



HERE THEY ARE!

YOUR WEEKLY NEWSDAY TUESDAY ARTICLES

INSIDE THIS EDITION:

- Page 1** Mayor Welcomes Students on First Day of School
- Page 2** Preparing Your Home – Hurricane Preparedness Series
- Page 3** BSO Visits Weston Place Apartments
- Page 4** Back to School: Homework Help
- Page 5** Broward County Public Schools' Free Mobile App
- Page 6** September Healthy Living Tip: Importance of Sleep
- Page 7** September is Hunger Action Month
- Page 8** Dine Out Lauderdale
- Page 9** Upcoming Events and Ongoing Programs



MAYOR WELCOMES STUDENTS CELEBRATES FIRST DAY OF SCHOOL AT EAGLE POINT ELEMENTARY

Invited by Principal Christine de Zayas to welcome students back for their first day of school, Mayor Stermer greeted the 1,400 elementary students assigned to Eagle Point this year.

Broward School Superintendent Robert Runcie urged Broward Mayor's to participate in a "Mayor's Back to School" initiative, but Principal de Zayas had actually beat him to it!

WESTON WELCOMES ALL STUDENTS BACK FOR THE 2015-16 SCHOOL YEAR





BROWARD COUNTY HOME DAMAGE ASSESSMENT PROGRAM

Broward County's Home Damage Assessment assists by quickly identifying areas of devastation before damage assessment teams are able to canvass the County. The Home Damage Assessment Program asks residents to report damage to their home, as soon as it is safe to go outside.



BEFORE THE STORM

Print the [photos](#) and place with your important papers in a waterproof container.

Bookmark the Broward County Home Damage Assessment Webpage on your cell phone.

<http://gis.broward.org/ReportHomeDamage>

AFTER THE STORM

Report damage to your home to Broward County.

Call 311

or

Complete the form at <http://gis.broward.org/ReportHomeDamage>

PREPARING YOUR HOME FOR A STORM EVENT

HURRICANE PREPAREDNESS – A *Continuing Series*

If a hurricane or tropical storm is threatening to impact our area, there are things you can do you prepare your home and family in the time before an actual Hurricane Watch is issued. Remember that once a watch is issued, hurricane conditions are expected in the area within 24 – 48 hours.

Power Outages

Even though many utility lines are buried

underground throughout Weston, electricity likely will be impacted during a storm due to wind and flooding. If you have a generator, be sure to have it ready to go (tested and fueled up) before a watch is issued. Don't forget to stock up on fresh batteries for flashlights.



Food safety

It is important to have enough non-perishable foods for your family in preparation for a storm impact. It is also a good idea to freeze ice bags to help keep fresh food items chilled following an extended power outage. Discard questionable items that may have spoiled.

Pool preparations

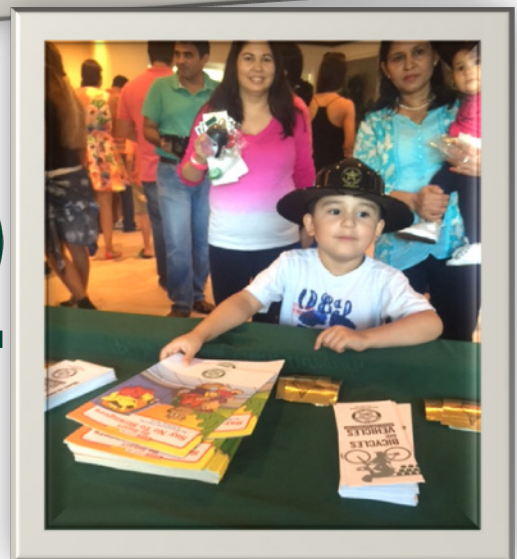
Prepare your pool by lowering the water level (no more than 2 feet) and adding extra chlorine to prevent contamination. Do not drain the pool or put pool furniture in the pool. Be sure to turn off the power to the pool pump and remove the pump and store indoors or wrap the motor in heavy-duty plastic and secure with tape or rope.



BSO VISITS WESTON PLACE APARTMENTS COMMUNITY SAFETY AND AWARENESS

On August 21, 2015, Broward Sheriff's Office (BSO) Weston Crime Prevention Deputies, K-9 units, mounted police and BSO Fire Rescue & Emergency Services all participated in a *Get To Know BSO* Community Safety and Awareness Event at the Weston Place Apartments. Residents also had the chance to meet the new property manager.

BSO staff educated residents on how to keep themselves, their property and their community safe. Two of the top tips are simple and effective: Remember to "LOCK it, Don't Lose It" by locking doors and windows of vehicles and your home, and to call in any suspicious activity.

