



READ ALL ABOUT IT!

**NEWSDAY TUESDAY
JUNE 7, 2016**

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WESTON'S ANNUAL HOMETOWN 4TH OF JULY CELEBRATION 5K RUN & PARADE INFORMATION

Weston's Annual 4th of July Hometown Celebration 5K Run/Walk

Sponsored by Broward Health Weston and
the City of Weston

Monday, July 4th
Race starts at 7 AM

The race begins and ends at Weston
Regional Park, 20200 Saddle Club Road.

Cost:

- \$15 Early Registration (until 6/13)
- \$20 after June 13th
- Race day registration begins at 5:30 AM

Awards and Age Groups

- Top 3 Overall Male and Female
- Top Masters Male and Female
- Top Weston Resident Male and Female

[Click here](#) to register online today.



City of Weston's 4th of July Hometown Parade 2016

A Weston 4th: Celebrating 20 Years

2016 Grand Marshal
Rick Folbaum of CBS4 Miami

Monday, July 4th at 10:30 AM

Join us at the City of Weston's 2016 4th
of July Hometown Parade which starts at
Town Center Boulevard and Three
Village Road and ends along Main Street
in the Weston Town Center

Participants including elected leaders,
local businesses, civic groups, schools,
bands, organizations and residents
gather to march in Weston's biggest and
most exciting event.

Join the parade! [Click here](#) to
download a parade application.

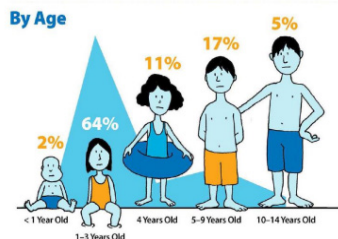
Take a look:

<https://youtu.be/8XIBlirOKJY>





Child Drowning Statistics by Age



For more safety tips and facts visit [Watersmart broward.org](http://Watersmartbroward.org)

Stay Safe in the Water This Summer



Before putting on that brand new bathing suit or making plans for a family beach day there are some facts to keep in mind in order to have a safe summer. Drowning is the fifth-leading cause of death in the U.S. The vast majority of drowning in Broward County is accidental, 52% of them occurring in freshwater.

Don't let yourself or a loved one become a part of this statistic by following this simple checklist:

- **Learn how to swim.** Formal swimming lessons can reduce the risk of drowning especially among children age 1 to 14. The Weston YMCA and other facilities throughout Broward honor the [Swim Central coupon](#) for children ages 6 months to 4 years old.
- **Make pool safety something to brag about.** Be sure to keep your pool area covered, install pool alarms and put up a barrier.
- **Eyes of a Hawk.** There must always be ADULT supervision when children are in the pool area, beach, backyard lakes, canals and even the bathtub.
- **Not all heroes wear capes.** Get CPR certified! The City of Weston offers free CPR lessons and certification. Sign up to save a life.



HEALTHY LIVING TIP

Safe Sun Practices

Protect All the Skin You're In

- ☀️ Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.
- ☀️ Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.



In fact, fewer than **15% of men** and fewer than **30% of women** reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.



Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.



Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

SUMMER FUN IN THE SUN

Skin Cancer Prevention is Key

Skin cancer is the most common cancer in the United States. Reduce your risk of developing skin cancer, which is predominantly caused by overexposure to UV radiation, by protecting yourself from sun exposure.

☀️ **The Right Sunscreen:** Be sure to read the label to choose a sunscreen with broad spectrum protection (against both UVA and UVB rays) and with an SPF factor of 30 or higher. Some of the key ingredients include zinc oxide, titanium dioxide, ecamsule, and avobenzone (Parsol 1789). Check expiration dates to be sure it is still effective.

☀️ **Seek shade:** Limit sun exposure by avoiding the outdoors or direct sunlight for long periods, especially during the hot summer months. UV light is strongest between the hours of 10 am and 4 pm.

☀️ **Cover your skin:** Clothes, especially fabric that has a UV protection factor (UPV), provide another layer of sun protection. Read the labels to find lightweight, comfortable clothing that offer UPV protection to cover up.

☀️ **Wear a hat:** A hat, especially one that has a 2 – 3 inch brim all around is ideal, as it protects areas that are often exposed to intense sun, such as ears, forehead, nose and scalp.

☀️ **Sunglasses that block UV rays:** The skin around the eyes, as well as the eyes themselves, need to be protected, too. Check the label to make sure the glasses block UV rays. If there is no label, do not assume sun protection is provided.

For information on early detection and skin cancer prevention, visit skincancer.org.



