

# Newsday Tuesday<sup>SM</sup>



NEWS FROM THE CITY OF WESTON

**SEPTEMBER 26, 2017**

- Page 1 Weston Approves Fiscal Year 2018 Budgets**
- Page 2 Report Unlawful Dumping**
- Page 3 FEMA's Operation Blue Roof Program**
- Page 4 Fire Safety Tips for Older Adults**
- Page 5 Healthy Living Tip: Good Sleep Habits**
- Page 6 SAT Prep Course Begins October 8th**
- Page 7 YMCA Happenings**
- Page 8 Upcoming Events and Programs**



September 26, 2017

## **WESTON APPROVES FISCAL YEAR 2018 BUDGETS MILLAGE RATE TO REMAIN THE SAME FOR 4<sup>TH</sup> CONSECUTIVE YEAR**

The Fiscal Year 2018 Adopted Budgets for the City of Weston, the Bonaventure Development District, and the Indian Trace Development District are available for viewing on the City website.

### **YOUR WORLD IS HERE...**

*The theme for the Fiscal Year 2018 budgets and ongoing communications outreach*

The approved budget provides no increase in the ad valorem millage rate of 2.3900 mills for the fourth consecutive year. While this millage rate was intended to last for only three fiscal years, better than projected growth in property values and efficiencies in operations have enabled the continuation of the current rate for an unexpected fourth year.

### **Residents of the City may look forward to the following in Fiscal Year 2018:**

- No increase in the ad valorem millage rate
- EMS, fire protection and fire prevention services at the current level
- Nine additional sworn law enforcement deputies (staffing for 24/7, 365 day a year operation)
- Arts, cultural and recreational programs at the current level
- Design of the Improvements to the I-75/Royal Palm Boulevard interchange and the Royal Palm Boulevard/Weston Road intersection
- Design of Bonaventure Park
- Design of a new Community Center building at Weston Regional Park
- Renovations to Indian Trace Park
- Tennis Center parking lot expansion; and
- Construction of Fire Station No. 21 in Bonaventure

**Our goals for Fiscal Year 2018 and our goals for the long-term are included in our budget message which is in the adopted budget and available online at [WestonFL.org](http://WestonFL.org).**



## REPORT UNLAWFUL DUMPING Call 911

### Got Debris?

For details about Debris Removal in the City of Weston, [click here](#).

### A disposal option:

The Broward County Landfill accepts bulk waste, including storm related vegetative debris, wooden fencing, etc.

Broward County Landfill  
7101 SW 205 Avenue  
(Sheridan Street, just east of US27)  
Open Monday – Saturday  
8:00 am – 4:00 pm

The landfill charges a fee based upon the amount of debris deposited. Debris delivered in passenger vehicles (truck beds of 6' or less) is \$10 per vehicle.

For additional information, [click here](#).

## UNLAWFUL DUMPING FOLLOWING HURRICANE IRMA

Debris removal crews are working throughout Weston to remove the piles of vegetative debris in public rights-of-way throughout the City. The cleanup is expected to take time because of the competition for limited resources due to the widespread impact across Florida, as well as in Texas due to Hurricane Harvey. During this period, as you are driving through Weston, you may witness unlawful dumping. It seems easy to rid a pile of debris onto a swale in a public right-of-way, but there are serious consequences to unlawful dumping. Several people have been caught in Weston and dealt with accordingly.

**DUMPING OF DEBRIS ON PUBLIC RIGHTS-OF-WAY AND PUBLIC PROPERTIES IS A FELONY UNDER FLORIDA LAW AND VIOLATORS ARE SUBJECT TO ARREST AND SEIZURE OF VEHICLES. REPORT UNLAWFUL DUMPING TO 911.**

Unlawful dumping affects everyone.

