

City of Miami Springs

News Bulletin



The City of Miami Springs pays for the News Bulletin

City Officials:
Mayor Xavier Garcia
Vice-Mayor George Lob

Councilman Michael Windrem
Councilman Billy Bain
Councilman Jaime Petralanda

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

AUGUST 2014

IMPORTANT CALENDAR DATES

MONDAY, SEPTEMBER 1, 2014

**LABOR DAY HOLIDAY
CITY HALL CLOSED!**

TUES., SEPTEMBER 2, 2014, 6:30 P.M.

**CITY COUNCIL
WORKSHOP MEETING**

MON., SEPTEMBER 8, 2014, 7:00 P.M.

**CITY COUNCIL REGULAR
MEETING AND FIRST BUDGET
PUBLIC HEARING.**

MON., SEPTEMBER 22, 2014, 7:00 P.M.

**CITY COUNCIL REGULAR
MEETING AND SECOND AND FINAL
BUDGET PUBLIC HEARING**

RECYCLING:

WEDNESDAY, SEPTEMBER 3RD
WEDNESDAY, SEPTEMBER 17TH

SPOTLIGHT ON ... Recycling

We're not talking trash this month. We're talking SINGLE STREAM RECYCLING! Help save our environment, energy and reduce greenhouse gas emissions by participating. Here are a few points to refresh your knowledge about our bi-weekly curbside recycling program.

The following can be placed in the recycling cart (rinsed if necessary):

- Only narrow-neck plastic containers MARKED ♻️ or ♻️ (ex. milk, soda, shampoo) FLATTEN AND REPLACE CAP
- Paper products and cardboard (flatten boxes)
- Aseptic polycoated containers (ex. milk cartons, juice boxes)
- Glass (ex. clear, brown or green food and beverage bottles and jars)
- Metal (ex. aluminum/steel food and beverage container)

Do NOT place in the cart:

- Garbage or trash
- Batteries
- Non-food glass items (ex. window glass, light bulbs, bakeware)
- Plastic bags, foam, trays, microwave trays, and containers
- Paint or chemicals
- Coat hangers
- Small appliances or electronic accessories



Place recycling carts close to the curb and with wheels towards the house.

- (ex. toasters, CDs, PCs, cell phones)
- Empty oxygen or propane tanks

The trucks will not pick up your cart if:

- It contains non-recyclable material
- There are items placed on top of or next to it
- It's overfilled or the lid is not closed
- It's placed more than 3 feet from the curb
- The wheels are not facing your home

If your waste or recycling cart is damaged in the collection process, call 3-1-1 and Miami-Dade County will repair or replace your

cart free of charge. If the cart is damaged due to neglect or abuse you will be responsible for purchasing a replacement cart.

If your cart is stolen, call MSPD (non-emergency number) and obtain a case number. Contact 3-1-1 with the police case number, and a replacement cart will be delivered to you at no charge.

For much more detailed information about our recycling program, and to sign up to receive email alerts the night before your pick up, you may visit <http://www.miamidade.gov/publicworks/residential-recycling.asp>

WELCOME

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

Accounting Services International
190 Westward Drive
Accounting Services

Isaac Charter School
301 Westward Drive
School

Miami Springs Learning Center
200 Canal Street
School

ELDERLY SERVICES DEPT.

305.805.5160 Senior Center,
343 Payne Drive

SENIOR CENTER NEWS

The Miami Springs Senior Center, located on Prince Field at 343 Payne Drive, offers a variety of activities and services to older residents every Monday through Friday from 9:00 a.m.--5:00 p.m. Current financial and programmatic support comes from: the City of Miami Springs; the Alliance for Aging, Inc. and the Florida Department of Elder Affairs; the Village of Virginia Gardens; the Miami Springs Adult & Community School; participant donations; local business organizations, civic groups and countless volunteers. Residents of Miami Springs, age 60 and over, are eligible to participate in a variety of services and activities offered at the City's senior center.

CONGREGATE MEALS: Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

HEALTH SUPPORT ACTIVITIES:

Beginning in September, the following classes are provided through a partnership with the Miami Springs Adult & Community School and will be instructed by Natasha Salmon-Cogno, Yoga Instructor and Personal Trainer:

- **Free CHAIR YOGA CLASSES** are offered to local residents, age 60 and over, on Mondays, Wednesdays and Fridays from 9:00–10:30 a.m. at the City's Senior Center. Enrollment is limited to 40 and all participants must complete senior center and school enrollment forms.

