

# CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

## Funds available to offset qualified repairs

For the second consecutive year, the City of Springdale will have funds available for qualified residents in owner-occupied dwellings desiring to make exterior home repairs. Through the support of a \$20,000 Community Development Block Grant, the City will be able to reimburse residents up to \$1,000 for a variety of exterior home improvements during 2010.

To qualify, the applicant's household income must be under a limit that will be determined by the U.S. Department of Housing and Urban Development

and provided to the City in early April. Last year, that maximum was \$55,350 for a household of four. This year's qualification limit is expected to be a similar amount.

The 2009 program was an extremely successful endeavor for both the lucky homeowner and the community at-large. There were 26 well-deserving projects funded and each received a portion of the \$20,000

federal grant. To illustrate the success of the program, the City was able to parlay \$20,000 in grant funds into just over \$31,000 in exterior home improvements. These improvements not only increased the individual property values, but they also enhanced the value of the entire community.



The 2010 home improvement program will soon be rolled out and once again applicants must meet the required income guidelines and have a qualifying home improvement project. Qualified repairs/improvements may not include such luxury items as pools, spas, landscaping, play equipment or new detached accessory structures.

For more information, call the Springdale Building Department at 346-5730 or visit [www.springdale.org](http://www.springdale.org) (Click on the Building Department link).

## Is a permit needed for my project?

A long, cold winter cooped up in the house watching home improvement shows has many Springdale residents ready to burst outside at the first hint of spring. They are ready to work in their yards and start on long-awaited outdoor improvements. Before forging ahead with a project, remember to acquire a permit for those projects needing one.

Permits ensure that improvements meet zoning and building codes and are safe, functional and protect the welfare of the resident and the community.

Large scale improvements likely will require a permit. Even smaller back yard improvements require a permit as well, including any pool, spa, fence, deck, shed, gazebo and pergola. When in doubt, it's best to check with the Building Department at 346-5730 before investing in materials or starting work.

## 10 Questions... 10 Minutes

Springdale residents should have received their 2010 Federal Census forms in the mail by now. Many have already mailed their form back with the answers to the 10 short questions.

Completing the form only takes 10 minutes. A response from you is extremely important to the future of Springdale since the Census establishes a data base used in allocating federal grants of more than \$400 billion each year for infrastructure and services such as:

- Hospitals
- Job training centers
- Schools
- Senior centers
- Emergency services
- Bridges and other public works projects

Participation isn't just important—it's mandatory. Residents who do not respond to the Census will likely receive a visit from a Census representative. All information supplied on the form is strictly confidential and is protected under the same federal laws that mandate the Census be taken every ten years.

For more information about the Census, visit [www.2010.census.gov](http://www.2010.census.gov) or visit the city's website for a link.



United States<sup>®</sup>  
**Census**  
**2010**

# Springdale no longer in critter business

The City continues to brace for declining revenues brought on by the slow economy. One area that has been

realigned is the way the City addresses nuisance animal control. Effective with the new year, Springdale no longer offers direct services relating to removal of critters regarded as a nuisance, including bats, feral cats, raccoons and skunks. The City now refers residents to local animal control businesses for animal trapping and removal. The City does provide residents with the use of a "Have a Heart" cage so they can trap a nuisance animal on their property.

raccoon, skunk, opossum, beaver, coyote or fox on their property may either release the animal on their own property or they MUST call an animal control company to assist them with the proper removal of the animal.



Residents are not permitted to transport and release the animals off site. A list of preferred animal control companies can be found on the City's website at [www.springdale.org](http://www.springdale.org). For more information, call the Health Department at 346-5725.

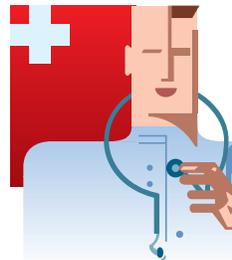
Residents will be required to sign a release and a waiver of liability form, as well as abide by the City's Nuisance Wild Animal Regulations when borrowing a trap. The State of Ohio requires that residents who capture a

## Decrease obesity with increased activity

The snow is finally gone! Spring is a great time for all of us to take advantage of the already existing avenues of activity here in Springdale! We have numerous parks, safe neighborhoods, and sidewalks just about everywhere. Why don't we all put on our shoes, open the door, and walk past Rose's house to see her new irises blooming? ...or with Daisy to chat about her violets? ...or over to visit Lily to share her pride in her petunias? What a fun way to decrease obesity with increased activity!

## New immunizations now required

Children entering Kindergarten or seventh grade are required to have had various immunizations. All are available from the Springdale Health Department without cost to residents. Parents will need to make an appointment for immunizations prior to the start of school in the fall.



The new immunizations required for Kindergartners include vaccinations for polio and chickenpox (Varicella). Children entering Kindergarten will need proof that they have received the fourth polio vaccination on or after their 4th birthday. Children also need to have received two doses of chickenpox vaccine, in addition to the other vaccinations previously required.

dose of Tdap especially if they are healthcare workers or expect to be in contact with an infant younger than 12 months of age.

