



News Bulletin



City Officials:

- Mayor Billy Bain
- Vice-Mayor Bob Best
- Councilwoman Mara Zapata
- Councilwoman Maria Puente 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

JUNE 2017

In the Spotlight

Summertime Highlights

Summer is heating up and the City of Miami Springs wants to inform you about some special items to keep in mind while you enjoy the radiant sun.

Lineth Fontela Hume is an Intensive Care Unit Registered Nurse and longtime resident of Virginia Gardens. She is also the co-owner, with Lina Fontela Caceres, RN, of Blackbird Apothecary, Inc., a natural skincare product line. According to Fontela Hume, the most common heat-related condition is improper hydration or dehydration, which she said can lead to heat exhaustion or worse, heat stroke. Fontela Hume said the second most common ailment is "excessive sun exposure that is classified as a second degree burn, which can result in skin developing redness, swelling and/or blisters, and increases the chances of skin cancer."

So what is recommended? Obviously drinking plenty of water and wearing sunblock is important. But how much water is enough? And did you know that there are certain times of the day that direct sunlight is dangerous?

Your recommended water intake is based on the calculation of important factors, such as age, gender, activity level, and other factors. According to healthline.com, boys and girls between the ages of 4 and 8 should have 5 cups



(40 oz) of water per day. Boys and girls ages 14 to 18 should consume 8 to 11 cups (64-88 oz) of water per day. Males over the age of 19 should consume 13 cups (104 oz) of water per day and women of the same ages, 9 cups (72 oz) of water per day. Pregnant or breastfeeding women should consume 10-13 cups (80-104 oz) of water per day. If you like to drink from water bottles, it is convenient to know how many water bottles to consume or refills needed. Here is a quick calculation: if you are a woman in your 30's and drink from a 20 oz water bottle, you'll want to refill it about 4 times (72 oz) for sufficient hydration.

For maximum protection Fontela Hume recommends applying sunscreen/sunblock (SPF 30 and above) "20 minutes prior to sun exposure and, if you are perspiring as a result of the heat and/or water activity, you'll want to reapply every 1.5 to 2 hours." Fontela Hume advises, "Try avoiding direct sunlight from the hours of 10 a.m. and 4 p.m., which are considered the most dangerous times, and don't forget your sunglasses, hat, and lip balm."

Special Note: Due to the increased percentages of Vitamin D deficient Americans, 70% to be exact, it is suggested to take on direct sunlight for a short spell as it is a great source of Vitamin D.

— ANA HUME



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POLICE DEPARTMENT

305.888.9711

How to avoid vacation rental scams

As temperatures are heating up, vacation plans are in the works. Unfortunately, scammers will be on the lookout as well ... for unwary victims.

Before you make those vacation plans, here are some tips for avoiding travel-related scams:

- **DO** get the owner's phone number and talk with them in person. DON'T just rely on email! Email is anonymous.
- **DO** ask "What information can you provide me that will prove this is your rental property?"
- **DO** ask the landlord for a rental application. It's a red flag if one is not available; most managed properties require an application.
- **DO** ask the owner for several past renter references that you may contact. A scammer might provide a couple references that could be more of their own email addresses.
- **DO** a Google Search of the owner's name and their email address.
- **DO** obtain any phone numbers for property associations, condo management offices or home owners associations. Call to see if the owner name matches the property.
- **DO** ask for a copy of a bill for the property such as the phone, cable, insurance, electric, lawn, or pool bill that will lists the owner at the rental property address. Many owners can also send a copy of their business license. Keep in mind that licenses are not required in all areas.
- **DO** ask for the local Government website that lists tax records, property appraisal, or property ownership information. Check with the county's recorder to learn who owns the property you're seeking to rent

- **DO** ask if the owner is a member of their local Chamber of Commerce, or Visitor's Bureau and call to verify.
 - **DO** check the Better Business Bureau for any complaints about this property owner.
 - **DO** ask if the person owns the property to verify that it is not a Sub-Let.
 - **DO** ask for the owner's personal address and phone number. In the U.S. the white pages can be used to verify this information, there are plenty of websites that one can use to check the information.
 - **DO** ask for the phone number of the property management group, pool service, lawn or cleaning service to verify ownership.
 - **DO** ask the owner about local area attractions and recommendations. They should know the area well.
 - **DO** ask about cancellation policies. Before sending any money, you should know how much you will lose if you need to cancel.
 - **DON'T** make payments using anonymous wire transfers to people you do not know.
 - **DON'T** rent a property without obtaining some of the information above.
 - **DON'T** tell all of your online "friends" by posting on "Facebook" that you will be out or post while you're away from home about your trip. It is always important to consider whether someone could use the personal information you have posted against you.
- If you responded to an ad for a vacation rental property and believe that you were scammed, report it at ftc.gov/complaint. You can also contact the fraud department of the website where you found the ad. You may not get your money back, but you can help others by getting the ad removed.

