

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Aggregation now to focus on natural gas

Now that Springdale's Electric Aggregation Program is in place, the City has begun the process to create a Natural Gas Aggregation Program. On July 18, Springdale City Council passed legislation entering into an agreement with Interstate Gas Supply, Inc. (IGS) to serve as the alternative natural gas supplier for the City's Natural Gas Aggregation Program. IGS will be to the Natural Gas Aggregation Program what DP&L is to the Electric Aggregation Program.

Several steps are still required to complete this process. First we need to set a price for residents to consider. The goal is to have prices set in time for the winter heating season. As with the Electric Aggregation Program, residents who currently use Duke Energy as their natural gas supplier will automatically be included in the City's new natural gas program. Residents who have chosen a different natural gas supplier will need to directly request IGS add them to the City's program, if they wish to participate. It is recommended that residents check their current supplier to determine the impact of possible termination fees before contacting IGS.

As occurred with the Electric Aggregation Program, Duke Energy will



provide IGS with a current list of eligible Springdale customers. Those eligible customers will receive an "Opt Out Notice" from IGS. This notice will identify IGS as the City's natural gas provider and will confirm the rate to be charged for services, as well as other terms and conditions of the program. Residents who receive the "Opt Out Notice" and who wish to participate, do not need to do anything further since participation is automatic. Those who do not want to participate will have 21 days from the postmark date of the notice to decline the offer by notifying IGS.

At the conclusion of the 21 day period, Duke Energy will send a second notice to residents confirming their choice to leave Duke Energy and have IGS provide natural gas service. The resident will then have seven days to opt out of the program and remain with Duke Energy. Following this seven day period, and upon the resident's next meter reading date, the resident should begin receiving service from IGS under the City's program.

As with the Electric Aggregation Program, the IGS rate will be reflected on the customer's Duke Energy bill. Customers will continue to receive their bill from Duke Energy, which continues

to provide the actual distribution of natural gas in Springdale.

If for some reason, the IGS rates turn out to be higher than Duke Energy's rates, the program will not be put into place. However, residents must keep in mind that Duke's natural gas rates fluctuates on a monthly basis. Electricity prices tend to be stable, while natural gas rates frequently adjust with the market. As a result, some months may find the program's rates higher than Duke Energy, but for the majority of the time, the program rates should be lower.

Finally, there is one additional bit of information of which to be aware. All utilities are permitted to collect an Ohio Excise Tax (OET) from its customers and ultimately those receipts go to the State of Ohio. The OET current rate is 4.89%. While the OET stays in place for electric aggregation pricing, when a customer or community starts purchasing natural gas from an alternative supplier, the OET is supplanted by the local sales tax. For Hamilton County, the current sales tax rate is 6.5% and is reflected separately on the customer's Duke Energy bill. Normally when alternative natural gas suppliers are soliciting customers, this tax issue is not mentioned during that solicitation, whether by mail or telephone.

6th Annual Safety Day planned August 4

The 6th Annual Springdale Town Center Safety Day will take place on Saturday, August 4, from 11 a.m. to 3 p.m. This free event is partly coordinated by the Springdale Police Department in conjunction with the Myers Y. Cooper Company, which owns Springdale Town Center Properties.

The popular event allows residents an opportunity to talk with personnel from

the City of Springdale service department and to promote the businesses at the Springdale Town Center.

During the event numerous public service vehicles from Springdale will be on display. In addition, information about the service departments will be available. The event offers educational activities for kids.



New ordinance limits outdoor material storage

Landscaping can be a big job. In some cases, a homeowner who has good intentions orders more landscaping supplies than needed. The resulting mulch pile or other materials are left throughout the summer, creating an

eyesore for the entire neighborhood. The longterm effect can even negatively impact property values.

In January 2012, Springdale City Council adopted regulations controlling

the amount of time that mulch, landscape materials and building materials may be stored on residential properties. The new regulations permit such materials to be located in the front and side yards for not more than 60 days in a calendar year. Mulch, landscape materials and construction materials exceeding one cubic yard in volume may be stored in the rear yard for not more than 90 days in a calendar year. Supplies less than one cubic yard in total volume may be stored in a rear yard for longer periods provided they are stored in an orderly fashion.

