



READ ALL ABOUT IT!

**NEWSDAY TUESDAY
SEPTEMBER 13, 2016**

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CITY OF WESTON 20TH ANNIVERSARY EVENT

On Saturday, September 3rd, the City of Weston celebrated its 20th anniversary with an graceful acknowledgement of its brief, yet impressive, history. At the celebration, the individuals that had the vision and keen ability to make incorporation possible were recognized, which included the original elected members of the Indian Trace Development District Board of Supervisors, the Steering Committee members and former elected City officials. Weston Hills Country Club was the original site where election results regarding incorporation were announced in 1996.





City of Weston 20th Anniversary





City of Weston 20th Anniversary





City of Weston 20th Anniversary





A PENNY AT WORK

The Facts on the Proposed Penny Sales Tax in Broward

A PENNY AT WORK

Half Penny (.5%)

To fund the countywide transportation system



Half Penny (.5%)

To fund your local improvement projects

VOTE ON NOVEMBER 8

Both must pass or both will fail.

[Click here to get the facts on the proposed Penny Sales Tax](#)

This November, Broward County residents have the opportunity to vote on two ballot questions. **A Penny At Work** represents a proposal for two, half-penny surtaxes that will appear on the November 8th ballot: A half penny is to fund countywide transportation projects and a half penny is to fund local city improvement projects.

The Transportation Half Penny for Broward County

The half penny (.5%) transportation sales surtax would fund countywide improvements, including traffic signal synchronization, expanded senior mobility, and enhanced transit options such as expanded bus system and rail. Projects will be implemented by Broward County. Today's mass transit system will not improve without this.

The Infrastructure Half Penny for the Cities

The half penny for infrastructure would fund individual city projects; including capital improvements to public facilities, water and sewer utility upgrades, the purchase of public safety vehicles and equipment, local transportation and pedestrian safety enhancements (to be coordinated with County transportation projects), and recreation/conservation land acquisition. Funds would be distributed by population. The projects and infrastructure expenditures are determined by the needs of each community.

Weston has always held its appearance and quality of life in high regard. The City has identified nearly 300 projects over the next 30 years to maintain the appearance and value of our community, including water and sewer upgrades, roadway improvements, a new fire station and park in the Bonaventure community, and expansion of the Weston Community Center and improvements to City Parks.

FIND OUT MORE ABOUT WESTON'S PROPOSED PROJECTS AT AN OPEN HOUSE

Wednesday, Sept. 28th and Thursday, October 6th | 2:00 – 8:00 PM
Weston City Hall, 17200 Royal Palm Boulevard



**PREPARE.
DON'T
PROCRASTINATE.**

Simplify your plans. Visit:

Westonfl.org/Hurricane

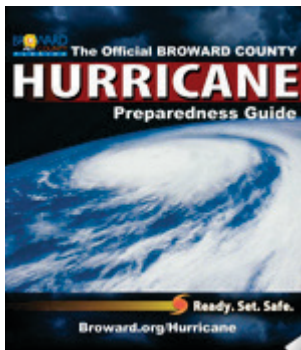
Broward.org/Hurricane

FLGetaPlan.com

FloridaDisaster.org

Ready.gov

**Click the image to download
the Broward County
Hurricane Preparedness Guide**



**HURRICANE
SEASON
IS
JUNE 1ST THROUGH
NOVEMBER 30TH**

**What's On
the Web?**



HURRICANE PREPAREDNESS

Westonfl.org/Hurricane

It has been ten years since a Hurricane impacted South Florida, when Hurricane Wilma swept through in 2006, causing much wind damage from downed power lines, uprooted trees, traffic signal outages, and more throughout the County. Although we know it is always a possibility that a storm may impact South Florida anytime during Hurricane season, we tend to procrastinate on storm preparations.

The City of Weston provides a resources on storm preparation gathered together on one webpage. Visit Westonfl.org/Hurricane to get started on your plan if you don't already have one for your family or business. The page also contains preparedness tips, contact information for a variety of programs and services, links to county resources and much more.

Remember, when it comes to hurricanes and tropical storms, preparation is key. Storm watches allow residents the time to activate their plans and to gather supplies necessary to ride out the storm and to sustain families for at least 72 hours following the storm.





PREPARE NOW: SURVIVAL KIT FOR PETS HURRICANE PREPAREDNESS – A *Continuing Series*



As you make your hurricane plans for your family, remember to plan for your pet, too. Preparing a *Pet Survival Kit* is key to ensuring that you have enough food and important pet information on hand in case you lose power or must evacuate. Details are available from Ready.gov and from the [Humane Society of Broward County](http://HumaneSociety.org).

