

City of Miami Springs

# News Bulletin



The City of Miami Springs pays for the News Bulletin

**City Officials:**  
 Mayor Javier Garcia  
 Vice-Mayor Jaime Petralanda  
 Councilman Billy Bain  
 Councilman Bob Best  
 Councilman Roslyn Buckner

201 Westward Drive, Miami Springs, FL 33166 • City Hall: 305.805.5000 • Police: 305.888.9711 • Water/Sewer Emergencies: 305.274.9272 • Fire & Rescue: 911

NOVEMBER 2016

## IMPORTANT CALENDAR DATES

### Observed Holidays

**Monday, December 26, 2016 –**

Day after Christmas Day

### City Council Meetings

**Monday, December 12, 2016**

7:00 p.m.

City Council Regular Meeting

### RECYCLING:

**Wednesday, December 7**

**Wednesday, December 21**

## SPOTLIGHT ON ... Having an Earth-Friendly Holiday

It's the holiday season - the time when we create more throw away material than at any other time of the year. But just because we create it all doesn't mean we have to throw it all away! Using our curbside recycling program, we can make the holiday season the season of recycling. We can recycle gift boxes, Christmas trees, wrapping paper, cards, junk mail, magazines, catalogs, plastic, glass and aluminum beverage containers, and more!

### Did you know...?

- Americans throw away 25% more trash during the Thanksgiving to New Year's holiday season than any other time of year. This extra garbage amounts to 25 million tons of trash.

- If every family in the U.S. reused just 2 feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.

- If every family reduced their mailing list by just one card, the nation would save 50,000 cubic yards of paper. That's a lot of trees!

### How to have a "greener" holiday season:

- Going over the river and through the woods to Grandma's house for a holiday

dinner? Check your tire pressure to increase fuel economy. A reduction of one gallon of gasoline used by every U.S. household this holiday season would reduce greenhouse gas emissions by 1 million tons.

- Deck the halls...with energy and money saving LEDs, and a timer.

- Headed out to the mall for some holiday shopping? Bring your own reusable cloth shopping bags.

- Lay the foundation for a "green" holiday meal. Use a cloth tablecloth or a washable plastic tablecloth instead of purchasing single-use paper tablecloths and napkins.

- Send your holiday greetings in electronic form. E-cards can be enhanced with sound and animation and they create no physical waste.

- If you send holiday cards, buy recycled-content cards and envelopes. Or make your own cards or gift tags out of last year's cards and the wrapping paper you saved.

- Buy recycled-content wrapping paper. (Did you know that glittered, foiled or foiled-lined wrapping paper cannot be recycled?)

- Get off the list! Remove your name from the mailing list of any catalog you no longer wish to receive.

- Shipping a gift? Reuse the foam peanuts from another package.

- To accompany those personal electronics and talking furry friends: consider accompanying them with rechargeable batteries and a battery charger.

- Recycle your tree and wreath.
- Flatten and recycle gift boxes and shipping cartons.

**And lastly –** let's talk turkey: If you fry your holiday bird, don't pour that used cooking oil down the drain. Too often, grease and cooking oil are washed into the plumbing system, usually through the kitchen sink. It sticks to the inside of sewer pipes (both on your property and in the streets). Over time, the grease can build up and block the entire pipe causing costly damage. Sewer overflows and blockages can cause health hazards, damage home interiors, and threaten the environment. If the amount of cooking oil is small, carefully pour it into a strong sealable container such as a coffee can or an old plastic or glass jar and put it in the residential garbage collection. Take large amounts of cooking oil to the nearby West Dade Home Chemical Collection Center at 8831 NW 58th Street.