Questions about the new regulations may be directed to the Building Department at 346-5730.

Home improvement grants offered

Special grants up to \$500 are available to qualifying homeowners to undertake an outside improvement project. The grants are available from Springdale Offering Support (SOS), a non-profit organization initiated by the City of Springdale.

For more information or to apply for a grant, contact the Springdale Health Department at 346-5725.

Springdale Offering Support (SOS) is

comprised of 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.

Beaver Run restoration completed

The second phase of the Beaver Run Riparian Corridor Restoration Project has been completed. The project

restored 230 linear feet of eroded and failing stream bank with a bioengineered and terraced wall in Chamberlain Park located in the Heritage Hill Subdivision. The new wall is planted with native vegetation and trees to provide for a more

stable bank. In addition, the redesigned stream channel has in-stream structures which help provide a more natural

habitat to aquatic wildlife.

Due to the lack of rain this spring, compromised trees will be replaced.



The project was made possible by a 2010 grant from the Ohio Environmental Protection Agency, which provided 80 percent of the

construction cost amounting to \$221,934. The remaining 20 percent (\$55,484) was paid by the City.

Watercourse inspections to resume

This year's dry weather will allow a federally mandated inspection program to begin in August, after the effort was postponed last year due to above average rainfall. The program inspects storm sewers and other watercourses to determine if any areas are having abnormal discharges during dry periods.

The inspections are scheduled to begin on the east side of the City, in and around the Heritage Hill Subdivision. Inspections will be undertaken on behalf of the City by Evans, Mechwart, Hambleton and Tilton. Employees of the contractor will carry identification at all times while conducting inspections as they access all rear yards and private property which contain watercourses

and outlet structures along streams or drainage areas.

This work is part of the National Pollutant Discharge Elimination System (NPDES) permit held by the City of Springdale. Inspections are limited to dry weather periods and include an evaluation of the general condition of the outfall structure as well as a visual inspection of the watercourse.

Information gathered as a part of these inspections will be used in the coming years to further investigate watercourses which contain possible non-storm water related activity.

Contact the Springdale Public Works Department at 346-5520 for additional information.

How can we help?

Police or Fire Emergency

9•1•1

Not an emergency? Then call
346-5760 for Police
346-5580 for Fire

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

About those calls you love to hate...

It happens far too frequently. Homes are getting unwanted calls from solicitors. Often the calls are "robocalls," prerecorded telephone calls from automated devices. Law enforcement agencies across the US and the Federal Trade Commission (FTC) are getting complaints from consumers about unsolicited robocalls.

Robocalls pitching goods or services are illegal unless the caller has permission to call. In most cases, the robocalls are likely a scam, according to the FTC. The FTC is cracking down on illegal robocalls offering fraudulent credit card services, and so-called auto warranty protection, home security systems, and grant procurement programs.

Fraudulent telemarketers often manipulate Caller ID information to hide their identity. In some cases, the

fraudulent telemarketer may want you to think the call is from a bank or other well known business.

Calls that deliver purely "informational" recorded messages (*like notification of a cancelled flight, a delivery notification, or a school delay*) are permissible as long as they do not attempt to sell something. Calls from politicians, banks, telephone carriers, and most charitable organizations are not covered by the new prohibition. The new prohibition on prerecorded messages does not apply to certain healthcare messages. Calls concerning collection of debts where the calls do not seek to promote the sale of any goods or services are also allowed.

Many don't answer calls from numbers not recognized. Those getting unwanted robocalls should get the

Caller ID information, and file a complaint with the Federal Trade Commission at (tollfree) 1-877-382-4357 or www.ftccomplaintassistant.gov or <https://donotcall.gov>.

Cops to mount Walgreens' roof

Officers from the Springdale Police Department and surrounding communities will participate in the 3rd annual Cop-on-Top building sit-in at the Springdale Walgreens, at SR 4 and Northland Boulevard. Last year's event raised more than \$5,200 for Special Olympics. This year's goal is \$7,500.

The fundraiser begins at 6 a.m. on Friday, August 3, with an officer remaining on top of special scaffolding (*safe weather permitting*) for 35 consecutive hours.

