

## MIAMI BEACH

CITY OF MIAMI BEACH  
NOTICE OF PUBLIC HEARING  
DECEMBER 11, 2019

**NOTICE IS HEREBY** given that the following **Second Reading Public Hearing** will be heard by the Mayor and City Commissioners of the City of Miami Beach, Florida, in the Commission Chamber, Third Floor, City Hall, 1700 Convention Center Drive, Miami Beach, Florida, on **December 11, 2019 at 10:30 a.m.**, or as soon thereafter as the matter can be heard:

**10:30 a.m. Second Reading Public Hearing**

AN ORDINANCE OF THE MAYOR AND THE CITY COMMISSION OF THE CITY OF MIAMI BEACH, FLORIDA, AMENDING CHAPTER 66 OF THE CODE OF THE CITY OF MIAMI BEACH, ENTITLED "MARINE STRUCTURES, FACILITIES, AND VESSELS," BY AMENDING ARTICLE II, ENTITLED "RESTRICTED WAKE ZONES," BY AMENDING SECTION 66-43 ENTITLED "RESTRICTED AREAS," BY AMENDING SUBSECTION (C) THEREOF REGARDING THE SLOW SPEED, MINIMUM WAKE ZONES BY ADDING A YEAR-ROUND SLOW SPEED ZONE AROUND FLAGLER MEMORIAL ISLAND (THE "MONUMENT ISLAND"); AND BY AMENDING SUBSECTION (B) THEREOF TO AMEND THE BOUNDARIES OF THE IDLE SPEED, NO WAKE ZONE IN THE AREA OF THE MIAMI BEACH MARINA; AND PROVIDING FOR REPEALER, SEVERABILITY, CODIFICATION, AND AN EFFECTIVE DATE. *This Ordinance is being heard pursuant to Section 2.05 of the City Charter and § 166.041 F.S. Inquiries may be directed to the Office of the City Attorney at 305.673.7470.*

INTERESTED PARTIES are invited to appear at this meeting, or be represented by an agent, or to express their views in writing addressed to the City Commission, c/o the City Clerk, 1700 Convention Center Drive, 1<sup>st</sup> Floor, City Hall, Miami Beach, Florida 33139. A copy of this item is available for public inspection during normal business hours in the Office of the City Clerk, 1700 Convention Center Drive, 1<sup>st</sup> Floor, City Hall, Miami Beach, Florida 33139. This meeting, or any item herein, may be continued, and under such circumstances, additional legal notice need not be provided.

Pursuant to Section 286.0105, Fla. Stat., the City hereby advises the public that if a person decides to appeal any decision made by the City Commission with respect to any matter considered at its meeting or its hearing, such person must ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. This notice does not constitute consent by the City for the introduction or admission of otherwise inadmissible or irrelevant evidence, nor does it authorize challenges or appeals not otherwise allowed by law.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any City-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).

Rafael E. Granado, City Clerk  
City of Miami Beach

Ad 121119-04

## HEALTH &amp; FITNESS

He beat bulimia and now  
will run in the Turkey Trot

BY RODOLFO ROMAN  
*Special to the Miami Herald*

Sebastian Perez's toughest challenge wasn't running the Miami Half Marathon, but in battling bulimia, the eating disorder that involves binge eating and purging.

In January, the 21-year-old ran in the 13.1-mile Miami Half Marathon, collapsing during the race.

"They took me to the hospital," said Perez, a graduate of TERRA Environmental Research Institute, the high school in Southwest Miami-Dade and who was working in McDonald's at the time. "I asked for help. I stopped running."

Perez was diagnosed with bulimia during his first year at Miami-Dade College in 2017, but his condition began during his senior year of high school when he became obsessed with what he should and should not eat. He would often wake up at 3 a.m. to run.

By early 2018, the lack of proper nutrition and excessive exercise led him to develop severe dehydration and malnutrition. Doctors had to insert a feeding tube.

"I would eat in the morning whatever I wanted and then I would have episodes of purging because I felt guilty," said Perez. "I wouldn't eat all day to compensate and I would run excessively."

Over a two-month period — December 2018-January 2019 — Perez dropped about 40 pounds, going from 140 pounds to nearly 100.



In 2018, Sebastian Perez ran in the Cuban half marathon, placing 38th.

"It was getting bad at work I would get anxiety attacks. I would use my breaks and run in my McDonald's uniform," said Perez, who did not tell anyone about his disorder, fearing people wouldn't believe a man could have an eating disorder.

In fact, men make up about 25 percent of bulimia cases, according to the National Eating Disorders Association.

"Running was my escape and source of comfort," said Perez. "I was in a trance when I was running. An eating disorder is more than just the food. It's more than the nutrition, but also a lot of psychological factors."

Running teammate Malie Lesniewski noticed Perez's weight loss.

"It's something that is unfortunate, and most likely it is a lifelong battle



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Rafael E. Granado, City Clerk  
City of Miami Beach

Ad 121119-04



## AFFIDAVIT OF PUBLICATION

Account #	Ad Number	Identification	PO
183349	0004469429-01	AD 121119-04	

**Attention:**

CITY OF MIAMI BEACH CITY CLERK  
1700 CONVENTION CENTER DR  
MIAMI BEACH, FL 331391819

**PUBLISHED DAILY  
MIAMI-DADE-FLORIDA**

**STATE OF FLORIDA  
COUNTY OF MIAMI-DADE**

Before the undersigned authority personally appeared: **YELINA DAVIS**, who on oath says that he/she is **CUSTODIAN OF RECORDS** of The Miami Herald, a daily newspaper published at Miami in Miami-Dade County, Florida; that the attached copy of the advertisement that was published was published in said newspaper in the issue(s) of:

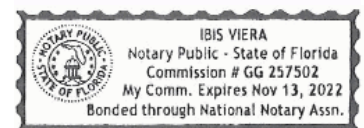
Publication: Neighbors

Zone: MIA-Zone4

November 24, 2019

Affiant further says that the said Neighbors is a newspaper published at Miami, in the said Miami-Dade County, Florida and that the said newspaper has heretofore been continuously published in said Dade County, Florida each day and has been entered a second class mail matter at the post office in Miami, in said Miami-Dade County, Florida, for a period of one year next preceding the first publication of the attached copy of advertisement; and affiant further says that he/she has neither paid or promised any person, firm or corporation any discount, rebate, commission or refund for the purpose of securing this advertisement for publication in the said newspaper(s).

Sworn to and subscribed before me this  
3rd, day of December, 2019



## AFFIDAVIT OF PUBLICATION

Account #	Ad Number	Identification	PO
183349	0004469439-01	AD 121119-04	

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MIAMI BEACH, FL 331391819

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Publication: Neighbors

Zone: MIA-Zone4

December 01, 2019

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