

Newsday TuesdaySM

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NEWS FROM THE CITY OF WESTON

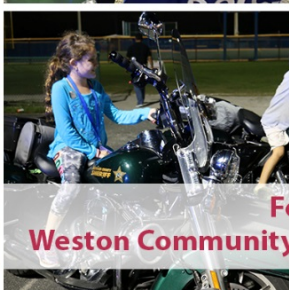
JANUARY 16, 2018

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FREE

Weston Winter Safety Expo



Friday, January 19, 2018
6:00 – 8:30 PM

Sponsored by the City of Weston and the
Broward Sheriff's Office

NEW LOCATION Tequesta Trace Park
600 Indian Trace

It will be snowing in Weston in January!!!

Join us for an entertaining, fun-filled and
educational evening which includes:

* Police, Fire and Rescue vehicles and
helicopters from multiple law enforcement
agencies; SWAT; Bomb Squad; FL Department
of Fish & Wildlife; FHP; Marine Patrol; Tactical
Rescue; Weston CERT and much more!

- * Music, Entertainment and Dancing
- * Kids Activities and Games
- * Winter Wonderland Photo Area
- * Ice Skating! (South Florida style)
- * Interactive Booths and Displays
- * Cookies and juice will be served

**For more information, please call the
Weston Community Center at 954-389-4321 or visit Westonfl.org/Events.**



DON'T MISS THE PUPPET SHOW THIS SATURDAY, JANUARY 20TH!

FREE Puppet Show featuring
The Tortoise and the Hare
by Bob Nathanson & Puppets to Go



SHOWTIMES:
1:30 PM & 3:00 PM

Weston Community Center
Inside Weston Regional Park
20200 Saddle Club Road



This Aesop's fable about a great race between a loveable tortoise and an arrogant hare expands on the moral that perseverance prevails!

Shows are best suited for children in Pre-K through 2nd grade.

Children must be accompanied by an adult.

Enjoying Last Year's Puppet Shows at the Community Center



Visit Westonfl.org/Events or call 954-389-4321.



WESTON MOONLIGHT MOVIES AT THE PARK
FEATURING
WONDER WOMAN

Saturday, January 20th | Showtime is 7:30 PM
Weston Regional Park, 20200 Saddle Club Road



An Amazon princess leaves her island home and journeys to the outside world, which is being consumed by a massive war. With the help of an American pilot, she works to put an end to the conflict. (Action / PG-13 / 141 min.)

Bring lawn chairs or blankets and relax... the movie is on us! The full-length feature film is projected onto a giant inflatable screen near the event stage. Bring your own food and beverages; however, alcohol is not permitted in the Park,

For more information, please call 954-389-4321 or visit WestonFL.org/Events.

For real-time event updates, follow us on Twitter at [@CityofWeston](https://twitter.com/CityofWeston).



IT'S TIME TO CELEBRATE THE ARTS

**ENJOY A FREE, FUN-FILLED AFTERNOON OF THE ARTS
AT WESTON TOWN CENTER**



Sunday, January 21st*
1 – 5 PM

Weston Town Center

Enjoy FREE admission

- Hands-on activities
- Live musical and dance performances
- Instrument “petting zoo”
- Graffiti Wall
- Open air art studio

**In case of a weather cancellation, the event will be held on Sunday, January 28th.*

Visit the Arts Council of Greater Weston online at 1Weston.com



This sixth annual event will highlight hands-on participation in the visual, performing and literary arts. The event is made possible by The Arts Council of Greater Weston, the City of Weston and Weston Town Center, in collaboration with Young at Art Museum. Activities for all ages,

including the popular 28 feet long Graffiti Wall on which everyone can express their artistic talents, an open-air art studio hosted by Young at Art and a musical “petting zoo” for budding musicians of all ages. Performances from local schools will be ongoing throughout the afternoon.

Free face painting, a balloon artist, and a caricature artist will be on site. High school clubs will offer a range of displays and participation activities.





FLU SHOT RECOMMENDED

Advice from the Florida Department of Health in Broward County

Where to Get the Flu Shot

The flu vaccine is offered in many convenient locations, including doctor's offices, clinics, retail stores, pharmacies, health centers and by many employers and schools.

Visit the health department's [flu shot locator](#) to search for a location near you.

Other Tips to Avoid the Spread of Influenza

Practice good hygiene by properly and frequently washing your hands to help prevent the spread of seasonal flu. Clean and disinfect commonly used surfaces in your home, school or office. Cover your cough or sneeze into a tissue or your elbow and avoiding touching your face.