In June, local officers participated in the 26th Anniversary of the Ohio Law Enforcement Torch Run. Officers from Springdale joined with approximately 2,200 officers on six different legs from around Ohio to carry the "Flame of Hope" through 150 communities statewide to Columbus to kick-off the summer Special Olympics.

Crews prepare for leaf pick-ups

It may be the middle of a scorching hot summer, but crews in the Public Works Department are already gearing up for the annual leaf collection program which begins when leaves start to pile up (*typically during the second or third week of October*). Collection starts on the west side of State Route 4 and alternates weekly to the City's east side.

Due to the overwhelming volume of leaves, occasionally crews fall behind and cannot collect leaves for the entire half of the City in a given week. When this occurs, crews will finish one side of the City before moving to the other side. The seasonal service ends this year on Friday, November 30. Starting December 1, residents should bag their remaining leaves for curbside pick-up with their household trash.

A December cutoff is needed so crews can be prepared for an early snow fall, which has occurred in the past. (*An early snow in 2010 caused some parts of the City not to see a final leaf collection until February 2011.*)

It's important to note that leaves should not be placed in the street since that can obstruct stormwater flows. Instead, leaves should be placed behind the curb, but not blocking sidewalks or covering fire hydrants. Leaves must be free of debris, such as litter, trash, limbs

and branches. These items cannot be collected with leaves. Piles containing these items will be left until the piles are cleaned of this material. Limbs and branches which are stacked in a separate pile will continue to be collected by the city on the normal chipper schedule.

Fire prevention programs reach thousands of Springdale residents

The Springdale Fire Department puts a great deal of emphasis on fire prevention and life safety programs... and statistics from 2011 prove it! During 2011, Fire personnel made more than 800 fire inspections and participated in 47 events teaching fire safety to more than 3,500 individuals.

Fire House Tours Available

Groups are invited to schedule a tour of the Springdale Fire House Monday through Friday between the hours of 8 a.m. and 4 p.m. To arrange a tour, call 346-5580.

Open House

The Fire Department's 22nd Annual Open House will be held on Saturday, October 6, from 11 a.m. to

3 p.m. A variety of lifesaving educational activities are scheduled for children and adults. Prizes will be awarded. Among the activities will be a live fire demonstration and landing of an Air Care helicopter, weather permitting. Food and drinks will be provided.

Smoke Detectors

Fire personnel are available to evaluate residential smoke alarm needs. Residents can call 346-5580 to arrange for a review. Each family can vastly improve their odds of surviving a fire by simply remembering to change the batteries in smoke alarms with the resetting of the clocks at the beginning and end of Daylight Savings Time.

Ash trees succumb to Emerald Ash Borer

The threat of Emerald Ash Borer (EAB) has been known for several years. Now, the destructive results of the invasive insect can be seen city-wide. This insect, which is non-native and originated in Asia, was first found in Michigan in 2002. EAB has quickly moved throughout the mid-west with known infestations in 13 states and southern Ontario.

The insect is only destructive to native Ash (*genus Fraxinus*) trees. All Ash trees which become infested will generally die in less than 3 years. To assist in the identification of Ash trees, view a video clip which can be found at http://www.youtube.com/watch?v=WfeIszMuUgk&feature=player_embedded.

The City of Springdale has taken a proactive approach to EAB with a management plan of treating approximately 75 percent of the City's 550 Ash trees located within the right-of-way. More than 100 Ash trees were not treated and now are succumbing to EAB. The news is even worse for commercial and private properties, as well as City Parks where the numbers of Ash trees are far greater. All non-treated Ash trees will die from this insect in the coming years.

Insecticide treatments are available to residents who act quickly to protect their Ash trees. Treatments are most effective when performed before or very early in an EAB infestation. Information on treatment options and the insect can be obtained on the following web sites: www.agri.ohio.gov/eab and <http://na.fs.fed.us/fhp/eab/>.

Treatments are not as effective after infestation and the removal of dead or dying Ash trees can be expensive due to the structural nature of the Ash tree. The City of Springdale recommends that property owners protect themselves and hire only companies with certified arborists on staff and those that are fully insured.