Children without health insurance, Medicaid coverage, or whose insurance does not include coverage for immunizations are eligible for free vaccinations through the Vaccines for Children (VFC) Program. The Springdale Health Department offers childhood immunizations on the first and third Wednesday mornings of each month. Call 346-5725 for details or an appointment.

Adolescents entering the 7th grade will need to have a booster dose of Td or Tdap. The Tdap dose is preferred since it will boost protection against tetanus, diphtheria, and pertussis. Pertussis (whooping cough) causes severe coughing spells, often at night disturbing sleep. The disease can last for 2 to 6 weeks and can be severe enough to need hospitalization.

## Routine Health Department services for Springdale residents

**Children Immunization Clinic**  
Monthly: 1st & 3rd Wednesday Mornings  
Health Department / Municipal Building  
Call 346-5725

**Lipid/Glucose Profiles**  
Monthly: 3rd Thursday • 8 to 11 am  
Health Department / Municipal Building  
Appointment required  
Cost: \$15

**Blood Pressure**  
Monthly: 3rd Tuesday • 10:30 am - 12:30 pm  
Springdale Community Center  
For home visits to elderly or persons with a disability, call 346-5725

Older adolescents and adults under the age of 65 years should also get a onetime

## How can we help?

**Police or Fire Emergency**  
**9•1•1**  
Not an emergency? Then call  
346-5760 for Police  
346-5580 for Fire

<b>General Information</b> .....	<b>346-5700</b>
<b>Mayor Doyle Webster</b>	
City Building .....	<b>346-5705</b>
Home .....	<b>671-4489</b>
<b>Clerk of Council/Finance Director</b>	
Kathy McNear .....	<b>671-2510</b>
<b>City Administrator</b>	
Derrick Parham .....	<b>346-5700</b>
<b>Assistant City Administrator</b>	
Jerry Thamann .....	<b>346-5700</b>
<b>Building Department</b> .....	<b>346-5730</b>
<b>Finance Department</b> .....	<b>346-5700</b>
<b>Police Department (non-emergency)</b> .....	<b>346-5760</b>
<b>Fire Department (non-emergency)</b> .....	<b>346-5580</b>
<b>Health Department</b> .....	<b>346-5725</b>
<b>Public Works Department</b> .....	<b>346-5520</b>
<b>Property Maintenance &amp; Zoning Hotline</b> .....	
	<b>346-5734</b>
<b>Recreation Department</b> .....	<b>346-3910</b>
<b>Income Tax Department</b> .....	<b>346-5715</b>
<b>Public Information</b>	
Phone Line .....	<b>346-5757</b>
Internet Address .....	<b>www.springdale.org</b>
e-mail address .....	<b>admin@springdale.org</b>

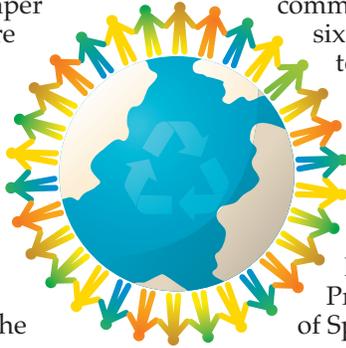
# Springdale recycled 407 tons during 2009

Collectively, Springdale's recycling efforts have made an impact. Springdale residents recycled 407 tons of metal, glass, plastic, and paper during 2009 — nine tons more than last year! Not only did recycling efforts conserve dwindling landfill space, participants saved resources, conserved energy, and reduced pollution by recycling.

According to the Hamilton County Solid Waste District, the recycling efforts in Springdale:

- Conserved enough energy to power every home in Springdale for 6 days.
- Reduced more greenhouse gas pollution than if every household in Springdale did not drive a car for three weeks.
- Saved 3,485 trees from being harvested.

Recycling reduces pollution so the air is cleaner, conserves natural resources for the future, and decreases the energy needed to make new products. Recycling also boosts the local economy by creating 169,000 jobs and \$6 billion in annual wages just in Ohio.



Because of the tremendous recycling efforts of Springdale residents between January 2008 and June 2009, the community was able to divert a six month average of 196 tons of recycled material from the Rumpke landfill. As a result of these numbers, the Hamilton County Solid Waste Management District Residential Recycling Incentive Program provided the City of Springdale with an average of \$5,493 in recycling grants per six month period.

From July 2009 to December 2009, 212 tons of recycled material had been collected from Springdale residents. As a result, the City was recently notified that it will receive \$5,530. These grants are based on amounts recycled by our residents.

Don't have a bin? Springdale makes it easy! Call 346-5700 to request your bin today!

Have a question about recycling? Visit Hamilton County's website at [www.hamiltoncountyrecycles.org](http://www.hamiltoncountyrecycles.org) or call the Recycling Hotline at 946-7766.