The kit or container should be waterproof with a secure plastic lid and include the following:

- A crate or carrier large enough for your pet to stand and turn
- Leashes and collars
- Two-week supply of moist or dry food, with manual can opener
- Two-week supply of bottled water (or more if using dry food)
- Water and food dishes
- Extra cat litter, litter pan and puppy training pads (consider the fact that your dog may not be able to "potty" outside during or after a storm)
- Emergency phone numbers for veterinarian, animal shelters, friends or relatives
- Veterinary clinic address and phone number
- Veterinary records with rabies certificate and current Broward County Pet Registration Tag number
- Medications with instructions (ensure you have enough medication on hand before the storm hits)
- Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant)
- A photo of you and your pet together (to help prove the pet is yours), and a photo of the pet by itself, showing any distinguishing marks that will help with identification.



Pet Friendly Shelter: If you plan to evacuate to a shelter with your pet, register in advance with the Humane Society of Broward County at 954-989-3977. Broward County operates one pet-friendly shelter.

[Click Here](#) for more information on hurricane preparedness for pets from the Humane Society of Broward County.



Healthy Living Tip FOOD FACTS FOR THE FALL

2016
Healthy Weight
COMMUNITY CHAMPION
City of
Weston



When talking about food, you'll often hear people refer to the word nutrients. Is the food full of nutrients? Is it a nutrient-rich food? Are you getting your recommended daily serving of nutrients?

What are nutrients and why are they good for you?

Nutrients are the substances in food that our bodies process to enable it to function. Your nutrient requirements are influenced by factors including your age, growth stage and activity. Nutrients are so small that they can't be seen by the naked eye.

Nutrients can generally be broken onto two categories:

Macronutrients – carbohydrates, protein, fats; and

Micronutrients – vitamins and minerals such as calcium, iron, vitamin C.

With the prevalence of processed foods, there are many nutrient poor foods available – this means they don't contain the ingredients that your body needs to function. Rather, the food is full of energy (kilojoules) but are made up of "empty calories". The food will provide your body with energy (kilojoules) so you won't feel hungry, but it is void of essential nutrients that your body needs to function.

See Next Page for the Top 11 Most Nutrient Dense Foods



11 Most Nutrient Dense Foods:

1. **Salmon**- Contains the greatest amount of Omega-3s. They provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation.
2. **Kale**- Is loaded with vitamins, minerals, fiber, antioxidants and various bioactive compounds.
3. **Seaweed**- Is particularly high in minerals like Calcium, Iron, Magnesium and Manganese. It is also loaded with various bioactive compounds, including phycoyanins and carotenoids.
4. **Garlic**- Is high in vitamins C, B1 and B6, Calcium, Potassium, Copper, Manganese and Selenium.
5. **Shellfish**- Clams are among the best sources of vitamin B12 in existence. It is also loaded with other nutrients, including Vitamin C, B-Vitamins, Potassium, Selenium and Iron. Oysters are also incredibly nutritious with healthy amounts of Zinc and Copper, along with large amounts of B12 and Vitamin D and a plethora of other nutrients.
6. **Potatoes**- A single large potato contains lots of Potassium, Magnesium, Iron, Copper and Manganese with plenty of vitamin C and most of the B vitamins.
7. **Sardines**- Small, oily fish like sardines are usually eaten whole, which includes the organs, bones, brains and other nutritious parts. They contain a little bit of almost every nutrient we need.
8. **Liver**- The liver is a remarkable organ with hundreds of functions related to metabolism. One of its functions is to store important nutrients for the rest of the body.
9. **Blueberries**- They are loaded with powerful antioxidant substances, including anthocyanins and various phytochemicals, some of which can cross the blood-brain barrier and exert protective effects on the brain.
10. **Egg Yolks**- They are high in Lutein and Zeaxanthine, antioxidants that can protect the eyes and reduce your risk of eye diseases like cataracts and macular degeneration. Eggs are also loaded with choline, a brain nutrient that about 90% of people aren't getting enough of.
11. **Dark Chocolate**- There are multiple studies in humans showing that dark chocolate has powerful health benefits, including but not limited to improved blood flow, a lower blood pressure, reduced oxidized LDL and improved brain function.



NEW!

Community Center Program **LEARN TO BE A BETTER ANGLER AT** **BASS FISHING WORKSHOPS**

On certain Tuesday evenings this Fall, anglers of all ages will enjoy tips from professional bass fisherman, Ron Gallo, at the Bass Fishing Workshop.