**If you see dumping in action, report it to 911.**



*Debris removal in progress along South Post Road on September 18, 2017. The contractors in Weston are using 120 cubic yard trucks and vegetative debris is picked up using a crane.*



## FEMA'S OPERATION BLUE ROOF PROGRAM

SHARE WITH ANYONE IN ANY AREA IMPACTED BY HURRICANE IRMA



The U.S. Army Corps of Engineers contractors will install the temporary roof covering at **NO COST TO YOU!**

To get assistance, you must sign a "Right of Entry" (ROE) form to allow Corps staff and contractors to access your private property and assess your roof damage.

### REQUIREMENTS

- Only primary residences **with standard shingled roofs** are eligible for the program.
- Metal roofs and mobile homes will be repaired as practical on a case by case basis.
- Roofs with greater than 50 percent structural damage are not eligible.

Call **888-ROOF-BLU (888-766-3258)** to find the site nearest you, and get the latest information on locations, dates, and center hours.

**Applicants who use 711 or Video Relay Service  
may also call 800-621-3362.**

**Individuals who are deaf, hard of hearing, or have a speech disability  
and use a TTY may call 800-462-7585.**



**FEMA**



**US Army Corps  
of Engineers®**





## FIRE SAFETY TIPS FOR OLDER ADULTS

### HOME ESCAPE PLANNING

If a fire breaks out in your home, you have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know how to get outside if there is a fire. Plan your routes in advance and review with every member of the household.



- **Escape routes must be clear.** All windows and doors should open easily and not be blocked by furniture or clutter. Draw a diagram of exit routes.
- **Have a meeting place outside.** Everyone in the home should know the meeting place, such as a neighbor's house or mailbox.
- **Make sure your home has working smoke alarms.** Everyone in the home must be able to hear and recognize the alarm sound.
- **Assign someone to help household members who may have difficulty getting out alone.**
- **Practice the escape route at least twice a year.** Close the doors behind you.
- **Leave firefighting to the professionals.** Call 911 immediately if there is a fire in your home.
- **Fire extinguishers will put out a small fire when it is just starting, but do not attempt to fight a fire that is beyond your control.**
- **Get outside immediately and stay out.** Do not reenter the home. Things can be replaced, YOU cannot.
- **If smoke or fire blocks your exit, use another way out. **Do not panic.**** Move as swiftly as you safely can.



**BSO Weston Fire Rescue assists with smoke alarm installation and battery replacement. Call 954-389-2015.**



## 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, many 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 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.
- HIGHER RISK OF STROKE**  
Lack of sleep negatively affects cardiovascular health, increasing the risk of restricting blood flow to the brain.
- HIGHER 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



achieve  
more

SAT<sup>®</sup>

## SAT PREP COURSE OFFERED AT WESTON COMMUNITY CENTER



***Classes for the December 2<sup>nd</sup> SAT Exam begin October 8<sup>th</sup>***

As a new school year begins, those students planning to take the SAT in December can begin preparing for the exam by enrolling in the 8-week class offered at the Weston Community Center and led by Instructor Jeff Steinberg. Mr. Steinberg is a former full-time advisor and instructor of college preparatory and study skills courses and recipient of excellence award at Miami-Dade College. He has over 27 years of experience developing and teaching SAT preparation programs, including the University of Miami's former program, and training other instructors to teach such classes.

The SAT Preparation Class prepares students for all facets of the newest version of the SAT Exam. The course includes a comprehensive review of test material and insightful strategies for doing well on the exam.

### CLASS SESSIONS & TIMES

Sundays	10:30 AM – 1:00 PM	October 8 – November 26, 2017
Thursdays*	7:15 PM – 9:45 PM	October 12 – November 30, 2017

*\*The November 23<sup>rd</sup> class will be held on Tuesday, November 21<sup>st</sup>*

**COST:** \$475 for 8-week course, including text book and materials

**LOCATION:** Weston Community Center (inside Weston Regional Park)  
20200 Saddle Club Road, Weston

**REGISTRATION:** Small classes lead up to the October 7th exam date.

Please contact Mr. Steinberg directly at **954-478-0792** or via email at [jeffly1968@yahoo.com](mailto:jeffly1968@yahoo.com) for details to enroll in this course.