## Recyclable Materials

- ▶ Plastic bottles & jugs (remove lids)
- ▶ Glass bottles & jars (remove lids)
- ▶ Empty aerosol cans (remove lids and tips)
- ▶ Aluminum and steel cans
- ▶ Paperboard (cereal boxes, etc.)
- ▶ Junk mail and envelopes
- ▶ Magazines, catalogs & phone books
- ▶ Newspapers
- ▶ Cardboard
- ▶ Office Paper
- ▶ Brown grocery bags
- ▶ Clean Pizza Boxes

## Install a smoke detector with a single finger

Getting a smoke detector installed is easy in Springdale. A resident can accomplish the task with a single finger by simply dialing 346-5580. The Springdale Fire Department will not only supply the device, but firefighters will install it... all without charge.

Every 83 seconds, a residential fire ignites somewhere in the country, injuring 39,000 children under the age of 14 each year. In two-thirds of the households, the smoke detector didn't work or wasn't even present. It's a fact: The fire death rate in homes with a smoke detector is 40 to 50 percent less than the rate for homes without a smoke detector.



Once the device is installed, a homeowner should perform a monthly test by pressing the "test" button. Long-lasting batteries should be installed and replaced if the detector emits the low-battery warning chirp or every six months. The best way to remember is to change the batteries each time clocks are set forward or backward with daylight savings time. For efficient operation, vacuum the detector occasionally to remove dust.

## City taxes due April 15

The 2009 Springdale tax returns are due to the tax office by April 15, 2010 (or postmarked the same date). The items required to be included with the City tax return include W-2 form(s), page 1 of the Federal form 1040 (and/or other applicable Federal forms), form 1099 Misc., and any other schedule to support the tax return activity.

### Who Must File a Springdale Tax Return?

All residents 19 years and older are required to file a tax return, whether or not tax is due. If you are a retired resident, a zero taxable income return must be filed for one full calendar year, then the account can be established in a retired status and subsequent Springdale tax filings will not be applicable (assuming no further taxable income). In addition, all businesses located in Springdale and businesses which earn income as a result of work performed in Springdale are also required to file a tax return, whether or not tax is due.

### Tax Department Hours

The Tax Department regular hours are Monday-Friday from 8:00a.m. to 5:00 p.m. The Tax Department will also be open on Saturday, April 10, from 9:00 a.m. to 1:00 p.m. The Tax Department will also have extended hours until 7:00 p.m. on the following evenings: April 5, 6, 7, 8, 9, 12, 13, and 14.

### Extension Requests

Extension requests must be received in writing by the filing due date. If the account is current an extension of 7½ months will be granted.

### Questions

If you have questions, please call the tax office at 346-5715 or visit the tax office at the City Municipal Building. Please remember, the tax staff will prepare your Springdale tax return for you. If you wait until April 15th to file, there could be a long line.

# What do those officers do everyday?

By Police Chief Mike Laage

The police officer patrolling in your neighborhood is traditionally the most visible arm of government. While our municipal building and other city offices are open during regular business hours, chances are if you have lived in town for a few years, you will know one of the officers on the police force, and that may be your contact for all facets of city government.

In Springdale, for the past 35 years, our doors at the Police Department have always remained open. We never close. The officer in the familiar black and white police cruiser patrols your streets 24 hours a day, 7 days a week. They are always looking for the criminal on the prowl or the non-criminal "Quality of Life" issue. These issues create a negative perception of neighborhoods (such as a junk car or broken window on a vacant home or business). The officer even comes to your house, if the need ever arises. Yes, we still make house calls!

During the upcoming summer months, the department is involved in a number of city related events in addition to our regular duties involving traffic control, investigating crime, and responding to emergencies. Let's see what those officers are actually doing during the months of April to August.

The summer months are the traditional vacation time of the year for most families. Our officers will personally check your residence to make sure it is as secure when you return home as it was when you left. Just call the department and let us know when you will be gone, and a patrol officer will be around to check all the doors and windows to make sure all is secure.

For the past several years, and again this year, officers will coordinate the community's Bicycle Safety Program. Join us at the kickoff event at the Community Center on May 8, or at one of the other future satellite events.

Safety Town will again occur at Tri-County Mall during the month of July. Coordinated by Springdale Police and Tri-County Mall, this educational program is the longest running child safety program in the Greater Cincinnati area. Since June 15, 1962, our officers have instructed pre-school

children from all over the Greater Cincinnati area in traffic and pedestrian safety. (Are **you** a graduate of Safety Town?)

What about the regular "police work". Who does it, and what do they do?

During a typical four month period in the summer, our 26 officers on patrol normally respond to over 4,000 calls for service, make approximately 700 arrests, take close to 1,400 criminal offense reports, take 15 DUIs off the roadway, issue 1,250 citations, and take over 300 accident reports. Whether it is in your cul-de-sac or on the interstate, or at a night spot in the city or in your living room, if there is a need for a police officer, we will be there.

Our Neighborhood Block Watch programs continue during the summer months, with all five groups meeting on a monthly basis. On Saturday, April 24, our Honor Guard will lead the annual Opening Day Parade for our youth, and then — later in the spring — the Honor Guard will be at the Great American Ball Park bringing in the colors.

During the summer months officers coordinate with residents to safely conduct "block parties" in several neighborhoods, carnivals at different churches, and traffic control for parades. We always have an eye open for



juveniles out past curfew during the summer months, usually resulting in a trip home to their parents or a curfew citation to juvenile court.

