

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Natural gas aggregation options being explored

The City's Natural Gas Aggregation

Program is scheduled to expire in October. In June, the broker working with the City received proposals from two suppliers to provide natural gas for the City's



aggregation program. One of the two was the aggregation program's current supplier, Interstate Gas Supply, Inc. (IGS). The City Administration has been engaged in discussions with IGS to provide this service for the next two-year period. Unfortunately, at this time, an agreement has not been reached on a new Master Service Agreement. If an agreement can be reached, it could present an opportunity to have a new program in place at the conclusion of the current agreement. An advantage of remaining with IGS is that the company already has the list of residents participating in the City's current program. As a result, this should expedite the time in which the "opt-out" letter can be sent to residents.

In the event an agreement can not be reached with IGS, a new supplier would be chosen and that new supplier would need to obtain the resident list from Duke Energy. Because Duke's policy is to not release any customer information prior to 12 days from the request, the implementation of the new program would be delayed until the customer data is entered into the new supplier's system. Staying with IGS would allow the City to forward a copy of the opt-out letter to PUCO for approval in a much faster time frame. This could permit the program to be operating when the current agreement expires in October.

As a reminder, once the opt-out letter is sent, residents will have 21 days from the postmark date of the letter to indicate they do not wish to participate

in the aggregation program. Those taking no action during the 21-day timeframe will receive a "Final Notice" from Duke Energy giving them an additional 7 days to opt-out of the program. Residents who take no action after this final notice will remain in the City's Natural Gas Aggregation Program.

Finally, it is important to understand

that natural gas rates are driven by the natural gas marketplace. Similar to other commodities, trading on the market determines the natural gas rates. The rate for the program is determined each month, unless a very favorable rate is found and the City is able to lock in that rate. Over the past two years, the rate acquired by the program was usually lower than the Duke Energy rate. All suppliers, Duke Energy included, acquire their rates from the same marketplace.

Price volatility delays City's electric aggregation program

On May 30, the City of Springdale sent each resident a letter updating them on the status of the City's Electric Aggregation Program. The letter pointed out the challenges with securing an attractive electric energy rate for the aggregation program. The letter highlighted that the electric energy market has been in a volatile state, creating a great deal of instability for alternative electric suppliers. Although the market now appears to be a bit less volatile, rates remain higher than they were two years ago.

Over these past two years, the City has partnered with several other communities to create more purchasing power when approaching the marketplace. The broker for the group received proposals from suppliers, allowing each community to contract with the supplier submitting the lowest rate. Earlier this June, the brokers issued a request for proposals for electric rates to service the aggregation program. Two of the four responders from that process submitted rates higher than Duke Energy's Price-to-

Compare rate. If the proposed rates are higher than Duke's rate, there is no reason to enter into an agreement for the program. A resident can automatically receive the lower Duke rate by doing nothing. The other two responses were below the Duke rate and are being evaluated for possible implementation.

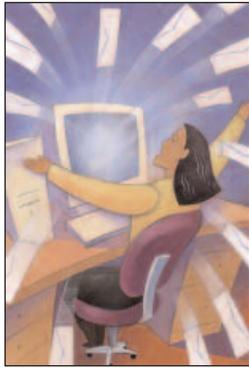


In the meantime, the City continues exploring other alternatives to locate an attractive electric rate which will provide Springdale

residents with an opportunity to realize savings on their electric utility bill. While the City is searching to secure a lower electric energy rate for the program, everyone should remain mindful that, due to the current market conditions, there may not be a rate available in the near future. It may be up to 12 months before we are able to secure an attractive electric rate for the aggregation program. If that is the case, residents will have the choice of remaining with Duke Energy until such a rate becomes available or locating an alternative electric supplier on their own to secure a lower price.