For further information regarding Influenza in Florida, visit Floridahealth.gov/influenza

Health Department Recommends Flu Shots

As flu season is now in full swing, influenza activity has increased across the state. The Florida Department of Health in Broward County recommends that if you have not already gotten the flu vaccine to get it. It will still be effective to protect against infection and will also help prevent the spread of seasonal flu to others. Although most cases of flu are mild, there are exceptions.



The Health Department strongly encourages everyone 6 months and older, including pregnant women, to get vaccinated against the flu.

Groups at high risk for severe illness include children, pregnant women, those with underlying chronic conditions and people over the age of 65. The annual flu vaccine is safe and is the most effective way to protect yourself. It takes about two weeks after vaccination for your body to develop protection against the flu.





USPS ANNOUNCES NEW POSTAGE PRICES EFFECTIVE JANUARY 21, 2018

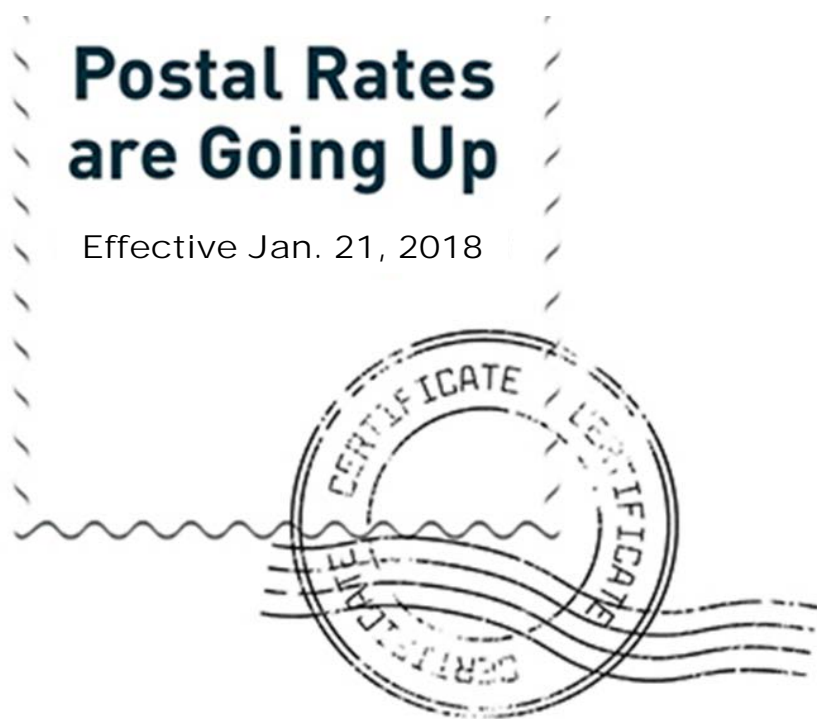
The United States Postal Service (USPS) announced rate changes to its shipping and mailing services that will go into effect on January 21, 2018.

Most notably, the 1-cent increase for both single-piece stamped, and metered letters will maintain the 3-cent discount mailers can expect to receive when they opt for metered mail over stamped mail.

Here are more details on the changes:

First-Class Mail Rate Changes

- First-Class Mail Stamped Letters (1 oz.): \$0.49 to \$0.50
- First-Class Mail Metered Letters (1 oz.): \$0.46 to \$0.47
- Domestic Postcards: \$0.34 to \$0.35
- First-Class Mail Flats (1 oz.): \$0.98 to \$1.00



**UNITED STATES
POSTAL SERVICE®**

***FOREVER Stamp Reminder:** Forever® stamps can always be used for First-Class® mail up to one ounce, regardless of the current one-ounce rate.

To visit website for additional mailing service increase, please visit the [USPS Official Press Release](#) or [Official Website](#).



HEALTHY LIVING TIP

The Key to Sticking to Your New Year's Resolution

The most difficult part about New Year's Resolutions is maintaining them throughout the year. The key to overcome this issue lies in replacing the food items you eliminate.

If you simply eliminate unhealthy foods, it can become frustrating to figure out what to eat. Replacing meals and foods with alternative options changes the perspective of healthy eating. It no longer feels like a chore, rather it naturally integrates into your lifestyle.