In May, Springdale Police will host the annual Law Enforcement Expo at Tri-County Mall, where we coordinate approximately 20 departments which will display the tools of the profession in a positive setting, meeting with more than 50,000 visitors to the mall on a spring weekend. In June, officers participate in the Law Enforcement Torch Run for Special Olympics to raise money for those that need a little extra help. After all, that is what a cop does; we help those that need a little extra help.

The department participates in the annual "Safety Day" on Springfield Pike, and numerous other safety related events at retail businesses within the city. If you want a personal security survey at your house, a safety presentation of any type where you work, or feel one of your neighbors or family members is being fraudulently taken advantage of, just call the department for a personal contact.

This is just a sampling of what the SPD officer on the beat does. Partnering with all members of the community, we can all work together to create a very safe and secure summer in Springdale.

## Hot Summer Jobs that are Cool!

Apply at the Community Center

### ASSISTANT AQUATIC DIRECTOR

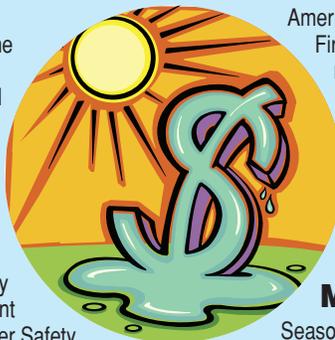
Responsible for assisting in the management and operation of the municipal swimming pool. Seasonal position begins in April and ends mid September. Duties include pre-season/post-season pool preparations, hiring and supervision of aquatic staff and organization of special pool related events. Knowledge of pool chemistry, filtration and daily maintenance is essential. Current certification in Lifeguarding, Water Safety Instructor, CPR and First Aid. Salary range \$4500-\$6000 DOQ. EOE.

### LIFEGUARDS

American Red Cross Lifeguarding, Standard First Aid and CPR or equivalents required. Certification in American Red Cross Water Safety Instructor preferred. Day, night and weekend hours required. Applicants must be 16 years old or older. Pay range \$7.75-\$12.00 per hour DOQ.

### PARKS MAINTENANCE WORKERS

Seasonal staff is needed to cut grass, trim and help maintain City facilities. Applicants must be 16 years old or older.





# Creating Community Through People, Parks & Programs

# Parks & Recreation Programs

FOR PROGRAM INFORMATION, CALL THE SPRINGDALE COMMUNITY CENTER AT 346-3910, OR EMAIL [GOPLAY@SPRINGDALE.ORG](mailto:GOPLAY@SPRINGDALE.ORG).

[WWW.SPRINGDALE.ORG/GOPLAY](http://WWW.SPRINGDALE.ORG/GOPLAY)

## SPECIAL EVENTS & SEASONAL PROGRAMS

### JAYCEES EGG HUNT

Saturday, April 3 at 12:00pm

Get out your baskets and egg-hunting gear! Join the Easter Bunny and the Greater Springdale Jaycees for their annual Easter Egg Hunt at Ross Park. This free event is open to the public. Make sure to bring a basket for your children to collect their prize-filled eggs.



### OPENING DAY PARADE & CEREMONIES

Saturday, April 24

For Baseball/Softball/Spring Soccer - scheduled for Saturday, April 24. Check with the Community Center for details. The parade begins at 9:00 a.m. from Value City parking lot, ending at the Community Center.

### SPRINGDALE'S GONE WILD

Monday, April 12, at 7:00 pm: *All About Skunks*  
Tuesday, May 18, at 7:00 pm: *To Be Announced*

### ARBOR DAY CEREMONY

Friday, April 30

The Springdale Parks and Recreation Department, in conjunction with the Public Works Department, will plant a tree to celebrate Arbor Day and the City's status as a Tree City USA.

### BICYCLE SAFETY PROGRAM

Program Kickoff: Saturday, May 8  
10:00 am - 2:00 pm at the Community Center

The Parks and Recreation Department, in conjunction with the Police and Fire Departments, will sponsor this safety program. Free bike helmets and bike lights will be given away with each bicycle registration. Free hot dogs and soft drinks will be provided! Bicycle inspections, registration and



safety instruction will be offered at this event. *Bicycle registration will also be available at locations throughout the summer.*

### OHIO'S ONE-MILE FITNESS WALK

Healthy Ohio Challenges YOU to "Walk the Talk!"

Wednesday, May 19 • 11:00 am - 1:00 pm

Healthy Ohio would like to encourage you to get active. Healthy Ohio is sponsoring the fifth annual Healthy Ohio Fitness Walk. Help us reach our goal of over one hundred thousand Ohioans walking one mile. Let's do our part as a community and participate in a 20-minute, one-mile walk, to help reach this goal! Each participant will receive refreshments.



### TEEN NIGHT AT THE POOL

Friday, June 11 and August 13

Springdale Community Center teens and their guest ages 12-17 can enjoy music, dancing, games, food, and of course swimming. Tickets are \$2 and are limited to the first 200 teens.