FRAUD WATCH NETWORKSM

Brought to you by **AARP**[®]

The Weston Friends Club and the Weston Branch Library invites you and your family to attend an AARP presentation on the Fraud Watch Network. Through AARP, the Fraud Watch Network educates the public on the latest trends in scams and fraudulent activity in South Florida. Learn what needs to be done if you have been victimized. Protect yourself from identity theft, investment scams, home improvement fraud, and annuity fraud. To register for this workshop, please call the Weston Branch Library at **954-357-5420**.

Featuring a Presentation by
Ken Thomas
Regional Volunteer Director
AARP Mega Region

June 30, 2016 | 3:00 to 4:00 PM

Weston Branch Library
Multi-Purpose Room
4205 Bonaventure Blvd





MAKE A SPLASH AT A BROWARD COUNTY PARK



If you're looking for fun for the whole family while keeping cool this hot summer visit your nearest Broward County water park.

These water parks have five-story-tall waterslides, interactive water playgrounds with slides and tunnels, a crazy creek to meander through, kiddy play pools, zero-entry pools, and lap pools.

- Paradise Cove at C.B. Smith Park, Pembroke Pines
- Tropical Splash at Central Broward Regional Park and Stadium, Lauderdale
- Splash Adventure at Quiet Waters Park, Deerfield Beach
- Castaway Island at T.Y. Park, Hollywood

Water parks will be open on Thursday through Sundays only from 9:30 a.m. to 5:20 p.m., until June 5th. After June 9th until August 28th it will be open daily.

Daily entrance fees are from \$5 – \$9 per person. Seasonal passes are also available!

Funbrellas Available for Rentals

While you're at the water parks, enhance your visit by reserving one of the colorful Funbrellas, which can accommodate parties of up to 30 people. Outside coolers are now permitted in the water parks. Call the park of your choice for additional information.



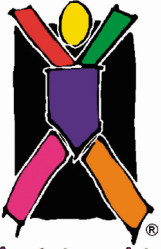
For more information on each water park, visit:
<http://www.broward.org/parks/thingstodo/pages/waterparks.aspx>



SUMMER KIDOKINETICS CLASSES AT THE WESTON COMMUNITY CENTER

Inspiring kids to get moving and get in shape!

A Fun Way To Fitness



kidokinetics

Children learn to enjoy the fun way to fitness through a structured program that focuses on discipline, confidence, coordination, fitness, fine and gross motor skills. Babies interact with soccer balls, footballs, bouncy balls, bean bags, cones, hula-hoops, tunnels and much more. The older children participate in activities such as: soccer, hockey, tennis, basketball, football, volleyball, golf, lacrosse, obstacle courses, hurdles and more!



REGISTER TODAY

Summer Sessions Begin June 21st and July 26th
Cost is \$55 per 5 week session or \$15 per class

Kidokinetics Jr.

Children will develop important building blocks for life with a variety of different activities each class.

Tuesday 10:00 – 10:45am, 18 - 36 months

Thursdays 4:30 – 5:15pm, Ages 2 – 4

Kidokinetics/Sportkinetics

The “Fun Way to Fitness” – your child will learn a new sport each week.

Wednesdays 4:15 - 5:00 pm, Ages 3 – 7

5:00 - 5:45 pm, Ages 5 – 10

For class information, contact Kidokinetics at 954-385-8511 or visit kidokinetics.com. For information on additional classes available at the Weston Community Center, call 954-389-4321 or [click here](#) to download the current Class Schedule.



WESTON BRANCH LIBRARY

June 2016

ADULT SERVICES AND PROGRAMS

English Café

Beginners

Mondays

June 6, 13, 20 & 27

10:30 am - 12:30 pm

Tuesdays

June 7, 14, 21 & 28

12:00 - 2:00 pm

Intermediate

Mondays

June 6, 13, 20 & 27

5:30 pm - 7:30 pm

Advanced

Wednesdays

June 1, 8, 15, 22 & 29

5:30 pm - 7:30 pm

Spanish Café

Advanced

Thursdays

June 2 & 9

4:30 pm - 5:30 pm

Portuguese Café

Beginners

Tuesdays

June 7, 14, 21 & 28

10:30 am - 12:00 pm

Citizenship Studies

Tuesdays

June 7, 14, 21 & 28

6:00 pm - 7:30 pm

Chair Yoga

Tuesdays

June 7, 14, 21 & 28

Knitting and Crocheting Club

Tuesdays

June 7, 14, 21 & 28

3:00 pm - 5:00 pm

Please bring your own needles and yarn.