ENOUGH! How to stop junk mail and calls

Tired of having your mailbox crammed with unsolicited mail, including preapproved credit card applications? Fed up with getting telemarketing calls just as you're sitting down to dinner? Fuming that your email inbox is chock-full of unsolicited advertising? **The good news is you can cut down on the number of unsolicited mailings, calls, and emails you receive by learning where to go to stop all that clutter!**



be asked to provide certain personal information, including your home telephone number, name, Social Security number, and date of birth. The information you provide is confidential and will be used only to process your request to opt out.

Those without Internet

access may send a written request to permanently opt out to each of the major consumer reporting companies listed below. Make sure your request includes your home telephone number, name, Social Security number, and date of birth.

Consumer Reporting Companies

If you decide that you don't want to receive prescreened offers of credit and insurance, you have two choices: opt out of receiving them for five years or opt out of receiving them permanently.

To opt out for five years: Call toll-free 1-888-5-OPT-OUT (1-888-567-8688) or visit www.optoutprescreen.com. The phone number and website are operated by the major consumer reporting companies.

To opt out permanently: You may begin the permanent Opt-Out process online at www.optoutprescreen.com. After you initiate your online request, you must complete and sign a Permanent Opt-Out Election form, which will be provided.

When you call or visit the website, you'll

Experian Opt Out
P.O. Box 919
Allen, TX 75013

TransUnion Name Removal Option
P.O. Box 505
Woodlyn, PA 19094

Equifax, Inc. Options
P.O. Box 740123
Atlanta, GA 30374

Innovis Consumer Assistance
P.O. Box 495
Pittsburgh, PA 15230

Safety: always on your mind

The old saying "Plan for the best, but prepare for the worst" could prove to be a life-saver when attending an event drawing crowds of people. Whether having dinner in a popular restaurant or enjoying a concert, such venues involve what's known as a "place of assembly," where 50 or more people can gather.

While the focus should be on fun, take

the time to ask yourself these questions in the unlikely event of an emergency: Where are the exits? Are any of the exits blocked? Does the establishment appear to be overcrowded? How would I get out if there was a fire? Are there enough exits for the amount of people in the building? Are the exit signs lit to show how to get out? Is there emergency lighting in the building in case of a tragic event? (If alcohol is available, those who may have had a little too much to drink may slow down an evacuation process.)

If you are in a business and see something that does not seem safe, request to speak to the manager to express your concerns. After that discussion, if you still do not feel safe, it is your option and responsibility to find another place to enjoy your time.

If safety issues become a concern, discuss your thoughts and observations with the Springdale Fire Department by calling 346-5580.

Direct Marketers

Telemarketing: The Federal Government's National Do Not Call Registry is a free, easy way to reduce the telemarketing calls at home. To register your phone number or to get information about the registry, visit www.donotcall.gov, or call 1-888-382-1222 from the phone you wish to register. Once registered, you should receive fewer telemarketing calls within 31 days of registering your number. Telephone numbers on the registry will only be removed when they are disconnected and reassigned, or when you choose to remove a number from the registry.

Mail: The Direct Marketing Association's (DMA) Mail Preference Service (MPS) lets residents opt out of receiving unsolicited commercial mail from many national companies for five years. Those who register with this service will be put on a "delete" file that is made available to direct-mail marketers and organizations. This will reduce most unsolicited mail. However, registration will not stop mailings from organizations that do not use the DMA's Mail Preference Service. To register with DMA's Mail Preference Service, go to www.dmachoice.org or mail a request with a \$1 processing fee to:

DMAchoice
Direct Marketing Association
P.O. Box 643
Carmel, NY 10512

Email: The DMA also has an Email Preference Service (eMPS) to help reduce unsolicited commercial emails. To opt out of receiving unsolicited commercial email from DMA members, visit www.dmachoice.org. Registration is free and is effective for six years.

Source: Federal Trade Commission

Learn about safety at the Annual Safety Day

Join the Springdale Community for the 8th Annual Safety Day at the Springdale Town Center at Kemper and Springfield Pike on Saturday, August 16 from 11 am to 3 pm. Meet your Springdale Community Public Service Departments. See EMS Vehicles, Hamilton County SWAT Mobile Command Center, fire trucks and much more! Fun free activities, games and giveaways.

