



News Bulletin



City Officials:

- Mayor Billy Bain
- Vice-Mayor Bob Best
- Councilwoman Mara Zapata
- Councilwoman Maria Puentes Mitchell
- Councilman Jaime Petralanda
- City Manager William Alonso
- Police Chief Armando Guzman

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

JULY 2017

In the Spotlight

Summertime Highlights, vol. 2

Did you know that the perfect time to change your diet and eating habits is during the summer? Last month's issue featured expert suggestions on how to avoid dehydration and skin sensitivities during summertime months. And while the warm sun continues to glisten and brighten our days, eating the right foods will assist in re-gaining that energy that heat typically drains from our bodies due to longer and warmer days. The richness of fresh and delicious whole foods, specifically healthy greens and fruits, will help you re-activate your body in a healthy way. Mark Hayman, MD, a writer for Huffington Post states, "It's easy to eat fresh, locally grown food when fruits and vegetables are as abundant and available as they are during the summer months and when food is more available, it's more affordable." Some local favorites and nutrient packed foods include: tomatoes, zucchini, watermelon, oranges, and yogurt.

According to Women's Health, tomatoes are filled with antioxidants and Vitamin C, and contain phytochemicals such as lycopene, which contribute in the fight against chronic diseases—especially cancer. Zucchini, which is part of the summer squash family, contains a fiber called pectin, which is linked to increasing heart health and lowering cholesterol. Zucchini has zero fat and cholesterol, and contains 35% of your daily-recommended intake of vitamin C.

As its name suggests, watermelon is over 90% water which helps with hydration during summertime months and contains cancer-fighting lycopene.

Oranges are rich in potassium, a nutrient that's crucial

in the summer. "You lose potassium through sweat, which puts you at risk for muscle cramps," says Erin Palinski, RD, CDE, LDN, CPT. Lastly, yogurt is protein packed and portion-controlled, which makes it perfect for a mid-day snack by the water.

A perfect summer meal: Shrimp cocktail, fresh iced-tea, and chicken kabobs!

Shrimp cocktail is the perfect appetizer at a party. According to Health.com, shrimp is high in protein and low in calories. Plus, they can provide about 14% of your daily-recommended iron intake. Tea has zero calories, loads of antioxidants, and can even help you lose weight. Grilled chicken kabobs are easy to throw on the barbecue and are packed with protein but low in calories, fat, and carbs. When you add veggies (like zucchini, bell peppers, and squash) to your skewer, you'll add delicious flavors and loads of antioxidants.



Positive changes are actively underway throughout the City of Miami Springs! The City invites you to follow their social media campaign for updates on the City's progress of projects, beautification, and much more.

#progressinmiamisprings

The City of Miami Springs supports local business. Local organizations will be featured monthly to fit within the three categories "eat, shop, play, In your Hometown."

#foundinmiamisprings



IMPORTANT CALENDAR DATES

City Council Meetings:

City Council Special Meetings

- Monday, August 7, 2017 at 7 P.M. at City Hall
- Monday, August 21, 2017 at 7 P.M. at City Hall

City Council Regular Meetings

- Monday, August 14, 2017 at 7 P.M. at City Hall
- Monday, August 28, 2017 at 7 P.M. at City Hall

Special Dates:

VOICE YOUR VIEWS!

Congressman Diaz-Balart's Office

Visits to City Hall

- Every third Wednesday of every month: 1 1 A.M. to 12 P.M. • Wed., August 16 at City Hall
- Question & Answer session for residents!

SCHOOL BOARD OFFICE

AT CITY HALL

School Board Member Susy Castillo's

Satellite Office Visits to City Hall

- Aug. 16, 2017 – 12:00 P.M. to 4:00 P.M.

FREE NOTARY SERVICE

The Office of the City Clerk offers free notary services to residents of Miami Springs and Virginia Gardens with a valid ID.

Monday - Friday, 8:00 a.m. - 4:45 p.m.

Don't Miss:

Driver's License & ID Card Services

- Every third Wednesday of every month: 9:30 A.M. to 2:30 P.M.