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

- **Free WEIGHT TRAINING CLASSES** meet on Tuesdays and Thursdays from 9:00–9:30 a.m. at the Curtiss Mansion. Participants must pre-register.

- **FLOOR YOGA CLASSES** are offered free to seniors, age 60 and over, on Tuesdays and Thursdays from 9:30–11:00 a.m. at the Curtiss Mansion. All students must complete senior center and school enrollment forms.

- **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to area grocery stores and assistance is given with shopping and carrying packages. Field trips to local stores, malls or other places of interest are scheduled each month.

- **RECREATION:** Social and recreational events planned at the senior center for September include: weekly Bingo games (9/2, 9/8, 9/15, 9/22 and 9/29); a Silent Auction sponsored by the Miami Springs/Virginia Gardens Senior Citizens' Club and a business meeting (9/3); the monthly birthday & anniversary party (9/18); and a field trip to Wal-Mart (9/11).

- **HEALTH SUPPORT & EDUCATIONAL PROGRAMS:** Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations and businesses. To date, the following topics are scheduled for September:



Registration is now open for our school-year fitness program for seniors. If you are interested in joining our classes, please visit us or call the Senior Center at 305.805.5160. The program includes chair yoga and dance on Mondays, Wednesdays and Fridays at the Senior Center. Floor yoga and weight training is offered on Tuesdays and Thursdays at the Curtiss Mansion. Classes are taught by Natasha Salmon Cogno, yoga instructor and personal trainer. Call for the times scheduled. Paperwork is required.

- **"MANAGE YOUR DIABETES"** -- On September 10th at 12:15 p.m., Vitas Innovative Hospice and the Alliance for Aging, Inc. will sponsor a presentation on how one should care for their Diabetes to have more energy, to feel better and have less health problems caused by this disease.

- **"NATIONAL MEDICARE EDUCATION WEEK PRESENTATION"** – United Healthcare will sponsor a Medicare Education Event at the City's Senior Center on Wednesday, September 17th at 12 noon. This will be one of only two events scheduled for Miami-Dade County. Participants will discover the basics of Medicare, get insights on how delaying retirement impacts your Medicare coverage, learn the difference between types of Medicare plans, get tips for saving money on Medicare coverage and get answers to their questions.

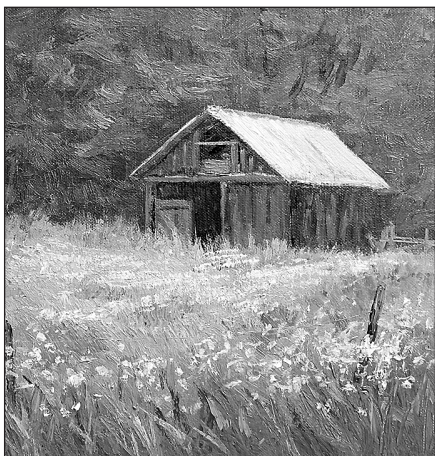
- **FREE BLOOD PRESSURE SCREENING** -- On September 24th from 10:00–12 noon, Registered Nurses from the Miami-Dade Health Department will provide a free screening to test for hypertension and will offer individual counseling to participants regarding their blood pressure.

- **"CRIME WATCH" PROGRAM** – Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on September 30th at 12:15 p.m.. They will provide information on recent local criminal activity and instruct attendees on how to avoid becoming a victim.

- **"SILVER SURFERS"** – FREE Basic and Intermediate Level Computer and Internet training courses are offered at the senior center throughout the year. Sponsored by S.T.E.P.S. in the Right Direction, Inc. and the Alliance for Aging, Inc., these 5-week courses are offered in both English and Spanish. Classes meet on Tuesday mornings from 9:30–11:30 a.m., as scheduled. To learn more about upcoming courses and to register, call 305.805.5160.

For further information on any of the services, activities, or special programs offered, or to volunteer your time, talent or expertise, please contact us.

Art in City Hall



Field of Sunshine, Linda Apriletti, oil on canvas

The work of Miami Springs native Linda Apriletti will continue to be featured for the "Art in City Hall" exhibit during the first part of the month of September. On display are new plein air and studio landscape paintings of Florida and North Carolina.