***For more information call 954-389-4321, or stop by the Weston Community Center, located inside Weston Regional Park, 20200 Saddle Club Road.***



## HAPPENINGS...

### AT THE WESTON YMCA FAMILY CENTER

#### Little Explorers

Monthly program | Monday, Wednesday and Friday

9:00 AM – 12:00 PM

Ages 3 – 5 years | Must be potty trained

Little Explorers is a 3-hours drop-off program designed for pre-school aged children to gain independence and work on age-appropriate social, emotional, and academic skills. It incorporates fine and gross motor activities, games, music, arts and crafts, gardening, science, Spanish time, cooking, water and sand play.



#### Mommy and Me Art

8-week program | Thursdays only

10:45 AM – 11:30 AM

Ages 18 months to 3 years

Using many different materials and techniques, pre-school aged children have a place to express their creativity while developing their fine motor skills. Stories, songs and games make sure we're having tons of fun throughout this 45-minute class!



#### Mommy and Me Tumbling

8-week program | Tuesdays only

10:45 AM – 11:30 AM

Ages 18 months to 3 years

We run, we play, we jump, we tumble! In this fun-filled class for 2 to 4 year olds, kids develop self-confidence, learn basic rules, and improve their physical fitness and coordination.



**YMCA of South Florida - Weston YMCA Family Center**

20201 Saddle Club Road, Weston, FL 33327

[ymcasouthflorida.org](http://ymcasouthflorida.org)

954-424-9622 | Located inside Weston Regional Park





## UPCOMING CITY EVENTS AND PROGRAMS

[Westonfl.org/Events](http://Westonfl.org/Events)



### FREE MOONLIGHT MOVIE IN THE PARK

Saturday, October 14, 2017

8:00 PM

Event Stage in Weston Regional Park, 20200 Saddle Club Rd.

Featuring *Guardians of the Galaxy Volume 2*

*The Guardians must fight to keep their new-found family together as they unravel the mystery of Peter Quill's true parentage. Action | Science-Fiction | 137 min. | PG-13*

**Bring lawn chairs or blankets and relax... the movie is on us!**

**FREE MOONLIGHT MOVIES in the PARK**  
2017 - 2018

Enjoy a feature film under the stars with family and friends! Bring lawn chairs or blankets. Coolers are welcome (no alcohol permitted).

Save the Dates! Movie titles to be announced.

- Saturday, January 20, 7:30 PM
- Saturday, February 10, 7:30 PM
- Saturday, March 3, 7:30 PM
- Saturday, April 14, 8:00 PM

Weston Regional Park, at the Event Stage  
20200 Saddle Club Road

For more information, please call 954-389-4321 or visit [WestonFL.org/Events](http://WestonFL.org/Events)

@CityofWeston CityofWeston CityofWeston



### CITY COMMISSION MEETING

Monday, October 16, 2017

7:00 PM

Weston City Hall, 17200, Royal Palm Boulevard

A regular meeting and second budget hearing of the Weston City Commission.



## **RESIDENTIAL QUARTERLY BULK TRASH PICKUP**

The Quarterly Residential Bulk Trash Pickup will occur in October on your regularly scheduled garbage collection day as follows, but may take longer due to the additional amount of bulk matter.

**Single Family & Multi-family with curbside collections: Wednesday, October 18, Thursday, October 19 OR Friday, October 20**

**Multi-Family with dumpsters (also known as “Containerized Service”: Saturday, October 21**

FREE Bulk Pickup will take place on your regularly scheduled garbage collection day and all items should be curbside by 7 a.m. Bulk Waste service is not to exceed 6 cubic yards of waste per residential household unit.

### **Bulk items include but are not limited to:**

- Furniture, mattresses, carpets and other large household items.
- Large and small appliances, such as dishwashers, laundry machines and stoves.
- Refrigerators or air conditioners must have Freon removed by a certified dealer.
- Mirrors, glass, glass top tables, windowpanes, and plate glass items should be safely placed in a rigid container to facilitate safe collection.
- Customer-generated vegetative debris (tree branches must be 6” in diameter or less).