Wed., Aug. 16 at Miami Springs Senior Center
Wed., Sept. 20 at Miami Springs Community Center

Recycling Dates:

- Wednesday, August 7, 2017
- Wednesday August 21, 2017

POLICE DEPARTMENT

305.888.9711

Rules for driving golf carts in Florida

The Miami Springs Police Department would like to remind the owners of golf carts that they are not toys, they are motor vehicles. The State of Florida has laws in place that govern the operation and use of golf carts and Low Speed Vehicles (LSV). It is the responsibility of the vehicle operators to understand and obey the laws that pertain to them.

The use of golf carts on the streets of Miami Springs is prohibited unless they are being used at the Miami Springs Golf and Country Club. In order for a golf cart to be operated on the streets of Miami Springs, it must be deemed an LSV. Neither a golf cart nor an LSV are allowed to be driven on a sidewalk in Miami Springs.

Vehicle Definitions and Requirements

- A golf cart is defined as a motor vehicle that is designed for operation on a golf course or for sporting or recreation and is not capable of exceeding 20 mph.
- Per F.S.S. 316.2122, an LSV is defined as a four wheeled vehicle whose top speed is greater than 20 mph, but less than 25 mph.
- An LSV may only be operated on roadways where the speed limit is 35 mph or less.
- The operator of an LSV must be a licensed driver.
- An LSV must have a registered license plate and be insured, F.S.S. 320.02.
- Also per F.S.S 316.3122, an LSV must be equipped with the following safety equipment: Seat belts, a windshield, rear view mirror, headlights, tail lights, stop lamps, side reflectors, a parking brake, turn signals, and a VIN number.



- Do not allow anyone to ride standing in the vehicle or on the back platform of the vehicle. Please keep your arms and legs inside the vehicle at all times.

As of the August 31, 2015 City of Miami Springs Council Meeting, it was decided that no changes would be made. The City of Miami Springs continues to abide by the Florida State Statutes that govern the operation of golf carts and LSVs.

Once again, "golf carts" are not allowed on public streets within our City. Only LSVs are permitted on public streets, however they must abide by all applicable State Traffic Laws. Any violation of state traffic laws and the operator will be subject to all criminal, moving and non-moving, traffic enforcement in the same manner as if operating a motor vehicle.

If anyone has any questions, please feel free to contact the Miami Springs Community Policing Office at 305-888-5286 (Mon.-Fri. 8am-4pm). For more information go to the Florida Highway Safety and Motor Vehicles, for a quick and easy to read pamphlet go to the following website <https://www.flhsmv.gov/pdf/mv/lowspeedvehicles.pdf>



Visit our web site:
www.miamisprings-fl.gov



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SPECIAL PULL-OUT SECTION

GARBAGE, TRASH AND ALL THAT RUBBISH

Recently we have had many complaints from residents and the Public Works Sanitation Department regarding the placement of trash on the swales of recyclable bins being left out on swales for days, and the placement of non-combustible materials in the trash pickup areas.

Properties with alley ways can place their trash behind their property if they don't obstruct the right-of-way for the City Vehicles. Recycling bins need to be brought into the property within 24 hours from pick up date.

Construction materials, tires, concrete or other non-combustible materials will not be collected by the Sanitation Department, because there are special locations to be taken to in Miami Dade. Please call 3-1-1 for areas according to the materials to be disposed.

Multi-Family buildings and commercial buildings can only place the trash 24 hours prior to the pickup date. In cases where copious amounts of trash will be placed, please call the Public Works Department for special pickup.

The City appreciates your cooperation with this important matter to keep our City beautiful.

- **Sec. 93-05. - Garbage, garden trash, and rubbish; placement in receptacles for collection and removal; placement for pick-up and retrieval of containers.**
- (D) Loose trash, including bagged materials, white goods, furniture, and any other non-containerized or containerized trash materials may not be placed for pickup by



any multi-family residential or commercial site adjacent to any City street earlier than 24 hours prior to any scheduled pick up. Any receptacles used for the disposal of these materials must be retrieved and returned to the interior of the site within 24 hours of pick up.