New website...

Effective Monday, September 1, the City of Springdale will launch a brand new webpage at www.Springdale.org. The new webpage will provide a fresh look with up-to-date information on services, programs, and events around Springdale. Feedback on the site is encouraged regarding navigation, site responsiveness, and information provided.

Crews prep for leaf pick-up, chipper service

The Springdale Public Works Department begins its seasonal leaf collection program at the first sight of leaf piles (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 are unable to collect all the leaves for an entire half of the City in any given week. When this occurs, crews will finish one side of the City before moving to the other side. Collection will end on

Friday, November 28, after which residents should bag their remaining leaves for curbside pick-up with their regular household trash.

The November 28 cutoff allows crews to prepare trucks for the potential of an early snow fall. A snow event makes leaf collection almost impossible.

Leaves should not be placed in the street, where the piles can obstruct stormwater flows. Place leaves behind the curb, but not blocking sidewalks or covering fire hydrants. Leaves must

be free of debris, such as litter, trash, limbs and branches. Because these items cannot be collected with the leaves, piles containing such debris will be left until this material has been removed.

Always remember, the City's chipper program continues to operate year-round, including in the fall. Residents are asked when placing brush and limbs at the curb, please orient the cut ends of the material to face the road.

Please have all material placed at the side of the curb by Monday to ensure timely collection. One helpful tip to remember is during the fall season, the chipper often runs ahead of the typical schedule due to the lower volume of material placed at the curb.

Volunteers sought for cleanup

The Mill Creek Watershed Council and the City of Springdale are seeking volunteers for a late-fall creek clean-up project. Volunteers from Springdale will join with other communities on Saturday, October 4, from 9 a.m. until 1 p.m., to clean various waterways associated with the Upper Mill Creek Watershed.



teams. The clean-up effort will occur along Beaver Run Creek within Chamberlain Park. Clean-ups will occur in and along the stream, so participants should be prepared for walking through thick brush, mud and water.

At the conclusion of the clean-up, volunteers will return to Beckett Park for lunch provided by John Morrell. To participate, contact Annie Rahall at 563-8800 or arahall@millcreekwatershed.org.

Volunteers will convene at Beckett Park in West Chester Township, where participants will be organized into

SGC: A growing community interest

This spring, the Springdale Garden Club (SGC) partnered with the Heritage Hill Elementary School to build a "Community Vegetable Garden."



Contributors to the program were Carolyn and Nick Ghantous, Edward Knox, Mr. Bob Johnson, his grandchildren and several other local residents.

The garden project was one of several undertaken by the SGC. Others included donating trees to Springdale Elementary and Heritage Hill Elementary Schools for participation in the City's Arbor Day celebrations, planting and maintaining the flower

beds in front of the Community Center, cultivating the butterfly gardens at Springdale Elementary School, and making Christmas decorations for welcome signs and some City

buildings.

Remaining events planned include selling of perennials at the City Wide Yard Sale and participating in the ComeUnity Bash.

The club meets the second Monday of every month (August through June) from 6 to 8:30 p.m. at the Community Center. For information, visit the SGC Facebook page at Springdale Ohio Garden Club or contact Joan Knox at 674-7755 (joanknox99@fuse.net) or Carolyn Ghantous at 328-4046 (cghantous@comey.com).

SOS to host walk-a-thon

Springdale Offering Support (SOS) will host an inaugural walk-a-thon to generate funds to help area residents in need. Play-It Again Sports has announced it will sponsor the event, planned for Saturday, September 27. The SOS Walk-a-thon will be from 10:00 a.m. to 2:00 p.m. beginning in front of the Springdale Community Center.



Proceeds from the event will provide much needed funding to help Springdale families during the Christmas holiday season. A minimum donation of \$20 is required to participate in the walk-a-thon, with a prize to be awarded to the individual and company generating the most donations.