*Members of the Hibiscus Fine Arts Guild will be displaying their favorite paintings of fall and winter scenes during the annual "Holiday Art Exhibit" in our City Hall lobby. With the City Hall lobby decorated for the holiday season, it will be a very festive occasion.*

*You are cordially invited to meet the artists during a reception to be held on Monday, December 5th, 2016, between the hours of 6:30 and 8:30 p.m. If you are not able to attend the reception, you will be able to view the art exhibit during the months of December and January, Monday through Friday, between the hours of 8:00 a.m. and 4:45 p.m.*

*If you live or work in Miami Springs and you have a special contribution you would like to make for a future exhibit, please contact Carol Foster for information about exhibit requirements and scheduling. The telephone number is 305.805.5054.*

## ELDERLY SERVICES DEPT.

305.805.5160 • SENIOR CENTER, • 343 PAYNE DRIVE

**THE CITY OF MIAMI SPRINGS SENIOR CENTER**, located on Prince Field at 343 Payne Drive, offers a variety of activities and services to older residents age 60 and over. The city's senior center is open Monday through Friday from 9:00 a.m.–5:00 p.m. and provides older citizens with numerous opportunities to: improve their health by participating in the nutritionally balanced, daily lunch program, free nutritional counseling, and in health support screenings and activities; improve their knowledge through health, nutrition, and consumer education workshops and classes scheduled each month; obtain information and referral assistance to services available throughout the county; stay active by socializing with their peers, volunteering to help others and participating in recreational activities; and improve their use of leisure time.

Older citizens may also be eligible to utilize the center's transportation service or the home delivered meal program for those who cannot leave their homes without assistance.

In addition to these core service offerings, the following upcoming programs and educational presentations are scheduled:

**"KIDNEY HEALTH" --** A fun and interactive program presented by the American Diabetes Association and sponsored by DaVita regarding Kidney Health and upkeep is scheduled for 12:10 p.m. on November 30th. Learn about diabetes complications and how to prevent them as well as important information to keep up to date with your primary care physician and endocrinologist;

**"ALZHEIMERS' DISEASE" --** On December 7th at 12:15 p.m., Dr. Roselle and Ms. Claudia Moore, Research Assistant, will present information on the Wien Center for Alzheimer's Disease and Memory Disorders. Their comprehensive treatment can include referrals to medical specialists, as well as carefully supervised drug therapies and behavior management programs. Cognitive exercise interventions are also available to help patients maintain mental function, and clinical trials that investigate new treatment options aimed at slowing or delaying the symptoms of the disease may be available to qualified patients.

**"WAYS TO BEAT THE HOLIDAY BLUES" --** On December 8th at 12:15 p.m., Jacquelyn Gibson, Extension Agent IV, MS from the University of Florida's IFAS Extension Bureau will present valuable information on nutritional changes and other lifestyle adjustments that can be adopted to boost one's mood.

**"CRIME WATCH" PROGRAM --** Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will present the monthly Crime Watch Program at the senior center on December 13th 12:15 p.m. The Officers will inform attendees about current crimes being committed in the City and will provide tips on how to avoid becoming a victim.

**HOLIDAY MUSICAL ENTERTAINMENT –** On December 14th at 12 noon, the Xiques family will once again provide joyous musical entertainment to help everyone get in the Christmas spirit. Our sincere appreciation and heartfelt thanks is expressed to the Xiques family for their ongoing and steadfast support of our seniors!

**CHRISTMAS SHOW –** The children performers from the Pelican Players have been learning their lines and rehearsing "The Littlest Angel" and "The Twelve Days of a Florida Christmas" for a free Christmas Show just for our seniors. The performances are scheduled for 12:30 p.m. on December 20th at the Rebeca Sosa Theater in the Community Center.

Ana Barreto, Library Manager for the Miami Springs Branch Library, visited our seniors to inform them about resources available at our library.



**"HEALTHY EATING FOR THE HOLIDAYS" --** On December 21st at 12:15 p.m., Staywell, a Wellcare Company, will sponsor a presentation by Graciela Libin on healthy eating.

### Special health support and recreational activities are scheduled in December to include the following classes:

- TAI CHI for SENIORS --** Tai Chi exercises, designed for individuals age 60 and over, are taught by Judd Zisquit on Tuesdays and Thursdays, from 12:30–1:30 p.m. to seniors who register with the City's senior center. Classes are held at the Aquatic Center's Multi-Purpose Room and focus on improving joint flexibility, balance, muscular strength, and general fitness and health.

- CHAIR EXERCISE CLASSES,** instructed by Elizabeth King and free for registered seniors, are offered on Tuesdays and Thursdays from 10:30–11:00 a.m. at the Senior Center.