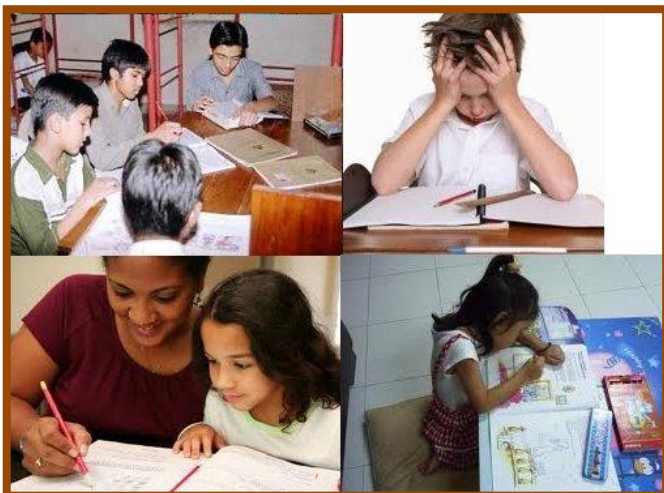




HOMWORK HELP TIPS FOR A GREAT SCHOOL YEAR

The word "homework" usually evokes feelings of dread for both students and parents. Many times, the process of doing homework involves parents yelling and kids finding anything and everything else to do rather than homework.

Why not turn homework time into a time of bonding with your child that makes the experience more pleasant for everyone?



The key to a pleasant homework experience is an involved parent! Visit Broward County's School Board website for more information:

<http://beep.browardschools.com/ssoPortal/Students/research.htm>.

Have a set time for homework that occurs every day. It could be before dinner, after dinner, before bath - whatever works for your family. Try not to make it as soon as they get home from school. They've been in school all day. They need a break!

Do homework in the same location every day. Make sure it is as free from distractions as possible (not in front of the TV!). A table or desk is best. It gives them room to spread out and work.

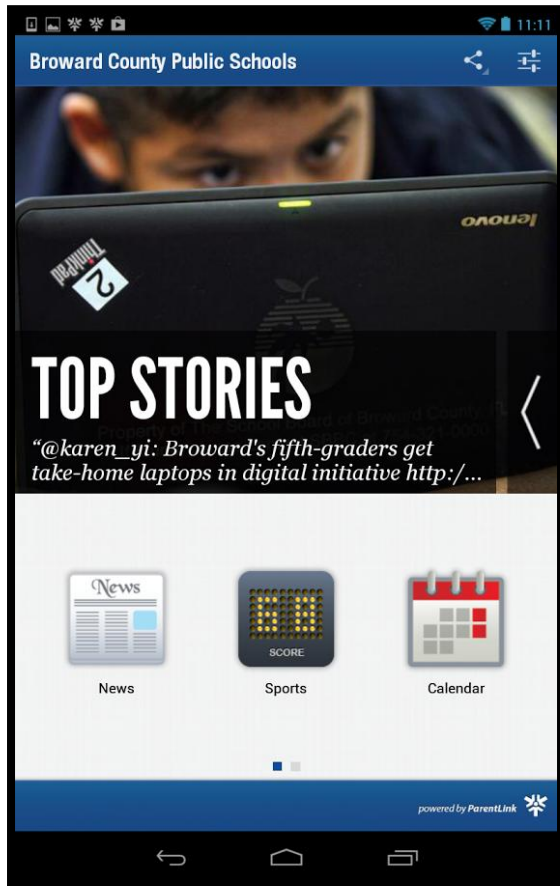
Give the kids a five-minute warning that homework time is about to begin. Use this time to check out what homework the kids have to do before they begin working. Make sure you have the supplies they will need available before you have the child sit down to begin. It's a good idea to keep a "homework box" that holds common supplies needed for homework.

When it's time to begin, have the child(ren) sit down and explain what they are expected to do. As they do the work, make sure you are available to answer questions. When they are done, check over their work and make sure it's complete. Have them put supplies back in the "homework box" and homework in their backpacks, ready to take back to school.



BROWARD COUNTY PUBLIC SCHOOLS FREE MOBILE APP

Parents and Students Can Stay Informed on the Latest Information



Download the FREE Official Broward County Public Schools Mobile App today to have a personalized window into what is happening at the district and schools anytime, anywhere.

This mobile app from Parentlink allows anyone to view district/school news, including the school year calendar and sports scores. You will also be able to use the district tip line, receive notifications from the district and specific schools, display information personalized to your interests and view or add contact information, along with student grades and attendance.

The ParentLink App for BCPS is available for download for Apple and Android devices from the Apple App Store and Google Play.

Download the Free ParentLink App

- View news stories
- View calendar info
- View sports scores
- Access school and staff info
- Receive important alerts

Google play Available on the App Store



**Get the news and information that you care about to stay involved
in your child's education!**

**For more information or questions about the FREE Parentlink App, please visit
<http://www.browardschools.com/MobileApp>.**



September's Healthy Living Tip

The more you sleep the more effective you can be.