Those registering by September 19 will receive a commemorative t-shirt. Registration forms will be available at the Community Center or by emailing jewelswebster@fuse.net.

Springdale ComeUnity Bash returns September 13

Join your neighbors and friends in the community for a full day of wholesome family fun and entertainment at the Springdale ComeUnity Bash on Saturday, September 13th. As the name would imply, the event is offered to provide an opportunity for people of all ages in the community to come together, socialize and enjoy life in Springdale.

There will be a series of three local bands performing on stage on field #4 with music to appeal to a wide range of tastes. The area's most well known and long standing oldies rock and roll band Ooh La La & the Greasers will take the



stage at 3:00 pm. Musical hits from the 50s & 60s will be featured in their high energy act. At 5:30 pm the hottest local R & B, Motown and smooth Jazz band 2nd Wind will deliver a concert level performance. This amazing group has opened for many national acts and has been a featured local act at the Macy's Music Festival. Cincinnati's premier rock, dance and party band DV8 blasts on to the stage at 7:30 pm. DV8 will have you singing and dancing into the night with popular songs from the 80s to current hits.

The Cincinnati Circus will present their amazing Big Show with performances at 4:00 pm and 6:00 pm on field #3. The act includes aerial acrobatics, a flying trapeze, magic tricks and more. There will be an abundance of other family friendly activities throughout the afternoon including a climbing wall,

petting zoo and games for all ages, all free of charge. As dusk falls on the Community Center complex, sit back and enjoy the dazzling hot air balloon glow display. Local service groups and organizations will have food and refreshments available for purchase.

Family Mud Quest "A Muddy Good Time"

Get down and get dirty in the 'Dale with your family and friends. For a second year, Springdale will host a *Family MudQuest* before the start of the Springdale ComeUnity Bash. Last year, over 75 participants trekked through an obstacle course designed to be muddy and a whole lot of fun. Up a mud hill, over hay bales and down the slippery slope are just a few of the challenges in this messy but fun family event. The *Family Mud Quest* will be held on Field #5 at the Community Center and will begin at 1:00 pm. Pre-registration will be required for this activity as space is limited. Watch for more information at the Community Center.

Register your info for urgent emails

From time to time, the City needs to get important information to residents. Important updates about the Energy Aggregation Programs is an example of the information that could be provided. To expedite such information, the City is creating a database of resident email addresses so that important, urgent information can be provided in a timely manner.

Residents who would like to have their email address added to the City's contact database are urged to stop by or call the Community Center at 346-3910, or email the City at goplay@springdale.org to be included in the database.

Expo/Chili Cook-Off to be October 21

The annual Business/Community Expo & Chili Cook-Off is planned for Tuesday, October 21, at the Community Center from 11:00 am to 2:30 pm. Sponsored by the Springdale Chamber of Commerce, the expo is open to all businesses as well as the public. The Expo is a free public event, complete with door prizes and free chili samples.

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

Commemorative Tree Program

Looking for a way to memorialize a loved one, highlight a special occasion or recognize your business organization? You can donate a commemorative tree to the City of Springdale. It is the perfect solution as it provides a meaningful and living remembrance and gives back to the community in a way no other gift can.

The City of Springdale is offering individuals, businesses and organizations the opportunity to participate in the Commemorative Tree Program. These commemorations grow in importance, visibility and value as the years pass, while improving our quality of life in countless ways. It is truly an investment in the future as a valuable economic, environmental and social resource.

Commemorative Tree orders are taken any time of year but will only be planted during the appropriate season. The cost is \$400 and includes a 4" x 6" solid bronze commemorative plaque

mounted in concrete at the base of the tree. After one year, if the tree dies or becomes damaged, it may be replaced at the donor's expense or the plaque relocated to an existing tree in the park at the donor's request. All donations are tax deductible to the fullest extent allowed by law.

For more information or to obtain a Commemorative Tree application form, stop by the Springdale Community Center.