IMPORTANT CALENDAR DATES

CITY HALL CLOSED JULY 4, 2017

City Council Meetings:

City Council Regular Meeting

Thursday, July 27, 2017 at 7 P.M. at City Hall

Special Dates:

VOICE YOUR VIEWS!

Congressman Diaz-Balart's Office Visits to City Hall

Every third Wed. of every month: 11 A.M. to 12 P.M.
Wednesday, July 19 at City Hall

SCHOOL BOARD OFFICE AT CITY HALL

School Board Member Susy Castillo's Satellite Office Visits to City Hall
July, 19th, 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.
Wednesday, July 19 and Aug. 16
at the Miami Springs Senior Center

Recycling Dates:

Wednesday, July 5, 2017
Wednesday, July 19, 2017



Visit our web site:

www.miamisprings-fl.gov



Follow us on Facebook:

[facebook.com/MiamiSpringsFL/](https://www.facebook.com/MiamiSpringsFL/)



SPECIAL PULL-OUT SECTION

DISPLAY OF BUILDING PERMITS



Building permits issued by the City of Miami Springs are to be properly displayed in a manner where they are visible from the street.

Permit cards are issued for construction work specified only and not as an authority to violate, cancel, alter, or set aside any of the provisions of the Florida Building Codes. Penalties of \$100 for failure to display a

visible Building Permit Card will be issued (2014 Florida Building Code Sec. 105.7). In addition, your Building Permit Card is required for all inspections.

Proper display of Building Permit Cards avoids unnecessary field contact with the Building Dept. and property owners. Calls made to the Code Compliance Dept. because of unseen permit cards can be minimized if these regulations are complied with.

We appreciate your cooperation in displaying your Active Building Permit Card.

Board Members Wanted for Advisory Boards

The City of Miami Springs is looking for committed and concerned individuals to join the various advisory boards. There are vacant board member seats waiting to be filled by Miami Springs residents. The selected residents will assist the City Council in the decision-making process targeting areas of our community. Advisory board meetings are held at City Hall, and are open to the public.

The following are all advisory boards for the City of Miami Springs currently in need of volunteers: Architectural Review Board, Board of Adjustment/Zoning and Planning Board, Civil Service Board, Code Enforcement Board, Code Review Board, Disability Advisory Board, Ecology Board, Education Advisory Board, Fire and Police Retirement Board, Golf and Country Club Advisory



Board, General Employees Retirement Fund, Historic Preservation Board, Board of Parks and Parkways, and the Recreation Commission.

For questions and information, contact the City Clerk's Office at 305.805.5005. To apply, visit: www.miamisprings-fl.gov/bc

HUMAN RESOURCES DEPARTMENT

305.805.5009

The Human Resources Department of the City of Miami Springs is dedicated to the highest quality delivery of its services, including employee and labor relations, classification and compensation, recruitment and selection, organizational development, benefits administration, and strategic planning. The HR Department is also committed to providing City employees with equal employment opportunity, a safe and stable work environment, and opportunities for personal and professional growth. Risk management is another function of the department, and all HR services are provided with a sense of warmth, friendliness, and utmost respect.

CITY OF MIAMI SPRINGS CELEBRATES JULY BIRTHDAYS

- Ulises Fernandez (Building & Code Dept.)
- Ernest Paul O'Dell (Golf & Country Club)
- James Dean (Parks & Rec. Dept.)
- Albert Vargas (Police Dept.)
- Julio Ferreiro (Police Dept.)
- Christopher Dweck (Police Dept.)
- Jorge Capote (Police Dept.)
- Matthew Castillo & Robert Castillo (Police Dept.)
- Matthew Lopez (Police Dept.)
- Justin Robbins (Police Dept.)
- Yelian Borges (Police Dept.)

Happy Birthday and Best Wishes!

CITY OF MIAMI SPRINGS RECOGNIZES JULY EMPLOYMENT ANNIVERSARIES:

- Gary M. Fetters completed 19 years of service - (Police Dept.)
- Lazaro M. Garaboa and Thomas W. Nash completed 17 years of service- (Public Works)
- David Olivas completed 16 years of service - (Public Works)
- Cheryl R. Mulet completed 15 years of service - (Police Dept.)

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

SCOOP THE POOP!



In an effort to keep the City clean, healthy, and enjoyable, the Public Works Department would like to remind you about city ordinance #96-09, which requires you to pick up your dog's feces. This is being enforced by the Code Compliance and Police Departments. There is a fine of \$25 for failure to pick up your dog's feces. Thank you for your cooperation in keeping Miami Springs beautiful.

MIAMI SPRINGS GOLF & COUNTRY CLUB

305.805.5180

Golf Course is CLOSED July 11-15 for major maintenance. The Driving Range and Country Club will remain OPEN.