A balanced diet is what gives your body the nutrition it needs to function properly. In order to attain a truly balanced nutrition, it is important to receive the majority of your daily calories from fresh fruits and vegetables, whole grains, and lean proteins. Food assists the body's organs and tissues to work effectively. The effects of not eating healthy range from making your bodies prone to disease and infection to feeling fatigued.

Food Replacement Ideas:



Replace: Rice



With: Quinoa

Quinoa has 150% more fiber and 100% more protein than white rice.



Replace: Potato Chips



With: Air-Popped Popcorn

Air-popped popcorn has 9x less saturated fat and has 1/3 fewer calories per serving.



Replace: Sour Cream



With: Greek Yogurt

Sour cream has 2x the calories. Greek yogurt has nearly 3x the protein.



Replace: Chocolate Chips



With: Cacao Nibs

Cacao nibs have no sugar and over 5x the fiber of regular chocolate chips.



WAL 2017 SPRING BASEBALL REGISTRATION NOW EXTENDED UNTIL JAN 26th!



REGISTRATION OPEN!

WestonAthleticLeague.org



**Registration for the Spring Season (January – May)
closes after midnight on January 7, 2018.**

The Weston Athletic League is happy to announce that they have extended their Spring Baseball registration until January 26, 2018. If interested, register today at WestonAthleticLeague.org to reserve your spot. Registration includes league play, playoffs (16-18 games) and full uniforms. Opening Day is February 24th

Registrations completed and paid, after the registration close will be charged a \$25 Late Fee and be placed on a WAITING LIST and run the risk not being accepted for participation during the 2018 Spring Baseball Season.

ALL Registration closes after midnight on: Friday, January 26, 2018.

For additional information, visit website at WestonAthleticLeague.org



HAPPENINGS...

AT THE WESTON YMCA FAMILY CENTER

DEVELOPING STRONG LEADERS

LEADERSHIP SIMULCAST LIVE2LEAD COMING TO WESTON, FL

What is Live2Lead?

Is a leader development experience designed to equip you with new perspectives, practical tools and key takeaways. You will breathe new life into your leadership during this information packed day event.

Check out the following link to see a trailer of the event:

[Live to Lead Preview](#)

March 9th 2018

Morning and afternoon session

LIVE 2 LEAD

JOHN C. MAXWELL
Leadership Expert, *New York Times* Bestselling Author & Coach

DAVE RAMSEY
Personal Money-Management Expert, Bestselling Author

WARRICK DUNN
Former NFL Running Back, Partner of the Atlanta Falcons

CHERYL BACHELDER
Former CEO, Popeyes Louisiana Kitchen, Inc

Catered lunch and John Maxwell latest book "Discover the Leader within you" included

YMCA Members \$ 149
Non members \$ 199
Teen leaders \$ 99
Corporate table \$1,000



Weston YMCA Family Center
20201 Saddle Club Road
Weston, FL 33327
954 424 9622
ymcasouthflorida.org



UPCOMING CITY EVENTS AND PROGRAMS

Westonfl.org/Events



CITY COMMISSION MEETING

Tuesday*, January 16, 2018

7:00 PM

Weston City Hall, 17200, Royal Palm Boulevard

*This meeting is held on a Tuesday evening due to the Dr. Martin L. King, Jr. Holiday on Monday.



QUARTERLY RESIDENTIAL BULK TRASH PICKUP

The Quarterly Residential Bulk Trash Pickup will occur in January on your regularly scheduled garbage collection day as follows.

Single Family & Multi-family with curbside collection:

Wednesday, January 17; Thursday, January 18;

OR Friday, January 19

Multi-Family with dumpsters (“Containerized Service”):

Saturday, January 20

Place items out curbside by 7 a.m. on your regular garbage service day during the posted dates. 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, carpet 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.

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QUARTERLY RESIDENTIAL BULK TRASH PICKUP



- 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). For questions please call the City of Weston Public Works Services Center at 954-385-2600 or visit our website at www.westonfl.org/Departments/PublicWorks/BulkPickup



WESTON WINTER SAFETY EXPO – FREE!

Friday, January 19, 2018

6:00 – 8:30 PM

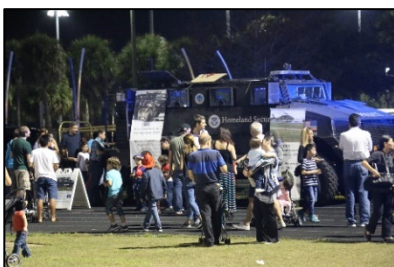
Tequesta Trace Park, 600 Indian Trace

Note new location

It will be snowing in Weston in January!!!