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 9 • 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 9 a.m. to 2 p.m.

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.)

Springdale Community Center

Stay Connected to Fun & Fitness

Visit www.springdale.org/goplay, or sign up for the email list to stay up-to-date on programs, projects and activities.

DAILY HOURS OF OPERATION

MONDAY - FRIDAY 9 AM - 9 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 1

THANKSGIVING CLOSED
THURSDAY, NOVEMBER 27

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!

Springdale's Gone Wild

FREE

Tuesday, August 19 & October 14 • 7:00 pm

Springdale's Gone Wild returns with some exciting programs for 2014. These family programs are presented by Great Parks of Hamilton County.

The August 19 program is entitled "Bugs, Bugs, Bugs!" The Great Parks of Hamilton County Naturalist will be bringing some bugs found in area parks and maybe in your backyard. There will be some little ones and not so little ones along with some slimy and creepy ones. See them up close as the naturalist explains why they are necessary in our world.

The October 14 program is "Spooky Creatures!" The Great Parks of Hamilton County Naturalist will visit the Springdale Community Center. In the spirit of Halloween they will be bringing with them some Spooky Creatures from the area parks.

Junior Olympics

Saturday, September 6 • 10:00 - 11:30 am

The Springdale Parks and Recreation Department will host the Junior Olympics at the Springdale Community Center. The event is comprised of 8 competitive events for boys and girls ages 4 and under through age 12. Registration begins at 10 a.m. and end at 11 a.m. (Pre-registration available for Community Center Members).

Events will begin at 10:00 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. Pre-registration begins August 25 at the Community center.

Monster Mania

Return of the Slither

Sunday, October 26 • 3:00 - 5:00 pm

This is the second year for our monster-mashing Halloween event. We will have plenty of activities, games and treats for kids age 2 through fourth grade! You must wear a costume to participate. Be sure to pre-register for free at the Community Center beginning October 1.



Veterans Day Ceremony

Monday, November 11

Springdale Veteran's Memorial

In honor of those who have defended our freedom, many paying the supreme sacrifice, Springdale will present a special ceremony in commemoration of Veteran's Day. Parking is available at the Municipal Complex. Groups interested in participating in this year's tribute should contact Matt

Beaty at mbeaty@springdale.org. Time and details to be announced.



Tree Lighting Ceremony

Sunday, November 30 • 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.



Free Documents Shredding

Saturday, August 23 • 10:00 am - 1:00 pm • Springdale Community Center

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.



YOUTH SPORTS

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 and learn basketball skills, meet new people, and most importantly, have FUN! Children must be at least 5 years old as of August 31 and enrolled in school. Instructional Basketball: \$20 (\$35 beginning 10/1). Basketball: \$40 (\$55 beginning 10/1)



Cheerleading

Children will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. \$20 (\$35 beginning 10/1).

Youth Volleyball

Learn the basic fundamentals of volleyball in a fun environment! The co-ed league emphasizes teamwork, sportsmanship, skill development, fun and participation. This program is open to youth ages 9-11 as of September 30. \$20 (\$35 beginning 10/1)

Teen Volleyball

This co-ed league is for teens to enhance their skills while emphasizing teamwork, sportsmanship, fun and participation. This program is open to youth ages 12-15 as of September 30. \$20 (\$35 beginning 10/1)

JUST FOR YOUTH

Ballet with Ms. Dena

A classical ballet class that teaches through fun and creative themes. Learn basic barre techniques, musicality, and body awareness taught by a former professional ballet dancer. A winter Nutcracker and end of year recital will be presented for all to enjoy. Different classes for all skill levels will be offered for ages 3 and up through adult. Contact Dena at 633-8542 for class times, cost or for more information.

Teen Fit

Sunday, August 31 • 1:30-4:30 pm

This class will cover the basics of cardio, strength training, and nutrition. All teens are welcome to learn the proper way to workout and eat in this hands-on class. After passing the class, those 13 and older with a Springdale Community Center Fitness Membership will be able to use the Fitness Center. Registration required. See a Fitness Center Team Member for more information.