The workshop will provide skills in fishing for largemouth bass in the local waters of South Florida. Participants will learn tips to catch more, and larger, bass. The workshop includes fishing techniques, lure identification, tackle selection, knots, and more.

Ron Gallo is a professional bass fisherman for over 40 years, in which he has taught this course since 1979 (over 37 years), the author of numerous books/booklets on bass fishing, outdoor writer, and a Park Ranger for over 38 years.



Bass Fishing Workshops

Offered on the following
Tuesday evenings:
September 27th, October 25th or
November 15th

6:00 – 8:30 PM

Weston Community Center
20200 Saddle Club Road

\$40 per workshop
Open to all ages

No supplies needed.
Just bring a note pad and a pen.

To register for a Bass Fishing Workshop, or learn about other programs available at the Community Center, visit the center or call 954-389-4321.

Westonfl.org/Parks



Science Eye Saturday Safaris At a Broward County Park Near You SEPTEMBER – DECEMBER 2016

9:00 - 11:00 AM at Everglades Holiday Park, 21940 Griffin Road
Supplies limited to the first 50 participants (unless otherwise noted)



September 17 – Astounding Eclipses and Phases of the Moon – “Moon” is one of the first words we learn as children... We all look for the “man in the moon”... People have been studying our brightest object in the night sky for centuries. On September 16th, we are expected to have a penumbral lunar eclipse. Attend this event to learn about the phases of the moon and learn more about the lunar and solar eclipse.

For more information about Science Eye programs call, 1-800-2SCIENCE or visit www.ScienceEye.com

Find out more about Broward County's [Everglades Holiday Park!](#)

October 15 – Watch the Hand
Learn more about chemistry and how it relates to wildlife!

November 19 – Food for Thought... Thoughtful for Finches! – (and other backyard birds...) what do birds (and other animals) do when their habitat is low on food, or covered with snow? They migrate! They usually migrate to areas that have higher or increasing resources – and then while there, why not nest and provide rich nutrients for their young!

With the high and constant population growth in Florida (buildings, roads, etc.) migrating and nesting animals have less and less... Learn what is safe and not safe to feed birds that visit your home and make your own hanging birdfeeder out of simple and recycled material – small enough it can hang anywhere!

December 17 – Hand-Held Holiday Lights – The average American throws away about 4.5 pounds a trash a day! Besides a battery, learn how you can brighten our planet's future by reusing “trash” to make your own holiday light.



HAPPENINGS...

AT THE WESTON YMCA FAMILY CENTER

Open House Every Tuesday in September

If you've ever wondered if a Weston YMCA membership is right for you and your family, Tuesday is your lucky day! Every Tuesday in September, you are invited to give the Y a try for free. Take any of our group exercise classes, go for a swim, and utilize our child watch program while you workout. Valid identification is required and a parent must accompany any child under 18.



"Pay the Day" Membership Sign Up Promotion

September is the perfect time to sign up for a membership at the Weston YMCA, as you can take advantage of our "Pay the Day" promotion. Instead of the regular \$99 Joiner's Fee, you'll pay the day - join on September 14th, you'll pay a \$14 Joiner's Fee; and so on, until the end of the month. The earlier, the better, so stop by the Weston YMCA today!



Youth Sports – Girls Basketball

The Weston YMCA will be starting an ALL GIRLS basketball league beginning September 24th and running through December 17th. The league is for girls ages 6-14. Registration is open through September 9th.



Weston YMCA and Weston Tennis Center Partnership

The Weston YMCA is pleased to announce its new partnership with the Weston Tennis Center. This means your Weston Y membership now does more for your family! Weston Y members will receive preferred pricing at Weston Tennis Center rates, adults receive Tennis 101 at a discounted rate, and juniors receive a free introductory clinic. Keep an eye out for more opportunities to experience tennis with your entire family!





HAPPENINGS...

AT THE WESTON YMCA FAMILY CENTER

**YMCA
AFTER
SCHOOL**



Weston YMCA After School Program

Come be a part of the YMCA of Weston's Kids Club this school year! This instructional program offers a safe and fun place for your child to do afterschool. We offer bussing from local schools, homework help, sports, games and add-on enrichments to maximize your child's time after school ends. Come in to the Y or email ldroze@ymcasouthflorida.org to find out what afterschool at the Weston Y is all about!