- (E) In addition to the provision of subsection (D) above, all recycling containers may not be placed for pick up by any multi-family residential or commercial site adjacent to any City street earlier than 24 hours prior to any scheduled pickup. All recycling containers must be retrieved and returned to the interior of the property site within 24 hours of pick up.

- (F) The provisions of subsections (D) and (E) above shall not be applicable to any pick ups performed in City alleys and in the single family residentially zoned districts of the City.

ART IN CITY HALL



The Art in City Hall Exhibition for August & September will feature the photography of local award winning Artist, Christian Robotti. Join us for the opening reception on **Monday, August 14 from 6:30 p.m. to 8:30 p.m.** This exhibition is made possible by the City of Miami Springs with the support of Mixto Food and Drink, Destiny Bridal & Ledis Flowers . During the event, enter for a chance to win dinner for four (\$100 value/alcohol not

included) at Mixto Food & Drink. This drawing is free to enter and a winner will be announced at 8 p.m.

If you are unable to attend, the exhibition can be enjoyed until **September 22, Monday-Friday, 8am-4:45pm.** If you are an Artist living or working in Miami Springs and are interested in exhibition opportunities, please contact Tammy Key, Professional Services Specialist @ keyt@miamisprings-fl.gov

MIAMI SPRINGS GOLF & COUNTRY CLUB

305.805.5180

The Miami Springs Golf and Country Club is featured as Florida Historic Golf Trail Course of the month of July for the entire state of Florida.

"We are pleased to feature Miami Springs Golf and Country Club as a partner on the Florida Historic Golf Trail," said Secretary Detzner. "The City of Miami Springs was built around this golf course 94 years ago, and to this day, the city maintains this course as a tribute to its past." <http://www.floridahistoricgolftrail.com/>



HUMAN RESOURCES DEPARTMENT

305.805.5009

With a new school semester just around the corner, the Miami Springs HR Department has been encouraging City employees to invest in their future through higher education. The department recently hosted visits from Barry University, Florida International University, and Nova Southeastern University in an effort to link City employees with academic programs that cater to adult learners who work fulltime jobs.



CITY OF MIAMI SPRINGS CELEBRATES AUG. BIRTHDAYS

- Linda Hurtado (Building & Code Dept.)
- Yanelkys Fuentes (Finance Department)
- Tammy Key (Finance/Professional Services)
- Robert Barrios (Police Dept.)
- Daniel Mirabal (Police Dept.)
- Loaine Mendoza (Police Dept.)
- David Bente (Police Dept.)
- Shiketa Duberry (Police Dept.)
- Erik Estok (Police Dept.)
- Eric Helfner (Police Dept.)
- Allene Paz (Public Works Dept.)
- Matthew Perez (Public Works Dept.)
- Anthony Thompson (Public Works Dept.)

Happy Birthday and Best Wishes!

CITY OF MIAMI SPRINGS RECOGNIZES AUGUST EMPLOYMENT ANNIVERSARIES:

- Jeffrey A. Collins completed 18 years of service – (Police Dept.)
- Theresa A. Michael completed 14 years of service – (Police Dept.)

Thank You For Your Loyal Service to the City of Miami Springs!



PUBLIC WORKS DEPARTMENT

305.805.5170

Summer time has come and the bushes and trees bordering and overhanging the alleys are growing fast and furious and this is causing a problem for our trucks and crews! The heavy and dense foliage is damaging the equipment and creating a visibility problem for Public Works employees who load the trucks. Please help us out by trimming back to your property line all overgrown vegetation that is obstructing services and avoid any costs you may incur by not following our City Code, Section: 96-18/19 if we have to do the trimming for you.

See the link below for reference:
https://library.municode.com/fl/miami_springs/codes/code_of_ordinances?no_deld=TITXGERE_CH96STSIPA_ARTIVAL_S96-19PRAC

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PARKS & RECREATION DEPARTMENT

305.805.5075 • Follow us on Twitter @miamispringsrec

COMMUNITY CENTER



The Community Center is half way through summer camp and we still have a lot of exciting field trips and activities planned. The one thing the campers look forward to is our Annual Summer Camp Talent Show. It'll be held on Thursday July 27th, at 7:00 p.m. in the gymnasium. The campers and leaders have been diligently practicing for weeks; our theme for this year's show is "Christmas in July."