Club builds raised garden at Springdale Elementary

The Springdale Garden Club has installed a raised garden behind Springdale Elementary. The raised garden will be used for a science project to grow pumpkins for Mrs. Vanell's 3rd grade science class. The project was made possible when Club President Carolyn Ghantous received permission from the school's principal Ms. Wilham. Ed Knox and Nick Ghantous installed the frame, top soil was brought in, and the members and their families moved the soil into place. Soil amendments were added and the pumpkin seeds have been planted for what will be an annual class project in coming years. The raised garden can also be used next spring by other teachers and their classes.



Molly Taylor, soon to be a fourth grader, working in the butterfly garden.

Center with a plant and swap sale on Monday, September 10, from 6 to 8 p.m. Residents can bring a perennial from their garden and swap for a plant from someone else's. The more plants brought to trade, the more can be taken home. If trading isn't an option, plants will be sold for one dollar each.

Other projects undertaken by the Springdale Garden Club include the maintenance of the flowers in front of the Community Center; the creation of wreaths and swags for the City's welcome signs, and the placement of holiday decorations for the City Buildings during the Christmas Season.

For more information about gardening, stop by a club meeting at the Community Center on the 2nd Monday of each month from 6 to 7:30 p.m. or contact Joan Knox at 674-7755 or joanknox99@fuse.net.

Garden Club members will start the fall season in front of the Community

Join Us!

Regularly Scheduled Monthly Meetings

Held at the Springdale Municipal Building, 11700 Springfield Pike:

City Council

1st & 3rd Wednesdays of each month at 7 p.m.

Planning Commission

2nd Tuesday of each month at 7 p.m.

Board of Health

2nd Thursday of each month at 7 p.m. (except June, July & August)

Board of Zoning Appeals

3rd Tuesday of each month at 7 p.m.

Held at the Community Center:

Recreation Commission

1st Tuesday of each month at 7 p.m. (except June, July & August)

For more information about meetings and events, please call the Municipal Building at 346-5700.

Business/Community Expo & Chili Cook-Off

FREE

Tuesday, October 9 • 11:00 am - 2:30 pm • Springdale Community Center

The expo is open to all businesses as well as the public. It's a great opportunity to showcase your company and support the city! Don't miss this perfect opportunity to network with other local businesses, as well as get

your name out in the community.

The Expo is a free public event, complete with door prizes and free chili samples. The SPCA will be on hand with pets available for adoption.

If your business is interested in having a booth or in donating door prizes, contact Julie Matheny at 346-5712 or julie@springdalechamber.org.

Sponsored by the Springdale Chamber of Commerce



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.

WWW.SPRINGDALE.ORG/GOPLAY

SPECIAL EVENTS & SEASONAL PROGRAMS

Neighborhood Yard Sales

Saturday, August 18 • 9:00 am - 2:00 pm

Clean out the garage, attic and basement while earning some cash during this year's Neighborhood Yard Sales. The best part of all, the sale is right at YOUR house.

The City of Springdale will widely publicize the community-wide event with suggested hours from 9am to 2pm.



Take advantage of the extra traffic of buyers who will cruise Springdale looking for your bargains! (Note that this event replaces the annual program formerly held at the Community Center.)

Shred Sensitive Documents Free

Saturday, August 18 • 9:00 - 11:00 am

A mobile shredding unit will be on site at the Community Center so that residents may safely destroy their unwanted sensitive documents and records. This is an opportunity to dispose of those old financial and medical records, past bank statements and other documents which you would not feel comfortable throwing away in the trash. All material will be shredded on site and recycled. This free service is provided courtesy of Shred Safe.

Junior Olympics

Saturday, September 8 • 10:00 - 11:30 am

The Springdale Parks and Recreation Department will host the Junior Olympics at the Springdale Community Center. The Springdale Junior Olympics is comprised of 8 competitive events for boys and girls ages 4 and under through 12. Registration will begin at 10 a.m. and end at 11 a.m. Events will begin at 10 a.m. and conclude at approximately 11:30 a.m. with awards to follow. Each participating child will be automatically registered to win door prizes that will be drawn during the awards ceremony. This event is free and open to the public.