YMCA of South Florida - Weston YMCA Family Center

20200 Saddle Club Road, Weston, FL 33327 | ymcasouthflorida.org
954-424-9622 | *Located inside the Weston Regional Park*



UPCOMING CITY EVENTS AND PROGRAMS

Westonfl.org/Events

A PENNY AT WORK

Learn What a Penny Will Do

This November, Broward County residents have the opportunity to vote on two ballot questions that represent two half-penny surtaxes in Broward County:

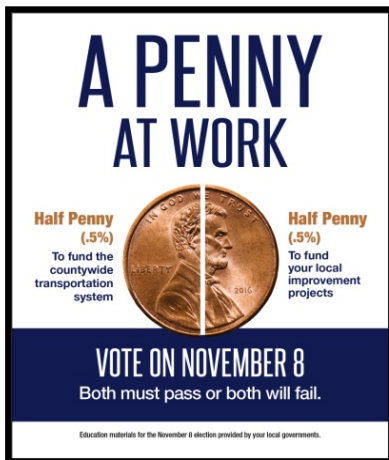
- Half Penny to fund countywide transportation system, and
- Half Penny to fund your local improvement projects.

Both must pass or both will fail. Vote November 8, 2016.

Learn more at www.APennyAtWork.com

See what a penny will do for you [Interactive Project Map](#)

View a 54 second [Video](#)



Learn more about Weston's projects at an upcoming

Open House at Weston City Hall, 17200 Royal Palm BLVD:

- September 28th 2:00 – 8:00 PM
- October 6th 2:00 – 8:00 PM

TENNIS CARNIVAL FOR KIDS

Saturday, September 17, 2016 2:00 PM - 4:00 PM

Weston Tennis Center, 16451 Racquet Club Road

Fun, Tennis, Games & More! Kids are welcome to bring friends to this free event. Enjoy popcorn, carnival games, music and snacks for 2 hours of fun. Complimentary.

Please RSVP to s.browne@cliffdrysdale.com 954-389-8666.



MAYORS' CHESS CHALLENGE

Saturday, September 24, 2016 10:00 AM–12:00PM

Weston Community Center, 20200 Saddle Club Road

Join Mayors, elected officials and community leaders in support of scholastic chess! Players of all ages and all skill levels are welcome. No RSVP required.





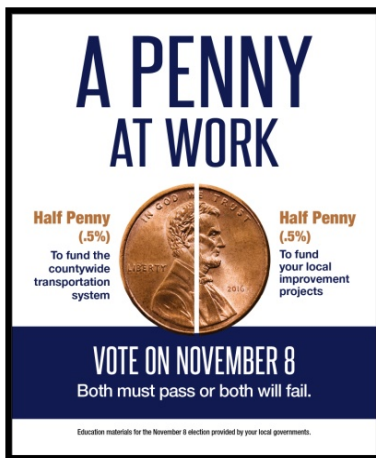
CITY COMMISSION MEETING

Monday, September 26, 2016

7:00 PM

Weston City Hall, 17200 Royal Palm Boulevard

A regular meeting of the Weston City Commission and the Final Budget Hearing for Fiscal Year 2017. In accordance with Florida Statutes, the budget hearings are coordinated with the Broward County School Board and Broward County Commission budget hearing dates, so this month's commission dates vary from their usual schedule.



YMCA & AAUW: Host Public Meeting

Public Meeting on Sales Tax Referendum

Saturday, October 8, 2016

2:00 PM - 4:00 PM

Weston YMCA, 20201 Saddle Club Road

A free public meeting will be hosted by the American Association of University Women (AAUW) and the Weston YMCA on the sales tax referendum and amendments for vote on the November ballot. City of Weston Mayor Stermer will speak on the implications of the sales tax increase in Broward County and League of Women Voters representative will explain the pros and cons of each amendment.



MOONLIGHT MOVIE IN THE PARK – FREE EVENT

Featuring *STAR WARS: The Force Awakens*

Saturday, October 15, 2016

8:00 PM

Event Stage- Weston Regional Park, 20200 Saddle Club RD

Ex-stormtrooper Finn, scrappy desert dweller Rey, and droid companion BB-8 get caught up in a galactic war when they find a map containing the whereabouts of the vanished Luke Skywalker. Their adventure brings them face-to-face with heroes from the past, as well as new villains.

Fantasy, Sci-Fi/ 136 min. / **Rated PG-13**

Bring lawn chairs or blankets and enjoy an outdoor movie 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](#)



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.



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.*



HURRICANE SEASON IS HERE – ARE YOU PREPARED?



Hurricane season 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](#)

THE CITY OF WESTON

For your style... for your life