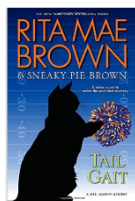
Adults 18 and above only

Weston Library Book Club

Wednesday, June 8

6:30 - 7:30 pm

Tail Gait by Rita Mae Brown



Between Friends Book Club

Wednesday, June 5

6:00 - 7:00 pm

The Call of the Wild by Jack London

Community based literacy program for individuals with developmental challenges.

Open to all, regardless of reading ability.

The MIND Diet: Eating & Alzheimer's

Tuesday, June 14 | 6:00 - 7:00 pm

Nurture and Shine: Is Your Mindset Helping You?

Tuesday, June 21 | 6:00 - 7:30 pm

Vegetarian 101

Wednesday, June 22 | 12:30 - 1:45 pm



WESTON BRANCH LIBRARY

June 2016

YOUTH SERVICES PROGRAMS

Baby Storytime

Ages 3 - 11 months
Thursdays
June 2, 16, 23 & 30
10:30 am – 11:00 am

Toddler Storytime

Ages 12 - 35 months
Thursdays
June 2, 16, 23 & 30
11:30 am – 12:00 pm



Wags and Tales

Ages 5 - 12 years old
Thursday, June 16, 4:00 – 5:00 pm
Children read to an Animal Assisted Therapy Dog. The intent of the program is to make reading fun and boost the child's confidence in reading aloud. Preregistration is required; call 954-357-5420.

Puppet Show: On Your Mark....Get Set... READ! with Marci Poppins

Monday June 20, 2:00 pm – 3:00 pm

The Art of Henna Tattoos

Ages 12 and up
Wednesday June 29, 3:00 pm – 4:00 pm



Yoga for Babies

Thursday, June 9
Ages 3 - 11 months
10:30 – 11:00 am

Yoga for Toddlers

Thursday, June 9
12 – 35 months
11:30 am – 12:00 pm

Yoga for

Preschoolers
3 – 5 years old
12:30 – 1:00 pm

Interactive Fairy Tale Puppet Show

Saturday, June 11, 11:00 am – 12:00 pm



Tortoise and the Hare...The Musical

Saturday, June 25, 4:00 – 5:00 pm

For details on these programs, call the Youth Services Desk at 954-357-5430.



WESTON BRANCH LIBRARY

4205 Bonaventure Boulevard, Weston, FL 33332
954-357-5420
Visit the Weston Branch Library [online](#).



HAPPENINGS...

AT THE WESTON YMCA FAMILY CENTER

Summer Camp – Rugby Camp

Okapi Wanderers RFC has partnered with the Weston YMCA to bring high quality and fun rugby training to your family this summer. Teamwork, respect, enjoyment, discipline, and sportsmanship are what makes the game special. This camp will introduce participants to the fundamentals of rugby, while teaching these important values. Rugby Camp will be offered beginning June 13th through August 19th in weekly sessions, 9am–12pm. Parents have the option to extend camp, so participants are cared for and engaged the entire day. Contact Nick Rakestraw at nrakestraw@ymcasouthflorida.org with any questions.



Aquatics – Swim Lessons

The Weston YMCA is the place for your family to learn how to swim, regardless of age. Whether just learning how to swim, improving strokes, or competing against other top swimmers, Weston residents are in safe hands with our certified swimming instructors and lifeguards. The classes are about more than just techniques and skills; participants build lasting friendships from their positive experiences that will last a lifetime. Visit the Weston YMCA to sign up today!



Family Programs – Teen Summer Camp

Fun and service-learning converge this summer at the Weston Y's Teen Camp! Teen Camp will go on three field trips a week, including one weekly service trip with local partner organizations to encourage volunteerism. Teens will also receive 20 service hours per week of camp. Contact Laughton Droze for more details, ldroze@ymcasouthflorida.org.



YMCA of South Florida - Weston YMCA Family Center
20201 Saddle Club Road, Weston, FL 33327 | ymcasouthflorida.org | 954-424-9622



UPCOMING CITY EVENTS AND PROGRAMS

Westonfl.org/Events

HURRICANE SEASON IS HERE – ARE YOU PREPARED?



Prepare now for Hurricane season, which runs from June 1st – November 30th. Gather supplies for your family's disaster kit, review your family's plan on evacuation or sheltering at home, survey your home's preparation needs, etc. Sign up for the City of Weston's **CodeRED** system by clicking [here](#) to register. CodeRED is used only for emergency and life safety purposes. Register loved ones for the Broward County Vulnerable Population or Special Needs registries, if applicable. For more details, visit Westonfl.org/Hurricane. View [hurricane preparedness videos](#) on the Weston YouTube channel and follow us on Twitter @CityofWeston.



CITY COMMISSION MEETING

Monday, June 20, 2016

7:00 PM

Weston City Hall, 17200 Royal Palm Boulevard

A regular meeting of the Weston City Commission.