Halloween Carnival

Saturday, October 27 • 1:00 - 3:00 pm

Games and activities for kids age 2 through fourth grade! Adults are welcome to join in the fun with their own costume contest! Free tickets are available beginning Monday, October 1 at the Springdale Community Center. Participation is limited to the first 200 sign-ups.

Veterans Day Ceremony

Monday, November 12

Springdale Veteran's Memorial

In honor of those who have defended freedom, many paying the supreme sacrifice, Springdale will present a special ceremony in commemoration of Veteran's Day. Last year's tribute included a live performance of Taps, musical performances by Springdale Elementary Chorale, and an address by Mayor Doyle Webster. Parking is available at the Municipal Complex. Groups interested in participating in this year's tribute should contact Jackie O'Connell at joconnell@springdale.org.



Turkey Shoot & Bowl

Saturday, November 17 • 1:00 - 3:00 pm

Join Springdale Club Rec for their Annual Turkey Shoot & Bowl. Come out and shoot some hoops for the chance to win a turkey! Also, bowl with a frozen turkey. Winners get one to keep! Cost to enter is two non-perishable food items that will be donated to needy families. Winners will be awarded in male and female categories divided from ages 5 and under to adults and seniors.

Tree Lighting Ceremony

Sunday, November 25 • 7:30 pm

The tree at the Municipal Building will be illuminated, officially beginning the holiday season in Springdale. The public is invited to this free event.

Springdale Community Center

DAILY HOURS OF OPERATION

MONDAY - FRIDAY 9 AM - 8 PM

FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM

SATURDAY 9 AM - 5 PM

SUNDAY 1 - 9 PM

HOLIDAY SCHEDULE

LABOR DAY..... CLOSED

MONDAY, SEPTEMBER 3

THANKSGIVING CLOSED

THURSDAY, NOVEMBER 22

Parks & Recreation brings the community together!

Parks and Recreation is so much more than playgrounds, fields, and a Community Center. We introduce kids to youth sports in a fun, safe environment. We encourage seniors to build friendships through activities. We help you achieve your fitness goals and maintain a healthy lifestyle. We provide well-maintained places to picnic and play. We provide family programs you will remember for a lifetime. So, stop by often and try something new - there's always something going on!

AQUATIC PROGRAMS

Goldfish Swim

Saturday, August 11 • 12:00 pm

Pool Gate opens at 11:45 am

Spring and Dale are back swimming in the waters of the Community Center pool! Who will catch Spring and Dale this year? Remember, no nets, buckets or help from Mom or Dad. All fish must be caught by children under 12

years of age, with their bare hands. Everyone that enters the pool area must have a pool membership or pay the regular gate fee of \$3.00.



End of season pool hours:

August 6	12:00 - 8:00 pm	Open Swim
August 7	12:00 - 8:00 pm	Open Swim
August 8	12:00 - 8:00 pm	Open Swim
August 9	12:00 - 5:45 pm	Open Swim
August 9	5:45 - 8:00 pm	Adult Night
August 10	12:00 - 8:00 pm	Open Swim
August 11	12:00	Goldfish Swim
August 12	1:00 - 6:00 pm	Open Swim

The last day of the swim season is August 12.

JUST FOR YOUTH

Ballet with Ms. Dena

A kids ballet and jazz class for ages 5-10. Kids will learn basic barre techniques and work their way up to an end-of-the-season recital. This class is offered Monday and Wednesday from 4:30-5:30 pm. Contact instructor Dena at 761-0671 for more information and class costs.

YOUTH WINTER SPORTS SIGN-UPS

SCC Members may register beginning September 1
Participants must possess a current membership at the time of sign-ups. Registration will be accepted until teams are full. Beginning October 1, placement on teams cannot be guaranteed. Additionally, late registration may be subject to additional charges for special order uniforms. (Non-resident fee is an additional \$25 per child if space is available.)

BASKETBALL

Participate in the Northern Recreational Basketball League to learn skills, meet new friends and – most importantly – have fun! Children must be enrolled in school and be at least 5 years old as of July 31. Instructional Basketball is \$20 (\$35 beginning October 1). League Basketball is \$40 (\$55 beginning October 1).

