were joined by Weston City Mayor, Daniel Stermer, City Manager, John Flint, Director of Parks & Recreation, Don Decker, Director of Communications, Denise Barrett and Assistant Director of Communications, Stephanie Brassie.



*First stop – Lincoln Memorial*

As soon as the plane landed, the touring began! In less than 8 hours, the group toured the some of the iconic DC places.

*Congresswoman Debbie Wasserman Schultz honored the group with a visit on the steps of the Capital.*

**SCROLL DOWN FOR MORE PHOTOS!**





**PAGE 2 – DC TRIP**



*Showing our (silly) state spirit at the World War II Memorial*



*Spending time with a Veteran at the Vietnam Memorial*



*Great looking feet at the epi-center of Washington DC!*

**SCROLL DOWN FOR EVEN MORE PHOTOS!**



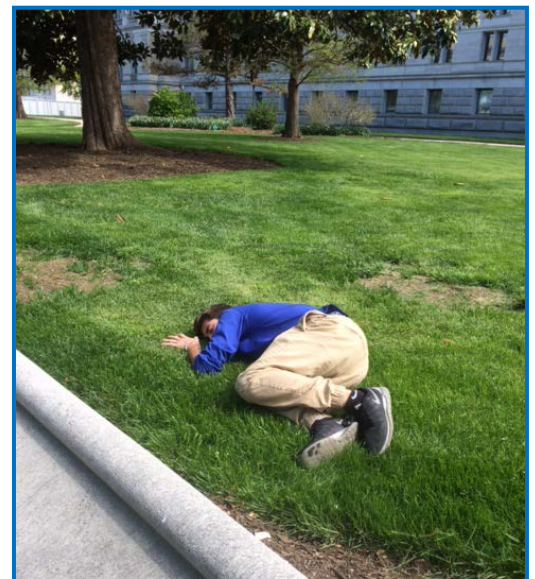
PAGE 3 – DC TRIP



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*And all smiles at the Lincoln Memorial*



*And then finally, nap time!*



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## MAY HEALTHY LIVING TIPS

### EYE OPENING FACTS



Choosing to live a healthier lifestyle may sometimes be difficult in our society. A major reason why individuals choose fast foods over home-cooked meals is practicality. With so many variations of fast food restaurants, "to-go" meals, and frozen food options, why would busy people choose to eat foods that are not practical?

The following facts are designed to help individuals see the "bigger picture". Junk food is delicious, but it's definitely not nutritious.



## Did you know...?

1. More than 1/3 of adults and over 12.5 million children and teens in the U.S. are obese. In the last 30 years, obesity in children and teens has nearly tripled.
2. One can of soda contains 10 teaspoons of sugar. The average American adult drinks 500 cans of soda every year, estimating about 52 pounds of sugar consumed in soft drinks alone.
3. Breakfast feeds your body and mind with the necessary nutrients and energy to function. According to a survey in 2011, 13.1% of the teens admitted to skipping breakfast in the past 7 days.
4. Foods that don't expire contain unnatural chemicals that deteriorate your body. Around 70% of all foods contain these chemicals.







## ENJOY POOLS SAFELY THIS SUMMER

### LEARN HOW TO KEEP YOUR FAMILY SAFE

Families are asked to remember that simple precautions can keep you safe in and around the pool, beach, and water bodies. By being watchful, fun can continue for all water activities for everyone in the family!

**Waterproof Florida** encourages layers of protection that include adult supervision, pool barriers and family plans/emergency preparedness. Learn more by visiting the [WaterproofFL website](http://WaterproofFL.com).



For more information about the Florida Department of Health and their detailed safety tips, visit [www.floridahealth.gov](http://www.floridahealth.gov).



Here are a few tips to ensure the safety of you and your loved ones this pool season:

- **Shower with soap before you start swimming and rinse off in the shower every time you get back into the water.**
- **Wash your hands after visiting the bathroom or changing diapers.**
- **Don't swallow the water you swim in.**
- **Parents should take children on bathroom breaks every 60 minutes and check diapers every 30 - 60 minutes.**



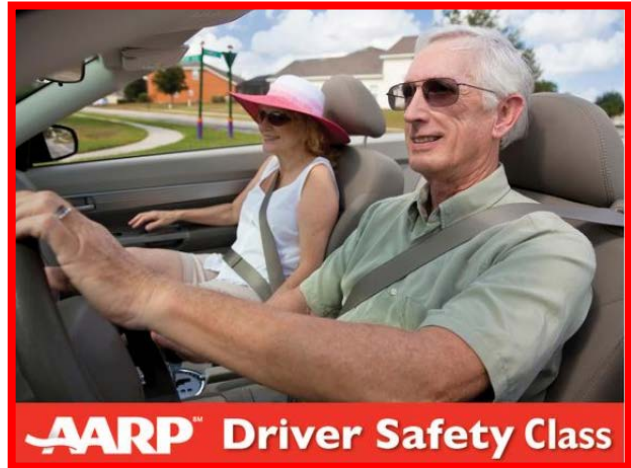


## AARP SAFE DRIVING COURSE FOR MATURE ADULTS

**Saturday,  
June 13<sup>th</sup>**

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.