Operating Hours

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

FACILITY RENTALS

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

For More Information Contact: The Miami Springs Community Center at 305.805.5075

<http://www.miamisprings-fl.gov/parksandrecreation>

Fitness Room Memberships

Adults: 18 yrs. & Over \$150.00
Senior: 60 yrs. & Over \$75.00
Youth: 13 yrs. – 17 yrs., \$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.

For Information

on Athletics & Fitness Programs
 (Basketball, Volleyball, Fitness Room, Jogging Track)

Visit: www.miamisprings-fl.gov/parksandrecreation

Jazzercise & Jr. Jazzercise

Visit www.jazzercise.com or call 305.888.7625

AQUATIC CENTER



The Aquatic Center is jumping with activity on the hot summer days. Students in swim lessons are achieving their goals on a daily basis. They are learning to enjoy and respect the water by developing their strokes.

Operating Hours

Monday-Friday Lap Swim: 8:00a.m. – 12:00p.m. Open Swim:	1:00p.m. – 8:00p.m. Saturday Open Swim: 11:00a.m. – 7:00p.m.	Sunday Open Swim: 12:00p.m. – 6:00p.m.
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WEATHER PERMITTING

POOL AREA RENTALS

The Miami Springs Aquatic Facility offers public and private rentals for residents & non-residents.

- The Multi-Purpose room is available for rental
- 12x12 umbrella rental or 16x16 shaded areas

For More Information Contact: The Miami Springs Aquatic Center at 305.805.5078 <http://www.miamisprings-fl.gov/parksandrecreation/aquatic-facility-rental-information>

POOL MEMBERSHIPS:

Residents

Adults: 18 & over \$90.00
Senior: 60 & over \$50.00
Youth: 17 & under \$50.00
Family of 4: \$250.00

Non-Residents

Adults: 18 & over \$150.00
Child: 17 & under \$100.00
Senior: 60 & over \$100.00
Family of 4: \$350.00
Seniors 60 & Over
FREE: Monday – Friday, 9:00a.m. – 12:00p.m

For Information on Aquatic Programs

(Swimming Lessons, Swim Fit, and Water Aerobics)
 Visit: www.miamisprings-fl.gov/parksandrecreation

SPECIAL EVENT LUAU – POOL PARTY

Aquatic Center • Saturday, Aug. 12 • 12 p.m.-5 p.m.

Authentic Polynesian Show is at 3 p.m.

Entry Fee Includes: Hamburger or hot dog, chips & drink

The cost is as follows:

Resident Rate: (proof of residency **WILL BE REQUIRED**) Children \$5.00 • Adult \$7.00

Non-Resident Rate: Child \$7.00 • Adult \$12.00



Summer Camp Patriotic Day at the Miami Springs Community Center.

MIAMI SPRINGS AQUATIC CENTER 2017 SUMMER SWIM CLASSES

Session Dates: July 24- August 3, August 7-17

Classes	Times Offered	Resident Fee	Non-Resident Fee
Tiny Tots (30 minute class)	9, 10, 11 AM 4, 5, 6, 7 PM	\$50 (2 wk Session)	\$60 (2 wk Session)
Levels 1 – 6 (45 minute class)	9, 10, 11 AM 4, 5, 6, 7 PM	\$50 (2 wk Session)	\$60 (2 wk Session)
Adult (45 minute class)	6:45-7:30 PM	\$50 (2 wk Session)	\$60 (2 wk Session)
Swim Fit (1 hour class)	Mon & Wed 4pm Saturday 11am	\$50 (8 Classes)	\$60 (8 Classes)

* All lessons are held Monday through Thursday for 2 consecutive weeks
 For more information, Contact the Aquatic Center.



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SPECIAL PULL-OUT SECTION

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.

TRANSPORTATION: Daily pick up, utilizing the Hialeah-MS Rotary Charitable Foundation bus, is provided to older residents with no means of transportation to and from the center.

- Weekly trips to grocery stores, assistance with shopping and carrying packages is provided..

- Field trips to malls and other places of interest are scheduled each month.