For the latter part of the month, large format Everglades photographs by Clyde Butcher from the City collection will be on display. The public may view the art exhibit weekdays in the lobby between 8:00 am and 4:45 pm.

If you live or work in Miami Springs and feel you have a special contribution to make for a future exhibit, please contact Barbara Robinson in the City Manager's Office for information about exhibit requirements and scheduling. The telephone number is (305) 805-5010.

POLICE DEPARTMENT
305.888.9711



Parents and Caregivers: Leaving Kids Alone in Hot Cars - Know the Risks and Consequences

Risks

- In 10 minutes, a car's interior temperature can heat up 20 degrees Fahrenheit.
- Cracking a window does little to keep the car cool.
- With temperatures in the 60s, your car can heat up to well above 110 degrees.
- A child's body temperature can rise up to five times faster than an adult's.
- Heatstroke can happen when the temperature is as low as 57 degrees outside!
- A child dies when his/her temperature reaches 107.

Consequences

- The heat-related death of a child
- Felony, depending on the state, if bodily harm results from leaving kids alone in a hot car
- **Note:** The age of children who can be left unattended in a vehicle varies from state to state, as does the duration of time a child can be left alone in a car.

Prevention Tips to Avoid a Tragic Heatstroke

- Never leave a child alone in a car.
- Don't let your kids play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Keep a large teddy bear or other stuffed animal in the car seat when it's empty. Move the teddy bear to the front seat when you

place the child in the seat as a visual reminder.

- Place a note on your steering wheel, or key ring as a reminder.
- If you are dropping your children off at childcare, but normally your spouse or partner drops them off, have your spouse or partner call you to make sure they were not left in the car.
- Become vigilant about looking in the vehicle before locking the door. Always look front and back before walking away – always!

BYSTANDERS

- If you see a young child locked in a parked car for more than 5 minutes:
 - First make sure the child is okay and responsive. If not, call 911 immediately.
 - If the child appears okay, you should attempt to locate the parents; or have the facility's security or management page the car owner over the PA system.
 - If there is someone with you, one person should actively search for the parent while the other waits at the car.
 - If the child is not responsive and appears in great distress, attempt to get into the car to assist the child, even if that means breaking a window.
 - If the child is in distress due to heat, get the child out of the car as quickly as possible. Cool the child rapidly (not in an ice bath) by spraying the child with cool water.

DON'T BE AFRAID TO ACT

States have "Good Samaritan" laws that protect people from lawsuits for getting involved while helping a person in an emergency.

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.
Contact the main office at the Community Center for availability & pricing. 305.805.5075

SCHOOL HOLIDAY PROGRAM

Registration for our School Holiday Program is will begin on Monday, August 4th. The registration fee is \$35.00, unless registered for ASC; cost is \$20.00 per day. SHP is available for: Teachers Work Days, Christmas Holiday & Spring Break from 7:00a.m. – 6:00p.m.

GYMNASIUM:

Open Gym Basketball Hours:
Monday – Friday: 12:00 p.m. – 3 p.m.: Open Gym, 18 & Over \$4
3:00 p.m. – 5:30 p.m.: Open Gym, 17 & under ONLY, Free
Monday – Thursday: 6:00 p.m. – 9:30 p.m.: Open Gym, 17 & Under Free, 18 & Over \$4

Open Gym Volleyball: is offered every Friday night from 6:30 p.m. – 9:30 p.m. 18 & over \$4.00, 17 & under are free.

Walking Club: Register Now! Members will be rewarded for miles completed. We'll not only walk on the Indoor Jogging/Walking Track in our Gymnasium, we'll also do different trails located throughout the Miami Springs area. For additional information, contact Caitlin Smith.

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 are NOW AVAILABLE:

- 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

YOGA: YOGA is held Monday and Wednesday evenings from 7:15 p.m.-8:15 p.m. and Saturday mornings at 8:45 a.m. The cost is \$95.00 for an 8 week session. Please call the Miami Springs Community Center for more information.

We are now offering a Saturday drop in YOGA class. The cost per class is \$5.00 and starts at 8:45 a.m.

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 and a



Congratulations to the 35 & Over Men's League Champions, the White Team!

field trip one Saturday a session. The cost is \$50 per participant and SPACE is LIMITED. Registration is open now 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: 5:00 p.m.
For information visit jazzercise.com or call 305.888.7625

AQUATICS:

Pool Hours: Monday-Friday: Lap Swimming 11:00 a.m. – 1:00 p.m., Open Swim 3:00 p.m. – 8:00 p.m.