This 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.



<b>DATE:</b>	<b><u>Saturday, June 13<sup>th</sup></u></b>
<b>TIME:</b>	9:00 am – 3:00 pm
<b>LOCATION:</b>	Weston Community Center 20200 Saddle Club Road Located inside the Weston Regional Park
<b>REGISTER:</b>	Advance registration is required <b>To register, call Sonny at 954-385-9920.</b>
<b>COST:</b>	\$15.00 AARP members \$20.00 non-members

*Please bring a bagged lunch and AARP members should bring their car.*



# CYPRESS BAY NAMED AS ONE OF AMERICA'S MOST CHALLENGING HIGH SCHOOLS!

29 Broward County Public Schools high schools earned placement on "America's Most Challenging High Schools" list of 2,300, which evaluates all 23,000 U.S. public high schools.

America's Most Challenging High Schools ranks schools through an index formula that is a ratio of the number of various tests given at a school each year, divided by the number of seniors who graduated that year.

View national and state rankings on the 2015 "America's Most Challenging High Schools" list:

National schools rankings  
<http://apps.washingtonpost.com/local/highschoolchallenge/schools/2015/list/national/>.



## Broward County Public Schools

*Cypress Bay ranked #129 nationally and #25 in the state of Florida!*

Below are all of the Broward County public high schools rankings:

### AMERICA'S MOST CHALLENGING HIGH SCHOOLS

"America's Most Challenging High Schools"	National Rank	State Rank
Fort Lauderdale High School	35	9
Cypress Bay High School	129	25
Nova High School	167	31
McFatter Technical High School	175	35
Pompano Beach High School	266	48
Marjory Stoneman Douglas High School	344	67
Miramar High School	681	117
Deerfield Beach High School	793	136
Western High School	931	160
Boyd Anderson High School	955	163
Atlantic Technical High School	1083	181
South Plantation High School	1125	189
West Broward High School	1159	195
Plantation High School	1268	209
Stranahan High School	1287	212
J.P. Taravella High School	1312	217
Coral Glades High School	1387	221
Cooper City High School	1445	225
Flanagan High School	1565	244
Everglades High School	1635	256
Monarch High School	1680	262
Coral Springs High School	1929	291
South Broward High School	1970	298
Piper High School	1971	299
Dillard High School	2034	305
Northeast High School	2038	306
McArthur High School	2065	309
Hollywood Hills High School	2189	330
Blanche Ely High School	2308	347



**BROWARD  
2-1-1  
HELPING OUR  
COMMUNITY**



Since 1995, 2-1-1 Broward has been the community's central point of entry into the health and human services system. Dialing 2-1-1 is an easy way for people who need help to get connected with community service providers that can help them.

**The 2-1-1 Broward website offers a wealth of information:**  
<http://211-broward.org/>

## Your First Call for Help

Dial 2-1-1 or (954) 537-0211

### EVERY HOUR OF EVERY DAY, SOMEONE IN BROWARD IS SEARCHING FOR HELP OR SERVICES

Questions on housing, food, financial assistance, relief from abuse, family issues, depression, childcare, suicide prevention, etc, are on many resident's minds, but navigating the maze of city, state and non-profit agencies can be overwhelming and confusing.

#### 2-1-1 Broward: Help Starts Here

The 2-1-1 Broward helpline is available to every individual and family in Broward County.

#### Services offered:

- Empathetic listening
- Emotional support
- Needs assessment
- Information
- No call goes unanswered





## FIND YOUR NEARBY CAMPING GETAWAY!

Looking to get  
away without going  
far away?

Look no farther than  
these three local Broward  
County Parks offering  
summer camping  
specials:

**Easterlin Park**

**Quiet Waters Park**

**T.Y. (Topeekeegee  
Yugnee) Park**

Visit  
[www.broward.org](http://www.broward.org)  
for all the  
information you  
need to camp the  
night away!



## Broward County Parks Camping Specials

The **Escape Special** at Easterlin runs from Sundays through Thursdays. It offers a stay of one or more nights for up to four campers for \$25 plus tax per night.



The **Family Fun Package**, available on Fridays and Saturdays only, offers a two-night stay for up to four campers for \$50 plus tax per site; For more information, Call the park at 954-357-5190.