- CHAIR YOGA CLASSES** are offered free to local residents, age 60 and over, on Mondays and Wednesdays from 9:00–10:30 a.m. at the City's Senior Center. Registration with the City's Elderly Services Department is required.

- "LET'S DANCE" EXERCISE CLASSES,** free for registered seniors, are scheduled on Mondays and Wednesdays from 10:30–11:00 a.m. at the senior center facility. Registration is required.

- FLOOR YOGA CLASSES** are offered free to Springs' seniors, age 60 and over, on Tuesdays and Thursdays from 9:00–11:00 a.m. at the Curtiss Mansion. Students must pre-register.

- "CELEBRATION WORKOUT"** classes, designed to work on memory and physical fitness, are held every Friday morning from 9:00–11:00 a.m. at the City's Senior Center and are free to those age 60 and over who register with the City's Elderly Services Department.

Upcoming events also include: field trip to Wal-Mart (12/6); weekly Bingo games (12/5, 12/12, 12/19 and 12/26); the annual Christmas Party (12/13); musical entertainment by the Xiques Family (12/14); the monthly birthday and anniversary party (12/15); a Christmas show by the Pelican Players entitled "The Littlest Angel" and the "Twelve Days of Christmas" (12/20); and a Christmas luncheon, complete with apple pie (12/22)!

For further information, please contact the Elderly Services Department's office at (305) 805-5160.

## This Holiday Season

**SHOP**  
in Miami Springs.

**EAT** in Miami Springs.

**SPEND**  
in Miami Springs.

**SUPPORT** the local businesses who support the town in which we live, work and play.

## WELCOME

The City of Miami Springs welcomes the following new businesses to our City, and wishes them every success:

### Advance MDcare Inc.

294 Westward Drive  
medical professional

### Blue 71 Salon

393 N. Royal Poinciana Blvd.  
beauty shop

### Home Value Inc.

383 Westward Drive  
property inspections office

## POLICE DEPARTMENT

305.888.9711

### How to Keep From Becoming a Holiday Crime Victim

The holiday season is a time when people can become careless and vulnerable to theft and other holiday crimes. People are often in a rush buying gifts, decorating their homes, visiting friends or traveling. There is a big increase in the amount of people that are out and about shopping at the malls and grocery stores, packing the parking lots, and waiting in lines at ATM machines.

Many stores extend hours late into the night. People head to the stores after work, then at closing time, you see them emerging with the dazed eyes of sleepwalkers. Amazingly, then the mall parking lots empty out in record time and within minutes become deserted. Without fail, there are always a handful of people wandering the lots alone, looking for where they parked their cars or digging through handfuls of shopping bags searching for their lost car keys.

To normal, law-abiding people, all of this kind of holiday hoopla and pressure is just part of the festive mood of the season. Don't let your holidays be ruined by becoming the victim of a crime. Unfortunately, not everyone out there has a peace-on-earth-goodwill-toward-men attitude at this time of year.

**The Miami Springs Police Department would like to offer the following tips to help you be more careful, prepared and aware during the holiday season.**

- Try to shop during the day, but if you do shop at night, do not do it alone.
- Dress casually and comfortably.
- Avoid wearing expensive jewelry.
- Do not carry a purse or wallet, if possible. Consider bringing a security travel pouch instead.
- Always carry your driver's license or identification along with necessary cash, checks and/or a credit card you expect to use.
- Recognize when you are rushed, distracted and stressed out, and stay alert to what is going on around you.



- Avoid carrying large amounts of cash.
- Pay for purchases with a check or credit card when possible.
- Keep cash in your front pocket.
- If you discover that a credit card is missing, notify the credit card company as soon as possible. Don't assume that you misplaced it and will find it later.
- Keep a record of all of your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, terminals, bus stops, on buses and other rapid transit.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion if you are approached.
- Beware of strangers approaching you for any reason. At this time of year, con-artists may try various methods of distracting you, including working in teams, with the intention of taking your money or belongings.
- Do not approach your car alone if there are suspicious people in the area.
- Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must leave something in the car, lock it in the trunk or put it out of sight.
- The most important key to using your ATM card safely is to be observant and look around for any suspicious persons or activity near the ATM machine. If you see anything that looks suspicious, go to another machine or return later.