- Trips scheduled for August: Walmart (8/10), Publix (8/3, 8/17 & 8/31) and Fresco y Mas (8/24).

RECREATION ACTIVITIES: Recreational and social events are planned each month at the senior center. Currently, the following activities are scheduled for August: weekly Bingo games (8/7, 8/14, 8/21 and 8/28) and the

monthly birthday & anniversary party (8/17).

HEALTH SUPPORT PROGRAMS AND EDUCATIONAL PRESENTATIONS:

Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations and businesses. The following topics are scheduled for August:

- **"Library Happenings"** – On August 8th at 12:15 p.m., Rita Mayer, Assistant Branch Manager of the Miami Springs Branch Library, will present information about library services and events that may be of interest to local seniors and their families.

- **"Adult Coloring Art Session"** – As an outreach activity for the community, the MS Branch Library will host an adult coloring program at the senior center on August 8th at 12:30 p.m.

- **"Council Report"** – On 8/16 at 12:15 p.m., Councilman Jaime Petralanda is tentatively scheduled to present information on recent Council actions and topics of importance to the citizenry.



The monthly birthday table at the Senior Center. Birthdays are celebrated every third Thursday of the month.

- **"Crime Watch Program"** – Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will present the monthly crime watch program on August 22nd at 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.

- **"Fraud, ID Theft Prevention & Consumer Protection"** – To learn more about how to protect yourself in today's marketplace, avoid fraud and ID theft, and know your rights as a consumer, please attend the upcoming

presentation, scheduled for August 23rd, by Bryant Acevedo, Public Information Officer for M-D County's Office of Consumer Protection.

- **FREE Blood Pressure Screening** – Registered Nurses from the Miami-Dade Health Department will provide free testing for hypertension and individual counseling at the senior center on August 30th from 10—11:30 a.m.

For more information on any of the services, activities, or special programs offered, or to volunteer your time, talent or expertise, please contact us at (305)805.5160.

HEALTH SUPPORT ACTIVITIES

The following Health Support activities require registration, and are offered to seniors enrolled in the Miami Springs Senior Center activities.

CHAIR YOGA
Mondays & Wednesdays from 9:00 - 10:30 a.m.
Instructor: Natasha Salmon-Cogno
Classes meet at the Senior Center.

FLOOR YOGA CLASSES
Tuesdays & Thursdays from 9 - 1:00 a.m. Instructor: Natasha Salmon-Cogno
Classes meet at the Curtiss Mansion.

"LET'S DANCE" EXERCISE CLASSES
Mondays & Wednesdays from 10:30 - 11:00 a.m.
Instructor: Natasha Salmon-Cogno
Classes meet at Senior Center.

CHAIR EXERCISE CLASSES
Tuesdays & Thursdays from 10:30—11:00 a.m.
Instructor: Elizabeth King
Classes meet at Senior Center.

"CELEBRATION WORKOUT"
Fridays from 9:00 a.m.—11:00 a.m.
Instructor: Natasha Salmon-Cogno
Class meets at the Senior Center.

TAI CHI for ARTHRITIS
Tuesdays & Thursdays from 12:30 — 1:30 p.m. Instructor: Judd Zisquit
Classes meet at the Aquatic Center.

AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CODE ENFORCEMENT BD: 7:00 PM	2 PARKS & PARKWAY BD: 7:00 PM CURBSIDE RECYCLING	3 DISABILITY ADVISORY BD: 5:00 PM	4	5
6	7 CITY COUNCIL WORKSHOP MEETING 6:00PM	8 RECREATION COMMITTEE: 7:00 PM	9 ARCHITECTURAL REVIEW BD: 7:00 PM	10	11	12
13	14 CITY COUNCIL MEETING 7:00PM	15 GOLF & COUNTRY CLUB BD: 7:00 PM	16 HIST. PRES. BD: 7:00 PM CURBSIDE RECYCLING	17	18	19
20	21 CITY COUNCIL WORKSHOP MEETING 6:00PM	22 ECOLOGY BD: 7:00 PM	23	24 CODE REVIEW BD: 7:00 PM	25	26
27	28 CITY COUNCIL MEETING 7:00PM	29	30 CURBSIDE RECYCLING	31		