**NOT COLLECTED:** Bulk items DO NOT include contractor-generated material or household hazardous waste (HHW).



## ONGOING CITY PROGRAMS



### BSO WESTON POLICE SERVICES

More information on programs listed below call 954-389-2010 or visit the [Police Page](#) on our website.



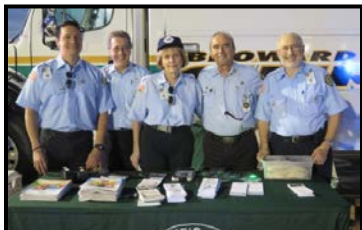
### SAFE SELLING TRANSACTION ZONE A LOCATION FOR ONLINE BUYERS/SELLERS

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. Flyer: [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, [click here](#).



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

COP's are the additional eyes and ears of the community, assisting and enhancing BSO policing efforts. Members of the Broward Sheriff's Office of Countywide Operations professionally train volunteers. 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. You must be 18 years of





age with a valid driver's license. Interested? Please call the Weston District at **954-389-2010**.



**Sheriff Scott Israel**

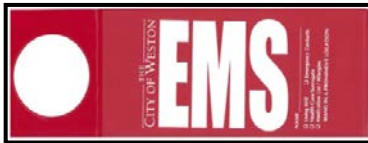
## **HOMEWATCH PROGRAM**

Planning to go out of town this summer? Be sure to register for BSO's Homewatch program. BSO will check your home daily for signs of suspicious activity. [Click here](#) to download the application to complete and submit to the Weston District Office.



## **BSO WESTON FIRE RESCUE DEPARTMENT**

More information on programs listed below, call 954-389-2015 or visit the Fire Department web page.



## **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 Monday – Friday.



## **COMMUNITY EMERGENCY RESPONSE TEAM (CERT)**

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 Weston CERT [online](#).



## WESTON COMMUNICATIONS DEPARTMENT

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



### REGISTER FOR CODERED

Residents and businesses should register with the City's CodeRED Emergency Notification System. **Register:** [www.westonfl.org/Residents/Hurricane/CodeRed.aspx](http://www.westonfl.org/Residents/Hurricane/CodeRed.aspx)



### E-NOTIFICATIONS: WESTON DELIVERS THE LATEST NEWS DIRECT TO YOUR INBOX

**Newsday Tuesday:** The official City e-Newsletter. A once weekly newsletter delivered each Tuesday morning with 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 CHANNEL

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

Blue Stream – Channel #25

Comcast Cable – Channel #78

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



### WESTON GOVERNMENT RADIO 1680AM



Newsday Tuesday<sup>SM</sup>

Tune in for 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.

Online News Article  
September 26, 2017

## FOLLOW US ON SOCIAL MEDIA

-  **Twitter:** [@CityofWeston](https://twitter.com/CityofWeston) and [@WestonFLAlert](https://twitter.com/WestonFLAlert)
-  **Flickr:** [CityofWeston](https://www.flickr.com/photos/cityofweston/)
-  **YouTube:** [CityofWeston](https://www.youtube.com/c/CityofWeston)



### HURRICANE SEASON IS JUNE 1<sup>ST</sup> – NOVEMBER 30<sup>TH</sup>

Be ready this hurricane season by making your plan now and picking up supplies throughout the season. Don't wait until a storm threatens our area. Follow our new Twitter alert [@WestonFLAlert](https://twitter.com/WestonFLAlert) to receive emergency notifications. Visit [Westonfl.org/Hurricane](http://Westonfl.org/Hurricane) or [Ready.gov](http://Ready.gov) for information on how to prepare your home and business. *Be Weston Ready this hurricane season!*

For City information regarding **Hurricane Irma** please visit the Weston website Homepage at <http://www.westonfl.org/Default.aspx>

THE  
CITY OF WESTON  
YOUR WORLD IS HERE