Join us for an entertaining, fun-filled and educational evening which includes:

- * BSO Police, Fire and Rescue Vehicles; helicopters; SWAT; Bomb Squad; FL Department of Fish & Wildlife; FHP; Marine Patrol; Tactical Rescue; Weston CERT & more!
- * Music, Entertainment and Dancing
- * Kids Activities and Games
- * Winter Wonderland Photo Area
- * Ice Skating! (South Florida style)





CONTINUED

WESTON WINTER SAFETY EXPO

- * Cookies and juice will be served
- * Interactive Booths and Displays

For more information, please call the Weston Community Center at 954-389-4321 or visit WestonFL.org/Events.



FREE PUPPET SHOW: The Tortoise and the Hare

Saturday, January 20, 2018 1:30 PM & 3:00 PM

Weston Community Center 20200 Saddle Club Rd.

Presented by Bob Nathanson and his Puppets

Televised coverage modernizes this Aesop's fable about a great race between a loveable tortoise and an arrogant hare. In addition to the moral that perseverance prevails, good nutrition and exercise are stressed. For information, please call 954-389-4321.

Shows are best suited for children ages Pre-K to 2nd grade. Children must be accompanied by an adult.



FREE MOONLIGHT MOVIE IN THE PARK

Saturday, January 20, 2018 7:30 PM

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

Featuring **Wonder Woman**

An Amazon princess leaves her island home and journeys to the outside world, which is being consumed by a massive war. With the help of an American pilot, she works to put an end to the conflict. (Action | PG-13 | 141 min.)

Bring lawn chairs or a blanket and relax...the movie is on us! Bring your own food and beverages; however, alcohol is not permitted in the park.



CELEBRATE THE ARTS DAY – FREE EVENT

Sunday, January 21, 2018*

1:00 PM – 5:00 PM

Weston Town Center

For the sixth year, The Arts Council of Greater Weston will host the annual Celebrate the Arts Day, which will highlight hands-on participation in the visual, performing, and literary arts.



This sixth annual event will highlight hands-on participation in the visual, performance and literary arts. Activities are offered for all ages to express artistic talents, including the popular 28-foot long Graffiti Wall, and an open-air art studio for painting and pottery hosted by Young at Art Museum. A musical “petting zoo” will let budding musicians try out a variety of instruments. Free face painting, a balloon artist, and a caricature artist will be on site. The high school clubs will offer a range of displays and participation activities.



**In case of cancellation due to inclement weather, the event will be rescheduled to January 28th.*

WESTON NIGHTS OUTDOOR CONCERT SERIES

Featuring: **BIG ROCK BAND**

Saturday, February 3, 2018

7:00 PM – 10:00 PM

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

An all-star cast of South Florida Musicians playing favorite classic rock hits!



Enjoy an evening of music under the stars – perfect for a date night or family fun night! **Food Trucks on Site!** Bring your own lawn chairs or blankets and come early to pick your perfect seating location. **Admission is FREE!** [Flyer](#)





CITY COMMISSION MEETING

Monday, February 5, 2018

7:00 PM

Weston City Hall, 17200, Royal Palm Boulevard

A regular meeting of the Weston City Commission will be held in the City Commission Chambers at City Hall.

WESTON COMMUNITY CPR DAY – FREE!

Saturday, February 10, 2018

10:00 AM – 2:00 PM

Weston Community Center, 20200 Saddle Club Rd

FAMILIES WELCOME. Ages 8 and up are invited to participate in our FREE Hands-Only CPR training event.

- A simplified form of CPR using only compressions and no breaths.
- Participants will receive instruction from BSO Fire Rescue and Cleveland Clinic Florida.
- For every minute without CPR, the chance of survival goes down 10%; Brain damage occurs in 4 minutes.

In one hour, you can learn life-saving instruction on CPR, how to operate an AED & the Heimlich maneuver.

No reservation required; just stop in between 10AM and 2PM. Cookies served.

A community needs to rely on one another.

A cardiac event or drowning can happen anytime.

Will you be ready to help?