Golfing Around the World: A Documentary

View the documentary TV station FOX SPORTS SUN produced as part of the Florida Historic Golf Trail. The 8 minute mini-biography takes the viewer through the past and present of the Miami Springs Golf & Country Club. TV BROADCAST SCHEDULE will resume in August, but you can watch it at:

- www.miamisprings-fl.gov/golfcourse/florida-historic-golf-trail-miami-springs-golf-course
- www.youtube.com/watch?v=0LB_cY2Wx1w



ART IN CITY HALL

The Art in City Hall exhibit for June and July features recent works by members of the Hibiscus Fine Arts Guild. The exhibition can be enjoyed, Monday-Friday from 8:00 a.m. - 4:45 p.m., until July 31. If you are an artist living or working in Miami Springs and are interested in exhibiting in the future, please contact Tammy Key, Professional Services Specialist at 305.805.5054.

Art by Ellnora Riecken



PARKS & RECREATION DEPARTMENT

305.805.5075 • Follow us on Twitter @miamispringsrec

The Parks and Recreation Department serves as a community resource for all of the sports, recreational, and cultural activities in the city, including cooperative relationships with all local groups. The Department is composed of two main buildings and three fields: The Community Center and The Aquatics Center, and Prince Field, Stafford Park, and Peavy Dove Field, to provide opportunities for residents to improve their social, mental, and physical well-being through participation. Below you will find the times and dates for these programs and special events.

COMMUNITY CENTER



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

FOURTH OF JULY HOLIDAY HOURS:

Aquatic Center: Open 12:00 - 5:00 p.m.
 Community Center: Closed

AQUATIC CENTER



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 EVENTS

Independence Day Events

CLASSIC CAR & TRUCK SHOW

Monday, July 3 at 6 p.m. | At the Miami Springs Circle

PARADE

Tuesday, July 4 at 10 a.m.

NEW PARADE ROUTE FOR THIS YEAR ONLY

Starts at Westward Drive and Esplanade, Heads toward Circle-Right on Circle Right on Curtiss Pkwy– Ends at the Golf Course

FAMILY FUN

Tuesday, July 4 Following Parade | Golf & Country Club
 BBQ Hosted by Optimist Club | Baby Contest in the Dynasty Room

FIREWORKS

Tuesday, July 4 at Sundown | Golf Course

MIAMI SPRINGS AQUATIC CENTER 2017 SUMMER SWIM CLASSES

Session Dates: June 26-July 6, July 10-20, July 24- August 3, August 7-17

*There will not be class on: July 4th

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

The Miami Springs Senior Center offers a variety of FREE activities and services to older residents of Miami Springs and Virginia Gardens, age 60 and over. Current financial and programmatic support comes from: the City of Miami Springs, the Alliance for Aging, Inc., the Florida Department of Elder Affairs, the Village of Virginia Gardens, participant donations, local business organizations, civic groups and countless volunteers.

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.

- We provide weekly trips to grocery stores and help with shopping and carrying packages.

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

- Trips scheduled for July: Walmart (7/6), Publix (7/13 & 7/27) and Fresco y Mas (7/20).

RECREATION ACTIVITIES:

- Bingo: 7/3, 7/10, 7/17, 7/24 and 7/31

- Participation in the Independence Day Parade: 7/4

- Monthly birthday & anniversary party: 7/20

HEALTH SUPPORT PROGRAMS AND EDUCATIONAL PRESENTATIONS:

- **"Sarcopenia Awareness & Prevention"** – July 7th at 12:15 p.m. presented by

Gabriel Gali and Sarah Giezman, FIU students working in the field of Sports & Fitness Studies. An informative session on a skeletal muscular aging disease and how to delay its progression.

- **Distribution of Telephones for the Hearing Impaired** – Under the State of Florida Telecommunications Access Systems Act, specialized telephones are made available free to new clients with a hearing aid or to those who are hearing or speech impaired.

Free amplified phone distribution on Wednesday, July 12th, from 11a.m.-1p.m., at the Miami Springs Senior Center. For more information, contact the City's Elderly Services at (305)805-5160 or call Yessica Rodriguez, Outreach Coordinator with The Hearing and Speech Center at (786)376-6549.

- **"Crime Watch Program-** July 18th at 12:15 p.m. presented by Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office. Discussion on current crimes in the City and tips on how to avoid becoming a victim.

- **FREE Blood Pressure Screening** - July 26th from 10—11:30 a.m. administered by Registered Nurses from the Miami-Dade Health Department.

- **"Mosquito Control Workshop"**- July 28th at 12:15 p.m. presented by Michael Mut, Public Information Officer for M-D County to educate seniors on minimizing the mosquito population in our community.

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—11:00 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.

JULY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 INDEPENDENCE DAY! CITY HALL CLOSED!	5 CURBSIDE RECYCLING	6	7	8
9	10	11	12	13	14	15
16	17	18	19 CURBSIDE RECYCLING	20	21	22
23	24	25	26	27 CITY COUNCIL SPECIAL MTG: 5:01 P.M.	28	29
30	31					



National Ice Cream Month!