## BUILDING & CODE COMPLIANCE DEPT.

305.805.5030

### Hurricane Season and the Election are over!!!

We have many reasons to be thankful this Thanksgiving Day; we had no serious hurricane damages in our area, and we survived a crazy election year. Since the end of hurricane season is over, it's time to remove all hurricane protection devices, let the sunshine in and enjoy some cool fresh air. Also, all political signs need to be removed from all properties to make room for some holiday decorations.

City code mandates that all hurricane protection devices be removed promptly after a hurricane warning and or hurricane season in order to provide an egress in the event of an emergency. Effective December 2016 we will be performing a City Sweep to ensure that all hurricane protection devices and political signs have been removed.

The Code Compliance Department wishes all our residents, business owners and visitors a Happy Thanksgiving Day.

#### Sec. 93-13. Maintenance of property by owner.

(C) Accordion shutters, window awnings, hurricane panels, plywood sheets, and other forms of storm protection devices that are utilized for the protection of windows and doors in anticipation of impending hurricanes and other storm systems may be closed, lowered, placed or installed no sooner than five (5) days prior to the time that the hurricane or storm system is anticipated to reach the City. However, upon proper notification to the Police Department that the property will be vacant for

a specified period of time, the aforesaid storm protection devices may be closed, lowered, placed or installed for no longer than ninety (90) days during any calendar year. **Following the passage of the hurricane or storm system, and the return of the City to normal weather conditions, all Accordion shutters, window awnings, hurricane panels, plywood sheets, and other forms of storm protection devices shall be opened, raised or removed within thirty (30) days thereof.** Any failure to comply with the foregoing shall be considered a violation of Section (A) above and enforced in accordance with the City's established Code enforcement procedures. It is the established policy of the City that the storm protection devices specified herein shall not be used as a method or means of providing security or crime prevention while the premises are being occupied.

#### Sec. 150-029. Political and election sign regulations.

(D) Violations and enforcement.

(1) Each political candidate or sponsoring organization is responsible for each sign posted or displayed on behalf of said candidate or ballot issue regardless of who may have authorized or actually performed the act of posting and display.

(2) Each and every sign posted or displayed on behalf of any candidate or ballot issue shall be removed **within ten calendar days following the determination of the election for which the candidate's or ballot issues' signs was posted and displayed.**

## PARKS & RECREATION DEPT.

305.805.5075/76 1401 WESTWARD DRIVE  
FOLLOW US ON TWITTER @MIAMISPRINGSREC

#### FACILITY RENTAL:

The Multi-Purpose Room is available for rentals. The 10x10 Pavilions at Prince Field are available for rentals. The 20x20 Pavilion at Stafford Park is available for rental.

Contact the Main Office at the Community Center for availability & pricing. 305.805.5075

#### SPECIAL CLOSING

**Prince Field** The Athletic Field will be CLOSED until Mid-January for Field Renovation. The tot-lot will remain OPEN.

#### Open Gym Basketball Hours:

##### Monday – Friday

12:00 p.m. – 5:00 p.m.: 18 & Over \$4

##### Saturday:

7:00 a.m. – 8:30 p.m.: 17 & Under Free, 18 & Over \$4

##### Sunday:

9:00 a.m. – 7:00 p.m.: 17 & under Free 18 & over \$4

#### Open Gym Volleyball:

##### Friday Evening:

6:00 p.m. – 9:30 p.m.: 17 & under Free 18 & over \$4

#### FITNESS:

##### Fitness Room & Jogging Track Hours:

Monday – Friday 6:00 a.m. – 9:30 p.m., Saturday 7:00 a.m. – 8:30 p.m. & Sunday 9:00 a.m. – 7:00 p.m.

#### Fitness Room Memberships:

Adults: 18 & over \$150.00  
Senior: 60 & over \$75.00  
Youth: 13 – 17, \$150.00 (must be accompanied by a PARENT)  
Family of 2: \$188.00  
Family of 3: \$263.00  
Additional family members \$75.00\*  
\*Immediate Family Members ONLY  
Seniors 60 & Over  
Use of the Fitness Room is FREE, Monday – Friday, 9:00 a.m. – 12:00 p.m.