### FAMILY FUN DAYS AT THE POOL

June 27 and July 25

The popular Family Fun Days at the pool are becoming a summertime family favorite! In June all Captains and Crews will be challenged to test the seaworthiness of their homemade boats constructed out of cardboard and duct tape! Crazy but true. The more traditional activities such as Duck Races, Master Splasher and Balloon Launch will be held in July. Watch for more information about these fun filled summer activities!



### WOMEN'S USSSA QUALIFIER SOFTBALL TOURNAMENT

July 17-18

Thirty-six of the finest women's slow pitch teams will compete in three divisions. The top teams qualify for state and regional championships.

### COMMUNITY PRIDE YARD SALE

You know the saying, "one man's trash is another man's treasure." And that certainly applies to our ever popular Community Pride Yard Sale! 60 Springdale families sell their wares to bargain hunters from all over the tri-state area. We'll begin accepting registrations in July. Watch for more information.

## ADULT SPORTS

*Participant must be 16 years of age or older to play in an adult sports program.*

### CO-ED SOFTBALL

Games are played Tuesday evenings, beginning April 20. Sign-ups are being taken now through April 6. League fee is \$150 for resident or Springdale business teams, \$250 for non-resident teams.

### MEN'S GOLF LEAGUE

This 18-week league begins on April 14 and is played on Wednesday nights at Winton Woods.

### FREE RACQUETBALL CLASSES

Learn the basic shots and rules of racquetball with Jerry Allen. Free lessons are available to members 12 years old through adult. Classes meet for six weeks on Saturdays from 10:30-11:30 am. Protective eyewear and a racquet are required. Sessions start once registration is filled.

## YOUTH SPORTS

### YOUTH FALL SOCCER SIGN-UPS

Fall sports sign-ups begin May 1. All participants must possess a 2010 membership at the time of sign-ups.

**INSTRUCTIONAL SOCCER:** Introduce your child to soccer in this league! Instructional soccer teams play in a positive, relaxed setting. Children ages 4 - 6 (by July 31) are eligible to participate. *Early Bird Registration is \$30 through May 31. Beginning June 1, registration is \$45.*

**SAY SOCCER:** Springdale Parks & Recreation is a part of the Soccer Association for Youth - a recreational league that encourages participation and good sportsmanship. Children must be at least 6 years old

(by July 31) to participate on a soccer team. *Early Bird Registration is \$50 through May 31. Beginning June 1, registration is \$65.*

### SAILFISH SWIM TEAM

**No Time-Outs, No Substitutions, Everybody Swims!**

Do your kids love to swim? Have they passed Level 3 swim lessons? If so they are eligible for the Sailfish Swim Team. Resident children ages 5-17 may register on May 8 from 10:00 am to noon at the Community Center. Non-resident children may register on June 1. For more information, call Debbie Stahlgren at 851-3469 or Sharon Brooks at 671-1883.

## Springdale Community Center

### REGULAR HOURS

TIMES ARE SUBJECT TO CHANGE AND WILL BE POSTED AT THE COMMUNITY CENTER.

<b>MONDAY - THURSDAY</b> .....	<b>7 AM - 10 PM</b>
<small>FITNESS CENTER &amp; INDOOR TRACK OPEN AT 6 AM</small>	
<b>FRIDAY</b> .....	<b>7 AM - 9 PM</b>
<small>FITNESS CENTER &amp; INDOOR TRACK OPEN AT 6 AM</small>	
<b>SATURDAY</b> .....	<b>9 AM - 5 PM</b>
<b>SUNDAY</b> .....	<b>1 PM - 9 PM</b>

### SCHEDULE OF OPERATION

<b>GOOD FRIDAY</b> .....	<b>CLOSED</b>
<small>COST CONTAINMENT DAY</small>	
<b>EASTER</b> .....	<b>CLOSED</b>
<b>MAY 7</b> .....	<b>CLOSED</b>
<small>COST CONTAINMENT DAY</small>	
<b>MEMORIAL DAY</b> .....	<b>1 - 9 PM</b>
<b>INDEPENDENCE DAY</b> .....	<b>1 - 5 PM</b>
<b>AUGUST 6</b> .....	<b>CLOSED</b>
<small>COST CONTAINMENT DAY</small>	

# INSTRUCTIONAL PROGRAMS

## Aquatic Exercise/Aqua Zumba

(June 9 to July 10 • Wednesdays, 6:30 - 7:30 pm • Saturdays, 11:00 am - Noon) Dive in to our improved Aquatic Exercise Class and experience a party in the pool with some Zumba moves! Taught by Patricia Cox, this refreshing class is a great alternative if you're looking for something different this summer. The cost is \$50 for 10 classes (\$60 non-resident), \$7 per class walk-in (\$8 non-resident). For information, call 385-6111.



## Body Sculpting

(Fridays at 6:00 pm) Using free weights and exercubes, this 45-minute class of muscle toning and strengthening is set to the latest music. Call Elaine Smith at 575-1620 if you have questions or for class costs.

# TENNIS

## TENNIS LESSONS

Wednesday Nights starting in May

From beginner to advanced, youth to adult, tennis lessons are sure to improve your game. Whether you want to learn how to play or practice your back swing, we have a spot for you. For information, contact Charlie Knee at 260-2260.