Springdale Youth Booster

The Springdale Youth Boosters: The group is a non-profit, volunteer-based organization comprised of Springdale residents working together to secure donations that help provide more affordable youth sports programs in Springdale. To join, contact Springdaleyouthbooster@yahoo.com



Club Rec is a community-based volunteer organization that provides organized

activities and events for children in 5th through 8th grades. Membership is for Springdale residents grades 5-8. There is a \$10 sign-up fee. For information, call 346-3910 or email sbrooks@springdale.org.

UPCOMING EVENTS

Family Mud Quest

Saturday, September 13

Club members will serve as volunteers at the 2nd Annual Family Mud Quest. After the event is over, they will have the chance to run the obstacle course and get muddy!

Monster Mania-Haunted Room

Sunday, October 26

Club Rec members will show off their creativity in designing, decorating and giving tours of the Haunted Room. Club members will also help the little ghosts and goblins play a variety of Halloween games and activities. Everyone must dress in his or her spooky best.



Goldfish Swim

Saturday, August 16 • 12:00 pm

Pool Gate opens at 11:45 am

Spring and Dale along with 1,000 of their fishy friends are back swimming in the water 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.

ADULT SPORTS

Women's Volleyball

Wednesday Evenings (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.

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EDUCATIONAL PROGRAMS

Electric/Bass Guitar Lessons

Adult Classes:

Tuesdays & Thursdays

6:30 - 7:30 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.



AQUATIC PROGRAMS

End of season pool hours:

August 11	12:00 - 8:00 pm	Open Swim
August 12	12:00 - 8:00 pm	Open Swim
August 13	12:00 - 8:00 pm	Open Swim
August 14	12:00 - 5:45 pm	Open Swim
August 14	5:45 - 8:00 pm	Adult Night
August 15	12:00 - 8:00 pm	Open Swim
August 16	12:00	Goldfish Swim
August 17	1:00 - 6:00 pm	Open Swim

The last day of the swim season is August 17.

ADULT HEALTH & FITNESS

Your first class is always **FREE**

Bootcamp

FREE

Monday • 5:30 - 6:15 pm

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 is not required. Classes resume September 8.

Cardio Kickboxing

Tuesday & Thursday • 5:55 - 6:55 pm

Saturday • 11:00 am - Noon

A high-intensity class that combines a cardio workout with kickboxing moves that will leave you burning calories all day long. Using mats, balls, scooters, punching bag, and you name it, this class will keep you wanting to come back for more. Ask Elaine at 446-1839 questions about the class.

Hip Hop Fitness

Mondays • 7:05 - 8:05pm

This high energy class is all about burning up the dance floor and burning calories at the same time. The hottest and hippest fitness is at the Springdale Community Center. This full-body workout is open to all fitness levels. No experience necessary. Let us redefine what a fitness class should be. Call Markesha at 885-6065 for more information.

Jazzercise/Body Sculpting

Monday & Wednesday • 5:55 - 6:55 pm

Tuesday, Thursday & Saturday • 9:30 - 10:30 am
Body Sculpting: Friday • 5:55 - 6:55 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 at 575-1620 for class costs or more information.

L.I.F.E. FREE

Tuesday & Thursday • 11:00 am - Noon

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

FREE

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.



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. Call Jerry or Kathy at 321-6776 for more information.



Slimnastics FREE

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

Slimnastics is a fitness class for women that is a great workout for those not ready to put their aerobic shoes away and want to get out and meet some new friends. There is no charge or registration required for this FREE class. Class Instructor is Sue Smith.

Zumba

Tuesday & Thursday • 7:05 - 8:05 pm

Join the party! 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. Give Deb Yaeger a call at 205-5064 for more information.

ADULT/SENIOR ACTIVITIES

AARP Drivers Safety

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. Class will be held in November at the Community Center.