The **Find Your Getaway** special at T.Y., for up to four campers, offers RV campsites at \$30 per site (plus tax) per night seven days a week.

Reservations are required by calling the park at 954-357-8811.

The terms of the **Escape Special** and **Family Fun Package** at Quiet Waters are the same as those at Easterlin. No RV sites available. Reservations are required by calling the park at 954-357-5100. All Quiet Waters campers are also eligible for discounts at other park attractions. Inquire at the office for details.





## SUMMARY OF UPCOMING EVENTS & PROGRAMS

### CITY EVENTS

[www.westonfl.org/Events/EventsCalendar.aspx](http://www.westonfl.org/Events/EventsCalendar.aspx)



#### **STUDENT ARTIST SHOWCASE AT LIBRARY** **Now through May 18<sup>th</sup>**

Experience 200 student works of art that are on display sponsored by the Arts Council of Greater Weston.

Where: Weston Branch Library, 4205 Bonaventure Boulevard.

More Information: Call 954-357-5420



#### **HAZARDOUS WASTE AND ELECTRONICS COLLECTION EVENT**

**Sunday, May 17<sup>th</sup> 8:00AM-3:00PM**

Bring items that cannot be placed into the trash or bulk pickup to this FREE event. They will be recycled or disposed of properly without harming the environment.

Where: Public Works Services Center, 2599 South Post Road

More information: Call 954-385-2600



#### **DISASTER PREPAREDNESS SYMPOSIUM**

**Thursday, May 28<sup>th</sup> 6:00PM**

Learn about the 2015 hurricane forecast, how to prepare and what you can expect during and after a disaster.

**Guest Speakers include:**

**Stacey Stewart**, NOAA-National Hurricane Center, Miami  
**Craig Setzer**, Chief Meteorologist, CBS-4, WFOR-TV Miami  
**John R. Flint**, City Manager, City of Weston

Where: Weston Community Center, 20200 Saddle Club

View the promotional video: <https://www.youtube.com/watch?v=ut7x73Xdto>

More information: Call Fire Administration at 954-389-2015.



**CLICK HERE FOR MORE EVENTS**



## CITY EVENTS CONTINUED

[www.westonfl.org/Events/EventsCalendar.aspx](http://www.westonfl.org/Events/EventsCalendar.aspx)



### **PARADE APPLICATIONS AVAILABLE! WESTON'S 4<sup>TH</sup> OF JULY HOMETOWN PARADE**

Applications are available online for entry into Weston's 4th of July Hometown Parade. Civic groups and organizations, clubs, schools, bands and businesses are all encouraged to participate.

More information: Click on the link below for an application and details:

[www.westonfl.org/media/docs/misc/2015\\_Parade\\_Application.pdf](http://www.westonfl.org/media/docs/misc/2015_Parade_Application.pdf)

## ON-GOING CITY PROGRAMS

### **BSO'S WESTON POLICE SERVICES**

More information on programs listed below: Call 954-389-2010 or visit [www.westonfl.org/Departments/Police/PoliceHome.aspx](http://www.westonfl.org/Departments/Police/PoliceHome.aspx).



### **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.



## ON-GOING CITY PROGRAMS - CONTINUED

### **BSO'S WESTON FIRE RESCUE DEPARTMENT**

[More information](#) on programs listed below: Call 954-389-2015 or visit [www.westonfl.org/Departments/FireEMS/FireEMSHome.aspx](http://www.westonfl.org/Departments/FireEMS/FireEMSHome.aspx).



### **FREE EMS GO PACKETS**

These packets hold medical information and legal documents for EMS and hospital personnel can be aware of your medical conditions.



### **FREE CPR CLASSES**

FREE CPR classes for residents, organizations and businesses. Classes are offered at your own location (minimum of 8 persons).



### **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.





## ON-GOING CITY PROGRAMS - CONTINUED

### WESTON'S COMMUNICATIONS DEPARTMENT

[More information](#) on the programs below: 954-385-2000.



### REGISTER FOR CodeRED TODAY

All residents and businesses should register with the City's CodeRED Emergency Notification System. To register, please visit:

[www.westonfl.org/Residents/Hurricane/CodeRed.aspx](http://www.westonfl.org/Residents/Hurricane/CodeRed.aspx).



### WESTON DELIVERS THE LATEST NEWS DIRECTLY TO YOUR INBOX

\* **Newsday Tuesday:** A collection of weekly city news articles, information and events.

\* **General Notifications:** Updates on projects; media releases; sports registrations, events and more.

**Subscribe at** [www.westonfl.org/EmailSubscriptions.aspx](http://www.westonfl.org/EmailSubscriptions.aspx).