New research shows a good night's rest isn't a luxury—it's critical for your brain and for your health.

According to the U.S. Department of Health and Human Services, an estimated 35 percent of adults in the United States report less than seven hours of sleep during a typical 24-hour period.

Although many find this to be a normal statistic, the consequences of this reality are more detrimental and counterproductive than believed to be.

The Center for Disease Control (CDC), states that insufficient sleep has been linked to the onset of, and correlates with, a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression.

Insufficient sleep also contributes to motor vehicle crashes and machinery-related accidents, causing substantial injury and disability each year.

Clearly, compromising sleep hours can hypothetically solve short term problems, but unfortunately, they can cause many long term complications.

All you need to do is *SLEEP!*

THE DANGERS of SLEEP DEPRIVATION
By A. Page

Just one week of insufficient sleep alters the activity of our genes, which control our response to stress, immunity, inflammation and overall health. Here are the hidden health hazards caused by sleep deprivation.

- HIGHER LEVELS OF ANXIETY**
Lack of sleep amplifies the brain's anticipatory reactions, raising overall anxiety levels.
- HIGHER LEVELS OF DEPRESSION**
Lack of sleep causes a decrease in neurotransmitters which regulate mood.
- DISRUPTION OF CIRCADIAN RHYTHM (NATURAL TIME CLOCK)**
Leading to poor white blood cell health, which weakens our physical stress response.
- IMPAIRED COGNITION**
Excessive sleepiness impairs memory and the ability to think and process information.
- HIGHER RISK OF STROKE**
Lack of sleep negatively affects cardiovascular health, increasing the risk of restricting blood flow to the brain.
- HIGHER RISK OF HYPERTENSION**
Sleeping between 5 and 6 hours a night increases the risk of having high blood pressure.
- HIGHER RISK OF HEART DISEASE**
When we sleep our blood pressure drops. Not experiencing this nightly drop in pressure is a risk factor for heart disease.
- INCREASED RISK OF BREAST CANCER**
Late night exposure to light is linked to reduced melatonin production, which disrupts estrogen production. Too much estrogen promotes the growth of breast cancer.
- HIGHER RISK OF DIABETES**
Lack of sleep triggers our stress response, leading to the release of the stress hormones cortisol and norepinephrine, which are associated with insulin resistance.
- UNHEALTHY CRAVINGS**
Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). Lack of sleep causes ghrelin levels to increase and leptin to decrease.
- HIGHER RISK OF INJURY**

NEARLY 40% OF ADULTS FALL ASLEEP DURING THE DAY WITHOUT MEANING TO AT LEAST **ONCE A MONTH**

60 MILLION AMERICANS HAVE CHRONIC SLEEP DISORDERS

- SLEEP APNEA
- NARCOLEPSY
- PERIODIC LIMB MOVEMENT
- RESTLESS LEGS SYNDROME
- INSOMNIA



FEEDING SOUTH FLORIDA

A Call To Action and Education

Many people believe only the homeless are hungry.

In reality, there are children, families and older adults in our community who need support.



To find out how you can help or access more information:



In 2014, Feeding South Florida distributed over 40 million pounds of food and grocery products to our community through its network of partner agencies, which consist of food pantries, soup kitchens, shelters and other community organizations.

HUNGER ACTION MONTH

PAINT SOUTH FLORIDA ORANGE!



September is Hunger Action Month™. Almost 800,000 people in South Florida are food insecure – they don't know where they will get their next meal.

Anyone and everyone can do something to help end hunger in South Florida! This year, celebrate Hunger Action Day™, a.k.a. "GO ORANGE DAY", will be commemorated on September 3rd to bring awareness to the issue of hunger in our community.

The purpose of Hunger Action Month is to educate the public on the issue of hunger in South Florida, to get people to take action and to be a part of a movement that has a lasting impact on the mission to end hunger in South Florida.

Awareness is key to providing hunger relief.

- 785,040 individuals in South Florida do not know where they will get their next meal.
- 1 in 4 children in South Florida go to bed hungry.
- 1 in 7 older adults face the choice between paying rent & utilities, buying medication or putting food on the table.
- 15% of the Broward County population - 266,920 people - do not know where their next meal will come from.
- 20.7% of children in Broward are food insecure, meaning 81,650 children go to bed hungry.
- 63% of the families assisted by Feeding South Florida have at least one working adult in the household.

On Monday, September 21st, the Weston City Commission will present a proclamation in honor of Hunger Action Month™ to Feeding South Florida, a member food bank of Feeding America – the nation's leading domestic hunger-relief charity.

Visit feedingsouthflorida.org for details.