CHEERLEADING

Children will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. Cost is \$20 (\$35 beginning October 1).

VOLLEYBALL

9-11 Year Olds: Learn the basic fundamentals of volleyball in a fun environment! The co-ed league emphasizes teamwork, sportsmanship, skill development, fun and participation. Open to youth 9-11 as of September 30. Cost is \$20 (\$35 beginning October 1).

12-15 Year Olds: This co-ed league is for teens to enhance their skills while emphasizing teamwork, sportsmanship, skill development, fun and participation. Open to youth 12-15 as of September 30. Cost is \$20 (\$35 beginning October 1).

GROUP TRAVEL OPPORTUNITIES

ONE-DAY TRIPS

Horses, Chicken & Sheep!

Wednesday, August 22

American Saddlebred Horse Farm will be the first stop in Shelbyville, Kentucky which is known as "The American Saddlebred Capitol of the World." Your step-on guide will give you all the history of this wonderful farm. Lunch at Claudia Sanders Dinner House and then stop at Sweet Home Spun Farm where sheep graze in the farm. End the day at Low Dutch Meetinghouse where you will meet JoAnn Adams as she shares her knowledge about spinning yarn fibers. Cost is \$73. Contact Joy Tour & Travel at 777-8221 for more information.

Rising Star Casino

Thursday, September 13

Join the fun at the Rising Star Casino! This tour includes round trip transportation via deluxe motor coach and you will receive an Advantage Player Card for \$10 to be used at one of the machines! Cost is \$25. For additional information, contact Shirley Muller at 671-0810.



The Covered Bridge Loop

Wednesday, September 26

If you like covered bridges, this is truly the trip for you! Board your motor coach, sit back, enjoy the scenery, and view the various bridges of southeastern Indiana. The variety of these treasured structures provides some excellent photo opportunities. A tasty box lunch will be provided as you spend a wonderful day at the end of the summer. Cost is \$69. Contact Joy Tour & Travel at 777-8221 for more information.



Nashville Indiana: Lunch, Wine Tasting and Shopping

Friday, October 12

Enjoy a scenic drive through Brown County in the fall followed by lunch at the Historic Nashville House. There will be time to shop and a wine tasting at the Chateau Thomas Winery. Cost is \$75. Register before September 11. For information, contact Joan Knox at 674-7755 or joanknox99@fuse.net.

MULTI-DAY TRIPS

Majestic Fall Foliage

October 7-8

Delight in the seasonal beauty of autumn color as you travel through Ohio and Pennsylvania en route to Pittsburgh. Spend the next day aboard the Majestic, the flagship of the Gateway Clipper Fleet. Enjoy a day of cruising the Ohio River with lunch and dinner being served during your leisurely cruise to Steubenville, OH. Once docked, enjoy the motor coach ride home. Contact Joy Tour & Travel at 777-8221 for more information.

USO Tour - Virginia Beach

October 14-19

This exciting tour includes reservations at a spectacular oceanfront property, along with a charity tribute to the USO Air Show. A portion of the proceeds will benefit the morale of men and women in our armed forces. Entertainment includes "New Jersey Nights" (story of the Jersey Boys), "The Sinatra Legacy" with the Tommy Dorsey Orchestra; Bob Hope's USO Show with the Andrew Sisters, and a tribute to the Glenn Miller AAF Band. A visit to the Virginia Military Aviation Museum and the "Swingtime in the Skies" air show are also on the itinerary. Contact Joy Tour & Travel at 777-8221 for information.

INSTRUCTIONAL PROGRAMS

Electric/Bass Guitar Lessons

Adult Classes:

Tuesdays • 6:30 - 7:30 pm

Thursdays • 7:00 - 8:00 pm

Youth Class (10-18 years old):

Tuesdays • 4:00 - 5:00 pm

This popular program is open to students' ages 10 through adults.

Students provide their own guitar, small amplifier and headphones. Cost is \$96 for the 8-week session

and is required when registering. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 for more information.