REGISTER NOW! 4th OF JULY HOMETOWN CELEBRATION 5K RUN / WALK

WESTON 4th of July
Hometown Celebration - 5K Run/Walk

Monday, July 4, 2016
Start time: 7:00 a.m.
Start & End Location: Weston Regional Park
20200 Saddle Club Road, Weston
Registration: www.splitsecondtiming.com

This family friendly race is a timed event. Awards presented in various categories and age groups. Sponsored by the City of Weston and Broward Health Weston.

THE CITY OF WESTON
BROWARD HEALTH WESTON

Sponsored by Broward Health Weston and the City of Weston

Monday, July 4th | Race starts at 7 AM

Race starts/ends: Weston Regional Park,
20200 Saddle Club Road

Gather your friends and family to participate in Weston's holiday celebration run. The course takes runners out along South Post Road and back to a loop around the park before crossing the finish line. Race day registration begins at 5:30 AM

Cost: \$20 registration fee

[Register online](#) today!



Weston 4th of July Hometown Parade

Monday, July 4, 2016

After the 5K Run, the fun continues with a good old-fashioned celebratory parade down Main Street! Break out your patriotic pride and make plans to join us.

10:30AM start time at Town Center Boulevard and Three Village Road ending on Main Street in Weston Town Center.

For more information, please contact the Weston Community Center at 954-389-4321 or visit us at [WestonFL.org/Events](#).
 #CityofWeston • @CityofWeston
 5K Race Registration: [www.sp18econdotiming.com](#)

WESTON'S 4TH OF JULY HOMETOWN PARADE

Applications are available online or at the Weston Community Center for entry into Weston's 4th of July Hometown Parade. Entry is free. Civic groups and organizations, clubs, schools, bands and businesses are all invited to participate.

[Parade Application](#) Click for an application and details. **Entry Deadline: June 24, 2016**

View our promotional video for Weston's 4th of July events
<https://youtu.be/8XIBlirOKJY>



CITY COMMISSION MEETING

Tuesday, July 5, 2016 7:00 PM

Weston City Hall, 17200 Royal Palm Boulevard

A regular meeting of the Weston City Commission.



QUARTERLY RESIDENTIAL BULK PICKUP JULY 2016

Single Family or Multi-family with curbside collection:

Wednesday, July 20th -or- Thursday, July 21st -or- Friday, July 22nd

Multi-family with dumpsters:

Saturday, July 23rd

Bulk trash will be picked up on your regularly scheduled garbage collection day and should be placed at the curb by 7:00AM. For more information, [click here](#) or call 954-385-2600. *The next bulk trash pickup will take place in October.*



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](#)



LAW ENFORCEMENT EXPLORER PROGRAM

For young men and women ages 14-21. The program provides interaction with law enforcement and other community advisors in a serious, regimented atmosphere where students can demonstrate personal initiative. Offers students the opportunity to learn & experience lawful

citizenship as they participate side-by-side with certified BSO deputies in ongoing training and community service projects. For detailed program information and an on-line application, [click here](#).



CITIZEN OBSERVER PATROL (C.O.P.) PROGRAM

A model program, COP's are the additional eyes and ears of the community, assisting and enhancing our own BSO policing efforts. Members of the Broward Sheriff's Office Countywide Operations professionally train all volunteers.

Typical assignments in addition to patrol, include performing checks on unoccupied residences at owner's request, checking on elderly or homebound and reporting potential problems and neighborhood hazards and assist at Weston community events. COP volunteers wear uniforms and drive specially marked vehicles. You must be 18 years of age with a valid driver's license. **Interested?** Please call the Weston District at 954-389-2010.

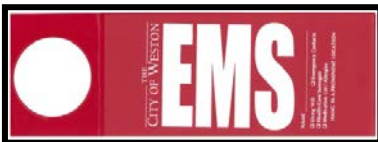


BSO WESTON FIRE RESCUE DEPARTMENT

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. Call 954-389-2015 Mon-Fri.



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.



COMMUNITY EMERGENCY RESPONSE TEAM

The Weston CERT Program educates citizens about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, fire safety, light search and rescue, team organization and disaster medical operations. **Join today!** Call 954-389-2015

View our CERT webpage:

<http://www.westonfl.org/Departments/FireEMS/CERTProgram.aspx>





WESTON COMMUNICATIONS DEPARTMENT

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



REGISTER FOR CODERED

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 DIRECTLY TO YOUR INBOX

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

* **E-Notifications:** Updates on projects; media releases; events and more.

Subscribe at:

<http://www.westonfl.org/Events/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, 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.*