DINE OUT LAUDERDALE September 1– October 12, 2015

Join the Greater Fort Lauderdale Convention & Visitors Bureau for the most tasteful event of the season, *Dine Out Lauderdale*, a six-week celebration of the area's top restaurants, chefs and cuisine.

Dine Out Lauderdale is your entrée into Greater Fort Lauderdale's gourmet restaurant and lounge scene. From September 1st through October 12th, more than 35 top restaurants are offering specially-created, three-course menus at a fixed price of \$35 per person. The locations included in the celebration are located throughout Broward County.



For a detailed list on the participating restaurants and fine dining options in Greater Fort Lauderdale, visit the dining section at Sunny.org/Dineout.

The "Fork Lauderdale Dining App" helps to sort out the local restaurant landscape. Explore the current culinary scene: waterfront spots, vegan, steakhouses, wine bars, Sunday brunches, sports bars and more.



Bon appétit! Buen Provecho!



SUMMARY OF EVENTS AND PROGRAMS

CITY EVENTS

Westonfl.org/events

**LABOR
DAY**

LABOR DAY

Monday, September 7, 2015

City administrative offices will be closed in observance of the Labor Day Holiday. City Parks will be open and there will be regular garbage and recycling collection services.



PATRIOT DAY AND NATIONAL DAY OF SERVICE AND REMEMBRANCE

Friday, September 11, 2015

The City of Weston joins our country in honoring and remembering the victims, their families, first responders and rescue and recovery workers, the soldiers who have taken up arms to defend our freedom and safety and the volunteers who contributed their efforts in the aftermath of the attacks of 9/11. The National Day of Service and Remembrance is a day to take up their unfinished work and pay tribute to their lives with service and charity.



CITY COMMISSION MEETING

Friday, September 11, 2015 at 5:05 PM

A regular meeting of the Weston City Commission. This is also the first of two budget hearings for the FY2016 City budgets. **PLEASE NOTE:** The date is not on the regular first or third Monday of the month as to meet with State Statutes to coordinate budget hearings that do not conflict with the County of School Board.

Location: Weston City Hall, 17200 Royal Palm Blvd.



CITY COMMISSION MEETING

Monday, September 21, 2015 at 7:00 PM

A regular meeting of the Weston City Commission. This is also the second of two budget hearings for the FY2016 City budgets.

Location: Weston City Hall, 17200 Royal Palm Blvd.

[CLICK HERE FOR MORE ONGOING PROGRAMS](#)



CITY COMMISSION MEETING

Monday, October 5, 2015 at 7:00 PM

A regular meeting of the Weston City Commission.

Location: Weston City Hall, 17200 Royal Palm Blvd.



FREE MOONLIGHT MOVIE IN THE PARK HOME

Saturday, October 10, 2015 - 8:00 PM

Oh, an alien on the run from his own people, lands on Earth and makes friends with the adventurous Tip, who is on a quest of her own.

Animation, 94 min. Rated "PG"

The first movie of the season!!!!

Monthly movies through April.

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!

ONGOING CITY PROGRAMS

BSO WESTON POLICE SERVICES

More information on programs listed below: Call 954-389-2010 or visit

www.westonfl.org/Departments/Police/PoliceHome.aspx.



SAFE SELLING TRANSACTION ZONE

A LOCATION FOR 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. Download a flyer here: [Safe Transaction Zone](#)



BSO WESTON FIRE RESCUE DEPARTMENT

More information on programs listed below: Call 954-389-2015 or visit 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 Weston Fire Station No. 81. Classes are also offered at your own location with a 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.

WESTON COMMUNICATIONS DEPARTMENT

More information on the programs below, call 954-385-2000.



REGISTER FOR CODERED TODAY

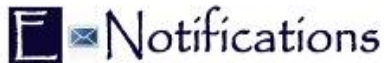
All residents and businesses should register with the City's CodeRED Emergency Notification System.

To register, please visit:

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



WESTON DELIVERS THE LATEST NEWS 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: <http://www.westonfl.org/EmailSubscriptions.aspx>



WESTON GOVERNMENT INFORMATION CHANNEL

The Weston government access channel can be found on these channels with local cable television providers:

Advanced Communications – Channel #25

Comcast Cable – Channel #78

AT&T U-verse – Channel #99, then scroll to Weston Government TV



WESTON GOVERNMENT RADIO 1680AM

Information on City events, programs, services and more. In the event of an emergency, all broadcasts will be interrupted and emergency notifications will be provided. This AM channel can be accessed in your car while in and around the City of Weston. Tune in today.

[Hurricane Preparedness](#)

HURRICANE PREPAREDNESS INFORMATION

Visit WestonFL.org/Hurricane for tips on how you can prepare your home, family and business throughout the hurricane season – June 1st through November 30th.