# JUST FOR YOUTH

## S.T.A.F.F.

Springdale Teens Adventuring For Fun is for teens in 6th-12th grade. Activities and events are run by teens with the guidance of the Parks and Recreation Department staff and parent volunteers. Their mission is to serve the community by sponsoring projects and providing manpower for community programs and events and to organize fun activities that appeal to teens. If you are looking for fun activities, a way to meet new friends, and an opportunity to serve the Springdale community, come see what it's about! The cost is \$5, which includes a t-shirt.

# ADULT ACTIVITIES

## SENIOR LUNCHEONS

Enjoy a delicious catered lunch followed by fantastic entertainment. The cost is only \$7.50 for members and \$10 for adults. Call 346-3910 for more information.

Upcoming luncheons:

**Friday, April 16 • 11:30 am**

*Raison d'etre with music of Swing Canaries*

**Friday, May 21 • 11:30 am**

*Classical stylings of Brian Deyo & Amy Gillingham*

**Friday, June 18 • 11:30 am**

*Illusionist John Louis*

## SENIOR CITIZENS CLUB

**Social Event: Tuesdays at 9:30 a.m.**

**Meetings: 2nd & 4th Tuesday at noon**

**Meet new people! The Springdale Senior Citizens Club is open to residents who are at least 55 years of age. Call 346-3910 for more information.**

## Cardio Kickboxing

(Tuesdays, Thursdays & Sundays 6:00 - 7:00 pm • Saturdays, 11 am - noon) The cost is \$65 for 8 weeks, \$35 for 4 weeks, or \$5 per class for walk-ins. Call instructor Elaine McKay at 825-7443 for more information.

## Chair Volleyball

(Mondays, 10:00-11:30 am • Wednesdays, 1:00-2:30 pm) Everyone is welcome to join us for this fun activity! There are a wide variety of benefits for participants, including improved cardiovascular fitness, increased flexibility, and the opportunity to meet new friends! Players' ages range from the 50s to 90s. All activity levels can participate.

## Chair Yoga

(Wednesdays 1:00-2:00 p.m.) Join this free class for a gentle form of yoga that is practiced sitting in a chair. Yoga can help loosen stiff joints, stimulate circulation and improve balance. All fitness levels and ages can benefit from these exercises that will leave you feeling refreshed and relaxed.

## CPR and First Aid Courses

A CPR or Standard First Aid class will be held once a month at the Community Center. Registration is taken at the American Red Cross - phone 792-4000.



## Creative Stamping

(Thursdays, April 1, May 6 & June 3 • 10:00 am) Join Instructor Edith Hulsmann to make lovely seasonal cards! Each month you will learn a new technique to enhance and embellish your creations, such as heat embossing or watercolor with ink. Not sure what the month's cards will look like? Stop by the front desk and view the samples for the coming month. All materials will be provided and each student will complete 5 cards for only \$8 (10 cards for \$15), due at registration. Registration deadline is the Friday prior to the class with a class minimum of 5.

## Get Up and Go Bootcamp

(Mondays, 5:30 - 6:15 pm • Wednesdays & Fridays, 6:15-7:00 am) We want YOU... to lose weight, tone up and have fun! Are you bored with your workout or looking for a new challenge? Then it's time to join Boot Camp! We'll train anyone at any level from beginner to expert exerciser. Soon you'll be re-enlisting when you're burning up to 450 calories per class. Best of all it's FREE! Just bring a towel or mat and water bottle — crew cut not required.

## Guitar Lessons

(Tuesdays, 7:00 - 8:00 pm • Thursdays from 7:30 - 8:30 pm • Tuesdays, 4:00 - 5:00 pm for students 10-18 years old) Want to learn a new skill or find an old one? Join us for electric guitar and bass guitar lessons! Students 10 years old through adults are invited to this fun class. Students must provide their own guitar, small amplifier and headphones. Cost is only \$96 for the session and is required when registering. Class size is limited to a maximum of 12 students. Call instructor Ed Riley at 671-1760 with questions.



**Investment Club** (Second Friday of each month 9:30-11:30) Available to all adult and senior members, this program teaches about investing and the stock market.

**Jazzercise** (Tuesdays, Thursdays & Saturdays from 9:30 - 10:30 am • Monday & Wednesday evenings from 6:00 - 7:00 pm) Your first class is free. Call Elaine Smith at 575-1620 with questions or for class costs.

## Low Impact Functional Exercise (L.I.F.E)

(Tuesdays & Thursdays from 11 am - noon) This FREE class focuses on improving your strength to help you safely perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

## Line Dancing

(Wednesdays • 7:15 - 8:15 pm *Beginners* • 8:30 - 9:30 pm *Advanced*) Any level of dancer is welcome to come learn the ropes or work on your waltz. This is not just another dance class. You will make friends, burn some calories and have a great time. Taught by Annette Knoll, with many years of experience, you will learn everything from the The Cleveland Shuffle and Southern Shuffle to the Booty Call and The Michael Jackson.