Line Dancing with the Helts

Monday • 1:00 - 2:00 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, then this class is perfect for you! Wear comfortable soft-soled shoes and enjoy learning how to line dance! No registration required. Singles and Couples are welcome.

R&B Dance

Wednesday • 6:50 - 7:50 pm

Friday • 1:00 - 2:00 pm

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 Cleveland Shuffle and Southern Shuffle to the Booty Call and The Michael Jackson.

AARP Drivers Safety

Thursday, September 13 • 9:30 am - 2:30 pm

This is the nation's first and largest classroom refresher for motorists age 50 and older. When you complete the course, you will feel more confident, comfortable and enjoy driving more! You may even get an auto insurance discount-check with your insurance agent. There is a \$12 fee for AARP members and a \$14 fee for AARP non-members. The class fee is payable upon registration. Register at the front desk by Tuesday, October 11.

ADULT HEALTH & FITNESS

Cardio Kickboxing

Tuesday & Thursday • 5:45 - 6:45 pm
Saturday • 11:00 am - 12:00 pm

This heart-pumping, booty-kicking class will help get you in shape. Call instructor Elaine McKay for more information and class costs at 825-7443.

Chair Volleyball

Monday • 10:00 - 11:30 a.m.
Wednesday • 12:00 - 1:30 p.m.

Everyone is welcome! 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 and all activity levels can participate.

Bootcamp

Monday • 5:30 - 6:15 pm

Classes begin September 10

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. Just bring a towel or mat and water bottle — crew cut is not required.

grAB a 6-pack

Tuesday • 5:30 - 6:15 pm

Classes begin September 4

Fab Abs in 30-minutes! Work your core muscles - abs, back, hips and glutes in this fast-paced and energetic class. Please bring an exercise mat or towel and be prepared to

make your mid-section cry. No registration required.

Jazzercise/Body Sculpting

Monday & Wednesday • 5:45 - 6:45 pm
Tuesday, Thursday & Saturday • 9:30 - 10:30 am
Body Sculpting: Friday • 5:45 - 6:45 pm

This class gets you moving by combining upbeat music and highly energetic exercise. Throw in some hand weights and this is the perfect total body workout. Call instructor Elaine Smith at 575-1620 for class costs or more information.

L.I.F.E.

Tuesday & Thursday • 11:00 am - 12:00 pm

This FREE class will focus 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.



Let's Get Fit

Monday & Wednesday • 10:30 - 11:30 am

There are many benefits associated with this 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.

Pilates Plus

Monday • 6:50 - 7:50 pm

Pilates is unique class of strengthening and stretching through slow and mindful movements. It is a great workout for all ages and levels. Please bring an exercise mat. Contact certified Pilates instructor Nalissa and 937-361-9007.

Slimnastics

FREE

Monday, Wednesday & Friday • 9:15 - 10:15 am

Slimnastics is a fitness class for women. There is no charge or registration required for this FREE class. Class Instructor is Sue Smith.

Women's Volleyball

Wednesday Evening (*Beginning in January*)

Get a group of friends or coworkers together for an evening of fun and competition in this women's recreational volleyball league at the Springdale Community Center. Registrations for Resident teams will begin on November 15 and may include up to five non-residents. Registration for Non-resident teams will begin on December 15 (*nonresident fees will apply*). League entry is limited and is on a first come first serve basis. *Players must be 16 or older*

Zumba

Tuesday & Thursday • 6:50 - 7:50 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. Contact class instructor Debbie Yeager at 205-5064 for more information and class costs.

ADULT & SENIOR EVENTS

This & That Series

Thursdays

Thursdays are getting a lot more fun around here with our This & That Series. This FREE series invites you to expand your horizons and try something new! This eclectic group of programs will be certain to entice just about everyone!

Cincinnati Memories 2

Thursday, August 16 • 2:00 p.m.