Flyer

FREE MOONLIGHT MOVIE IN THE PARK

Saturday, February 10, 2018

7:30 PM

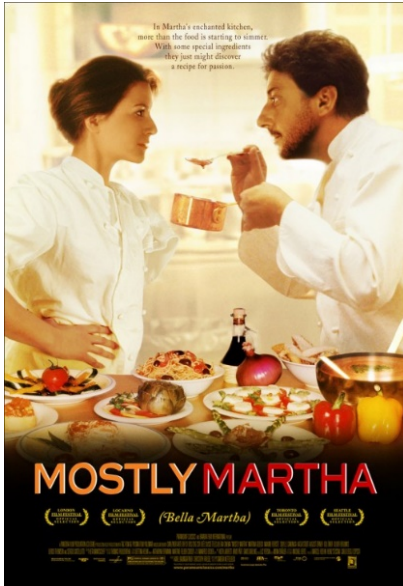
Weston Regional Park at Event Stage, 20200 Saddle Club Rd.

Featuring **LEGO Ninjago Movie**

High-school students moonlight as ninjas, and fight to defend their island of Ninjago. (Animated Adventure / PG / 90 min.)

Bring lawn chairs or a blanket and relax...the movie is on us! Bring your own food and beverages; however, alcohol is not permitted in the park.





WESTON FOREIGN FILM SERIES PRESENTS MOSTLY MARTHA (GERMANY)

Monday, February 12 2018

Showtimes: 4:45 PM and 7:30 PM

AMC Weston 8, 1338 SW 106 Avenue, Sunrise

Presented by the Arts Council of Greater Weston and the City of Weston

When a headstrong chef takes charge of her equally stubborn 8-year-old niece, the tensions between them mount... until an Italian sous-chef arrives to lighten the mood.

(German / 2001 / 109 minutes / PG) with English subtitles.

For more information, please visit 1weston.com or call 954-389-4321.

Ticket sales: Available at the Weston Community Center (checks only) and at the Friends Bookstore (cash/check) in the Weston Branch Library. Individual tickets (\$8) may be available at the door.



CITY HOLIDAY OBSERVANCE

Monday, February 19, 2018

All City administrative offices will be closed in observance of Presidents' Day.

City parks will be open; there is regular garbage collection.



CITY COMMISSION MEETING

Tuesday*, February 20, 2018

7:00 PM

Weston City Hall, 17200, Royal Palm Boulevard

*This meeting is held on a Tuesday evening due to the Presidents' Day Holiday on Monday.



MAGIC SHOW: MAGICIAN GARY MIDNIGHT

Saturday, February 24, 2018

1:30 PM & 3:00 PM

Weston Community Center 20200 Saddle Club Rd.

Magician Gary Midnight leaves audiences spellbound! Out of his magical mind come the most amazing feats all put together perfectly in his amazing show. For information, please call 954-389-4321.

Shows are for children of all ages. Children must be accompanied by an adult.



DALLAS BRASS IN CONCERT

Saturday, February 24, 2018

7:30 PM

Cypress Bay Theater, 18600 Vista Park Blvd., Weston

Dallas Brass is one of America's foremost musical ensembles. The group has a unique blend of traditional brass instruments and a full complement of drums and percussion. The Dallas Brass repertoire is varied and includes classical masterpieces, Dixieland, swing, Broadway, Hollywood, and patriotic music. Ideal audiences range from 5 to 95.

American Portraits brings the energy and precision of Dallas Brass with the powerful vocals of **Daniel Rodriguez** "America's Beloved Tenor" formerly known as the "The Singing Policeman" when he was with the New York City Police Department, for a unique and memorable experience for the entire family.

Presented by The City of Weston, in cooperation with the Weston Philharmonic Society. FREE PARKING.

Adults: \$20 in advance; \$30 at the door the night of the event

Students: \$10 in advance; \$15 at the door the night of the event



Tickets available at: The Weston Community Center, 20200 Saddle Club Road (check only); Mia of London Jewelers (Weston Commons Plaza), 4529 Weston Road, and Glamopolitan Beauty Lounge (Town Center), 1660 Market Street.



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

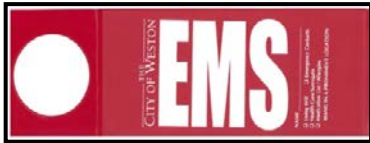
HOMEWATCH PROGRAM

Planning to go out of town? 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 and submit it 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



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

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.



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)

Click [here](#) to view an aerial overview of Weston...

YOUR WORLD IS HERE...

THE
CITY OF WESTON
YOUR WORLD IS HERE