## Let's Get Fit

(Mondays & Wednesdays from 10:30 - 11:30 am) There are many benefits associated with this FREE class, including working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reduces stress, enhances muscle and endurance. The class follows a video "Resisting Muscle Loss" offered by the Hamilton County General Health District.

## Line Dancing with the Helts

(Mondays from 1 - 2 pm) This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, this class is perfect for you! Wear comfortable soft soled shoes and enjoy learning how to line dance! Fee is \$4 per class. Call 346-3910 to sign up.

## Little Dragons Kids Karate

(Mondays & Wednesdays, 5:00 - 5:50 pm) This class improves self-esteem and teaches discipline and important self-defense skills to children 5-12 years old. Join instructor Norene Price. Class fee is \$35 per month.

## Slimnastics

(Mondays, Wednesdays & Fridays from 9-10 am) Join Instructor Sue Smith for this FREE energetic fitness class for women.

## Stay Fit

(Thursdays, 1:30 - 2:30 pm) This class is FREE for members. The hour-long class will allow mature adults the opportunity to learn a variety of exercise techniques including stretching, cardiovascular fitness, range of motion, Tai Chi, and line dancing. Class is taught by Senior Fitness Instructor, Melissa Schmit. Melissa is certified through the Arthritis Foundation and Healthways, and she has taken many continuing education classes in Arthritis, dementia and fitness for older adults. Brought to you by Personal Touch Home Health Services and WellSpring at Evergreen.



**Zumba** (Mondays, Tuesdays & Thursdays, 7:15-8:15 pm) Zumba combines high energy and motivating music with unique moves and combinations. It's based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program and achieve long-term health benefits.

# See you at the POOL this summer!

## POOL OPENS MAY 29

### Pre-Season Pool hours:

May 29 . . . . . 12 - 5 pm  
 May 30 . . . . . 1 - 6 pm  
 May 31 . . . . . 1 - 6 pm  
 June 1-4 . . . . . 4 - 7 pm  
 June 5 . . . . . 12 - 5 pm  
 June 6 . . . . . 1 - 6 pm

### Regular season hours:

Beginning Monday, June 7  
**12:15 - 8 pm**

The pool will close at 5:00pm on Tuesdays for swim meets and 6:00 pm on Thursdays for Adult Night. The pool will also close for a few special events during the summer, watch for more information or call 346-3910.

## Know Before You Go!

The pool is a fun place, but there are a few rules to follow. Please make sure everyone in your family knows and follows all the pool rules. A small sampling of the rules is:

- Children 8 and under must be accompanied by a person 16 or older or have passed Level 4 swim lessons.
- Do not swim if you have had diarrhea in the past two weeks.
- Children not toilet trained must wear "swim diapers" and tight fitting swimsuits.
- Lifeguards must be obeyed.
- Excessive horseplay is prohibited.
- Swimmers must be 4 feet tall to ride the slide.
- Bathing suits are required.

Be sure to check our web site [www.springdale.org/goplay/](http://www.springdale.org/goplay/) for a complete listing of the pool rules.

## 1,2,3 SWIM!

Saturday, June 5  
 Ages 7-12\* • 10:00 am - 10:45 am  
 Ages 3-6\* • 11:00 am - 11:45 am  
 Registration begins on April 12  
 \* age as of June 1

Don't miss the opportunity for your child to participate in an award winning program that's FREE! This class will

introduce your child to our swimming lesson program and will help determine swimming abilities so they can be correctly placed in a regular swimming class. The student/instructor ratio is 5-1 and space is limited so register early! **This class is not designed to teach a child to become a good swimmer or even survive in the water on their own. It is simply an introduction and evaluation of swimming abilities.**



# Swim Lessons

## Member Registrations begin April 12

### LEARN TO SWIM THE RED CROSS WAY!

The American Red Cross Learn-to-Swim classes provide instruction to help swimmers ages 3 to 12 to develop their swimming and water safety skills. It is designed to give students a positive learning experience. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. Your child is in good hands with the Red Cross and Springdale Parks and Recreation Dept. Water Safety Instructors! For more information, contact the Springdale Parks and Recreation Department.

### LEVELS 1 & 2

**Lesson Dates:** 30 minute sessions are held each weekday for two weeks.

**Sessions:** 1A . . . . . June 7 - 18  
 1B\* . . . . . June 21 - July 2  
 2A . . . . . July 12 - July 23  
 2B\* . . . . . July 26 - August 6

\*Resident children enrolled in 1A or 2A classes may not enroll in 1B or 2B until noon the last day of 1A or 2A class.

**Level 1 & 2 Class Costs:** Classes are \$5 per session for 2010 pool members. For non-Pool Members (*Residents with Fitness or Activity Memberships*), classes are \$10 per session. Non-Resident classes are \$40 per session.

**Level 1:** This course marks the formal beginning of the Learn to Swim Program. Students will learn beginning water skills, which they will progressively build on throughout the program. Some skills taught include: front and back floats and going under water. 5:1 student/instructor ratio. *Must be 3-6 years old by June 1.*

**Level 2:** The object of this level is to give students success with fundamental skills. Students learn to float without support and recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions to lay the foundation for future strokes. 5:1 student/instructor ratio. *Must be 4-6 years old by June 1 and passed Level 1.*

### LEVELS 3 AND HIGHER

#### Lesson Dates:

All sessions last 4 weeks, Monday-Friday, for 30 minutes each day. There is a limit of 10 children per class.