Step back in time and remember Cincinnati with this virtual tour by Cincinnati Preservation Society. This virtual tour uses a memories theme showing both old and current pictures of historic and memorable Cincinnati landmarks, as well as a narrative that highlights the history and current use of the site. Virtual tour guide Jeanne Rolfes will 'walk' you on the tour from Music Hall to Chester Park with stops at the inclines,



Crosley Field, Eden Park and ride on the Island Queen to Coney Island. This program is sure to stir many memories and have you waxing nostalgic for the "good ol days." *Deadline for this event is August 13.*

Cornhole FREE

Wednesday • 12:30 pm

Bring a partner or come meet a new one and challenge others to a game of cornhole all for fun.

Native Flute

with Janice Sunflower Trytten

Thursday, September 20 • 2:00 pm

The sound of the Native Flute immediately calms and transports the listener to an earlier time. As a concert or lecture demo, Janice will display her large collection of flutes, play each one of them and provide information on their construction, makers and materials. She will provide a top quality sound system and can wear Plains-style Native clothing. *Deadline for this event is September 17.*

Annual Holiday Luncheon

'Tis the season to celebrate with Friends! The Parks & Recreation department will host the annual Holiday Luncheon for Seniors in December.

Along with a delicious meal, festive entertainment will be provided. Cost for the yuletide luncheon is \$14 for members and \$16 for guests. Watch for more information on this very special luncheon, or call the Community Center 346-3910.



Prime Time Diners

Join the fun meet new people enjoy a great time and meal. The Prime Time diners meet once a month at area restaurants some we have enjoyed are Rib City, Fire House Grill, Silver Spring House, and Pomodori's to name a few. Future choices Champ's and Gaby's. Not only good food but Great people.



City of Springdale

11700 Springfield Pike
Springdale, Ohio 45246

Mayor

Doyle H. Webster

Office346-5705
Home671-4489

At-Large Council Members

Ed Knox674-7755
James Squires671-6297
Bob Diehl851-6560

Districts Council Members

1 Lawrence Hawkins III742-4295
2 Holly McQuillan-Emerson742-2418
3 Marjorie Harlow.....671-6916
4 Tom Vanover671-7034

Clerk of Council/Finance Director

Kathy McNear671-2510

City Administrator

Derrick Parham346-5700

Assistant City Administrator

Jerry Thamann346-5700

emailadmin@springdale.org



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NEWS IN BRIEF

Mammogram Van here Sept. 18

The American Cancer Society recommends that women have a mammogram every year starting at age 40. Those under age 40 with a history of breast cancer affecting a mother, sister or daughter, should talk with a doctor about beginning screenings at an earlier age. As a convenience to residents, the Jewish Hospital Mobile Mammography Van will visit the Springdale Community Center on Tuesday, September 18, from 8:30 a.m. to noon. To arrange for an appointment, call 686-3300. A minimum of 15 participants is needed. Insurance will be directly billed (*Mammography is usually covered, but to be safe, check that Jewish Hospital is a panel provider with your insurance provider*). Financial assistance may be available by calling 686-3306.



Health Department programs are available to residents

Cholesterol and Sugar Testing:

Cholesterol/Glucose screenings are available from the Springdale Health Department on the third Thursday of each each month from 8 - 11 a.m. The cost is \$15. For an appointment, call 346-5725.

Immunization Clinics:

Childhood vaccines are available monthly at the Springdale Health Department on the first and third Wednesday mornings from 9 a.m. to noon.

Blood Pressure Checks:

Offered at the Springdale Community Center on the third Tuesday of each each month from 10:30 a.m. to 12:30 p.m.

Healthy U:

The Healthy U Diabetes Workshop will be offered this fall. Call 346-5725 for information.

Home Visits: by a Public Health Nurse are also available by calling 346-5725

Area eateries win 6-Star status

Every restaurant in Springdale is held to high standards through regular inspections by the Springdale Health Department. Some, however, have gone above and beyond standards by applying for special recognition and demonstrating achievement in meeting criteria for a 6 Star Honor Award. In addition to other standards, applicants must not have needed any follow-up inspections nor received any smoke free violations for their license year. They must also demonstrate that management personnel have successfully completed food safety training. Those receiving 6 Star Honor Award status for 2011 are:

- Beecher Place – Maple Knoll
- Chick-Fil-A
- Jimmy John’s
- Manor House Restaurant – Maple Knoll
- Ponderosa Steakhouse
- Red Squirrel
- Windows on the Green