Participants must fill out the registration form at the Main Office of the Community Center

#### GET FIT PROGRAM:

THIS IS A TWICE-WEEKLY PROGRAM WITH HIGHLY-EXPERIENCED COACHES / TRAINERS, TRAINING ATHLETES FOR TOP-NOTCH STRENGTH, FLEXIBILITY, SPEED, BALANCE, CARDIOVASCULAR AND RESPIRATORY ENDURANCE, CONDITIONING AND COORDINATION DESIGNED TO HELP KIDS REACH PEAK FITNESS AND PERFORMANCE!

This fitness program is for kids of all fitness levels and backgrounds between the ages of 11 – 15 years old. The Get Fit Program will be held on Tuesday & Thursday evenings.

The cost is \$50 per participant for 8 classes and SPACE is LIMITED.

Registration is ongoing at the Community Center.

#### JAZZERCISE:

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt tone and lengthen muscles for maximum fat burn.

Monday through Thursday: 6:00 p.m.

Saturday: 10:00 a.m.

**Jr. Jazzercise:** is a fitness class for girls ages 5-11. The format combines dance and aerobics with group games & special activities to make the class fun and challenging.

Tuesday & Thursday: 5:15 p.m. – 6:15 p.m.

For information visit [jazzercise.com](http://jazzercise.com) or call 305-888-7625

#### AQUATICS:

**Effective November 21st** the Aquatic Center will be CLOSING DOWN for Maintenance. The Multiple Purpose Room will still be available for rentals

#### Rentals:

The Miami Springs Aquatic Facility offers public and private rentals for residents & non-residents. If you are hoping to get out of the sun while at the pool you may be interested in a 12x12 umbrella rental or 16x16 shaded areas. There is a Multi-Purpose room available for rent that we hope will meet all your party needs.

For detailed rental information and pricing please call the Miami Springs Aquatic Center at 305-805-5078 or visit <http://www.miamisprings-fl.gov/parksandrecreation/aquatic-facility-rental-information>

#### SPECIAL EVENTS:

##### Christmas at the Gazebo

Saturday, December 3rd

6pm - 8pm

Tree Lighting Ceremony

Pictures with Santa for City of Miami Springs & Virginia Gardens RESIDENTS ONLY (proof of residency required) NO BRACELETS REQUIRED, bring your own camera.

##### Saturday, December 10th

The parade will begin at 5:45pm in front of City Hall and will drop Santa off at the Circle. The fun on the circle will be from 6:00pm – 9:00pm. Be sure to bring your wish list to give to Santa and your camera to have your picture taken with Santa too! Mark your calendar; you don't want to miss out on another festive year of cheer.

I.D. Bracelets for Miami Springs and Virginia Gardens RESIDENTS (with proof of residency) will be available at the Community Center beginning Monday, November 7th.

ALL children 13 & under are REQUIRED to have a BRACELET. Bracelets are \$5 per child.

ID Bracelets for Non- Residents will be available at the Community Center beginning on Monday, November 28th ALL AGES \$10

For more information please call 305-805-5075

## HUMAN RESOURCES DEPT. 305.805.5009



#### DECEMBER BIRTHDAYS:

Happy Birthday and Best Wishes to the following City employees:

Carlos Sanchez	Claire Gurney	Theresa Michael
Daniel Fried	Jeffrey Clark	Laurie Bland
Caitlin Smith	Jeffrey Collins	Juan Garcia
Roberto Gonzalez	Karen Rosson	

#### Recognizing long term employees:

The following employee had their anniversary date in November

Darryl M. Cates & Robert Barrios	completed 18 years of service.
Allene M. Paz	completed 17 years of service.
Claire E. Gurney & Jorge Capote	completed 15 years of service.
Albert Sandoval & Frank Perez	completed 14 years of service.
Jorge L. Fonseca	completed 12 years of service.

**Thank you for your loyal service to the City of Miami Springs.**

# DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 CITY COUNCIL MEETING: 7:00 P.M.	13	14	15	16	17
18	19	20	21	22	23	24
25	26 DAY AFTER CHRISTMAS! CITY HALL CLOSED!	27	28	29	30	