**Sessions:** 1 . . . . . June 7 - July 2  
 2 . . . . . July 12 - August 6

**Class Costs:** For 2010 Pool Members, classes are \$10 per session. For non-Pool Members (*Residents*

*with Fitness or Activity Memberships*), classes are \$20 per session. Non-Resident classes are \$80 per session.

**Level 3:** The objective of this level is to build on the skills learned in level 2 by providing additional guided practice. Students are taught to coordinate the front crawl and elementary backstroke. They are also introduced to the scissors kick and treading water. 8:1 student/instructor ratio. *Must be 5 years old by June 1 and passed Level 2.*

**Level 4:** The objective of this level is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance and improve their skills by swimming front crawl and back crawl for greater distances. Students will continue to build on butterfly, elementary backstroke, breaststroke, sidestroke. 8:1 student/instructor ratio. *Must have passed level 3.*

**Level 5:** The objective of this level is to coordinate and refine strokes. Students will work on refining all strokes and increasing their distances. They will also learn front and back flip turns. 8:1 student/instructor ratio. *Must have passed level 4.*

**Level 6:** This class will refine strokes even further so students are able to swim with more ease, efficiency, power and smoothness over greater distances. 8:1 student/instructor ratio. *Must have passed level 5.*

**Junior Sailfish:** This class will provide special attention to improving on the four competitive strokes and endurance. Ideal for students who might be interested in joining the Sailfish Swim Team or becoming a certified lifeguard. 8:1 student/instructor ratio.

### ADULT SWIM LESSONS

Do you have a fear of water? Not to worry! Our easy going instructors will work with you at your own ability level and at a pace comfortable to you. Already know how to swim but want to learn a new stroke? We can do that too! Whatever your ability is, if you want to learn to swim, improve your swimming skills or increase your comfort level in the water, join us on Thursday nights from 6:30-7:30 p.m. for eight weeks beginning June 10. This class is open to children ages 13 and up when accompanied by an adult. Registration begins April 12. A maximum of 10 will be enrolled in this class.

**Class Costs:** For 2010 Pool Members, classes are \$10 per session. For non-Pool Members (*Residents with Fitness or Activity Memberships*), classes are \$20 per session. For Non-Residents, classes are \$60 per session.



# City of Springdale

11700 Springfield Pike  
Springdale, Ohio 45246

### Mayor

Doyle H. Webster

Office .....346-5705  
Home .....671-4489

### At-Large Council Members

Steve Galster .....825-6879  
James Squires .....671-6297  
Bob Diehl .....851-6560

### Districts Council Members

1 Lawrence Hawkins III .....742-4295  
2 Holly McQuillan-Emerson ....742-2418  
3 Marjorie Harlow .....671-6916  
4 Tom Vanover .....671-7034

### Clerk of Council/Finance Director

Kathy McNear .....671-2510

### City Administrator

Derrick Parham .....346-5700

### Assistant City Administrator

Jerry Thamann .....346-5700

email .....admin@springdale.org



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## NEWS IN BRIEF

### Safety Town to soon celebrate 50 years! Are YOU a graduate?

In a few short years (2012), Springdale's Safety Town will celebrate its 50th anniversary. To better prepare for the milestone, long-time residents who graduated in the early years from the Safety Town program as youngsters are being sought as a part of the 50-year celebration.

If you graduated from the early years of Safety Town, contact Marsha Bemmes at 346-5774.

### Farmers' Market to return in June to Springdale Town Center

Each Thursday from June through October, a Farmers' Market is offered from 3 to 7 p.m. at the Springdale Town Center at the corner of West Kemper and Springfield Pike. Vendors offer a variety of fresh produce and other products.

Many vendors from last summer have already re-committed, along with a number of new vendors for the 2010 market.

The Farmers' Market is sponsored by the Springdale Chamber of Commerce. For more information, call 346-5712.

### Federal grant to provide repairs along Northland Boulevard

Springdale has received a federal grant through the American Recovery and Re-Investment Act of 2009 which will be used for improvements on Northland Boulevard.

The project will include the repair of deteriorated curb and roadway, as well as the re-paving of the entire length of Northland Boulevard from State Route 4 to Kemper Road. The project is scheduled to start in April, and be completed by the end of fall.

### SOS to help local families with local volunteers & donations

Springdale Offering Support (SOS) is a non-profit organization initiated by the City of Springdale that includes representatives from local agencies, churches, organizations and concerned citizens. The group's mission is to coordinate community resources and unite individuals and families with elements of help and assistance within Springdale and surrounding areas.

Springdale residents are invited to be a part of SOS as a volunteer and/or a sponsor by making either a monetary or a service donation. Each contribution will be acknowledged by SOS with a response letter than can be used for tax purposes.

All donations to SOS will be directed to citizens in need in the local area. Contact SOS at 346-5725 to request services, volunteer or make a donation.