Saturday & Sunday: 10:30 a.m. – 7:00 p.m., weather permitting

Swimming Lessons: With certified American Red Cross Instructors, and an outstanding facility, the Miami Springs Aquatic Center welcomes all children, ages six months and up, to join our American Red Cross Learn-to-Swim program.

Sessions run every two weeks and swim classes are offered year round. Our prices are \$45.00 per session and we offer various types of classes.

Class Times: 6:00 p.m., 7:00 p.m.
Water Aerobics: Wednesday and Friday: 11:00 a.m. -12:00 p.m.

Tuesday and Thursday: 6:00 p.m. - 7:00 p.m.
Cost: \$40.00 for 8 classes, per participant

Pool Memberships are NOW AVAILABLE:

- Adults: 18 & over \$80.00
- Child: 17 & under \$40.00
- Senior: 60 & over \$40.00



Follow us on Twitter:
@MiamiSpringsFL

BUILDING & CODE COMPLIANCE DEPT.
305.805.5030

CODE SWEEPS

The City Code Compliance Department tries to routinely sweep the City for various Code violations. These sweeps constitute a drive through every street in the City checking for specific Code violations.

During the month of September we will be checking for violations of the new Commercial Vehicle Code in the single family zones. The new Section 150-015 of the Code states:

Approved Parking - All cars, trucks, vans, or sport utility vehicles that do not exceed 10,000 pounds of gross vehicle weight, 22 feet in length, and 8 feet in height may park in any approved parking location in any single family residential zoning district of the City.

(1) The following vehicles shall be prohibited from parking in the single family residential zoning districts of the City:

(a) The following vehicles are prohibited from parking in the single family residential zoning districts of the City, except for qualified daytime and visitation parking as previously provided in this Ordinance, to wit:

- (1) Box trucks
- (2) Equipment carriers
- (3) Trailers/tow trucks

- (4) Lunch/food trucks
- (5) Materials/supplies carriers
- (6) Commercial transport vans
- (7) Buses
- (8) Tractor trailers
- (9) Glass/mirror trucks
- (10) Other vehicles clearly designed for commercial use of carriage.
- (11) Other vehicles that present health, safety, or welfare hazards to the City.

(b) Notwithstanding any City policy, provision, custom, or code section to the contrary, none of the specifically identified vehicles in Section 2(a) above shall be eligible to seek parking approval by variance or any other means.

Therefore, in addition to the specific vehicles listed above, all vehicles over 10,000 pounds in Gross Vehicle Weight or over 22 feet in length or 8 feet in height are considered commercial vehicles and shall be prohibited from parking in the single family residential zones of the City, under the specific terms of the Code. For a full copy of the Code, please visit our web site at <http://www.miamisprings-fl.gov> and go to the Building Department Home Page.

HUMAN RESOURCES DEPT. 305.805.5009



SEPTEMBER BIRTHDAYS:

Happy Birthday and Best Wishes to the following City employees:

- Jeanne Malden
- Barbara Robinson
- Alicia Gonzalez
- David Olivas
- Lazaro Garaboa
- Cheryl Mulet
- Tulio Garcia Sr.

Recognizing long term employees:

The following employees had their anniversary date in July

Thomas D. Kelly	completed 27 years of service.
Armando Dominguez	completed 21 years of service.
Noel F. Acosta, Erik M. Estok, and Antonio R. Pérez	completed 11 years of service.

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

SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY! CITY HALL CLOSED!	2 CITY COUNCIL WORKSHOP MEETING: 6:30 P.M.	3 CURBSIDE RECYCLING	4	5	6
7	8 CITY COUNCIL MEETING: 7:00 P.M.	9	10 BOARD OF PARKS AND PARKWAYS: 7:00 P.M.	11	12	13
14	15	16 EDUCATION ADVISORY BOARD: 6:30 P.M.	17 CURBSIDE RECYCLING	18	19	20
21	22 CITY COUNCIL MEETING: 7:00 P.M.	23	24	25 CODE REVIEW BOARD: 7:00 P.M.	26	27
28	29	30			CITY OF MIAMI SPRINGS	CITY CLERK'S OFFICE