Prime Time Diners

Wednesday, August 20

Quaker Steak and Lube • 3737 Stonecreek Blvd.

Wednesday, September 17

Back Porch • Muhlhauser & 747

Most people don't like to eat alone or cook for themselves so why not have dinner with us once a month? Prime Time diners meet at area restaurants and enjoy good food and being social with others. Grab your next door neighbor and join us for dinner! Meet at the restaurant at 6:00 p.m. Please register by the Friday prior to the date.

August Lunch

Thursday, August 21 • 12:00 p.m.

As summer comes to a close, its time to relax, have a light lunch and enjoy local entertainment. We'll be serving chicken salad croissants, chips, fruit salad and lemon bars.

Cincinnati native Dick Buchholz, known to many as Grandpa Dick will entertain us for the afternoon. "Grandpa Dick" plays a mean guitar and sings everything from Sinatra to Seger, mixing rock-n-roll with a little country and blues.

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. Watch for more information on this very special luncheon, or call the Community Center 346-3910.



DAY TRIPS

For information or to register for these Springdale Senior Club trips, call Joan Knox at 674-7755.

Belterra Park

Thursday, August 21

Whether you enjoy the excitement of live horse racing or the thrill of slot machines, the new Belterra Park is the place to be. Join us for a fun day at the Racino!



Centennial Festival of Riverboats Louisville Ky

October 16

\$125 per person, tour includes round-trip transportation via deluxe motorcoach, luncheon cruise aboard the Spirit of Peoria, all taxes & gratuities.

Brethren Church Christmas Pageant with dinner at Houston Inn

December 6
Join your friends and get into the spirit of the season! Estimated cost \$66.00



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 III300-4607
2 Holly McQuillan-Emerson742-2418
3 Marjorie Harlow671-6916
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



www.springdale.org

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NEWS IN BRIEF

Popular Healthy U Diabetes series begins September 25

The Springdale Health Department will again offer its nationally recognized Healthy U Diabetes Workshop Series. The six-week program will be presented on Thursdays from 12:30 to 3 p.m. beginning September 25. During the interactive workshops, which last through October 30, participants will learn to control Type 2 diabetes. To register, or for more information, call 346-5727.

Health Department offers ongoing services

For all Health Department services listed, call 346-5725 to schedule an appointment.

Immunization for Children:

Immunization clinics for uninsured and underinsured children are available monthly at the Springdale Health Department on the first and third Wednesday mornings. An extra

immunization clinic will be held on Wednesday, August 13, from 2 to 4 p.m.

Cholesterol/Glucose Screening: Testing is available from the Springdale Health Department on the third Thursday of each month. The cost is \$15.

Home Wellness Checks: A Public Health Nurse is available for home visits.

Blood Pressure Checks: Blood pressure checks are provided by the nurse in her office and at the Springdale Community Center on the third Tuesday of each month.

Mammogram Van to visit Springdale October 21

A mobile mammography van from MercyHealth will visit the Springdale Community Center on Tuesday, October 21, from 1 to 3:30 p.m. To arrange for an appointment, call 686-3300.

Mammography is usually covered by insurance. To check if MercyHealth is a panel provider with your insurance provider, call 686-3306.

YES! Get a flu shot this fall!

The Center for Disease Control, the World Health Organization, local doctors and the Springdale Health Department concur that early flu vaccinations help to prevent the spread of the influenza viruses.

Flu vaccinations, blood pressure checks and a FREE screening PSA blood test for Prostate Cancer for men will be available at the Springdale Health Department's Annual Health Fair on Tuesday, October 21. The Health Fair is held at the Springdale Community Center from 12:30 to 2:30 p.m. Cost will be \$20 for adults (*some Medicare plans can be billed*). Call 346-5725 for an appointment.

Free flu shots for children will be provided on Friday, October 17, from 9 to 11 a.m. at the Springdale Health Department. Free flu shots are also provided during the Immunization Clinics. Call 346-5725 for an appointment.