

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Getting the most out of local dollars

Leveraging City funds to get outside funding

The City of Springdale will receive state funding to cover nearly half the cost of reconstructing Ashmore Court and Woodvale Court off of Glensprings Drive. The work will be funded through State Capital Improvement Program (SCIP) Funds. The SCIP funds are scheduled to cover 49% of the project's construction costs while the City will be responsible for the remaining 51%. The funding was announced in the summer of 2013. A similar request in 2012 was not funded.

In late 2013, Adleta Construction, Inc., was awarded the contract to reconstruct the two streets with a best bid of \$268,934. Of this total, \$131,778 will be covered by the 49% SCIP funding and the remaining \$137,156 construction cost will be the City's 51% responsibility.

Construction is set to begin early summer of 2014 and be completed near the end of November. The project will consist of the complete removal and replacement of the pavement and the curbs on both streets. Minor storm sewer work and sidewalk repairs will also be performed.

Consistent with recent street improvement projects, residents whose driveway and/or drive apron are determined to be in disrepair will be required to make the necessary repairs at their expense. Letters detailing the project, as well as the criteria for the driveway and drive apron repairs, will be provided to all affected residents.

During the fall 2013, additional SCIP funds (48% of the estimated construction cost) were awarded to the City for the reconstruction of West Kemper Road from Lawnview Avenue to Walnut Street. In conjunction with the SCIP funds, the City was successful in

securing 21% more of the estimated \$1,074,086 construction cost from County Municipal Road Funds (MRF) to assist with the project.

Only certain streets throughout Hamilton County qualify for MRF funding. The City is fortunate Kemper Road is one Springdale street that qualifies. With 69% (\$741,119) of the estimated construction cost covered by the two outside funding sources, the City will be responsible for the remaining 31% (\$332,967) of the estimated construction costs.

Within the scope of the West Kemper Road project, a short length of the

roadway will be completely reconstructed. The remaining portion of the roadway will receive a major rehabilitation. Just as important, the storm sewer in the area will receive a considerable upgrade including new catch basins and underground pipes to alleviate the current drainage issues related to stormwater along West Kemper Road. This project is currently scheduled to start during August of 2014 with the completion projected for May of 2015.

The combination of these two substantial road improvement projects has a total cost of \$1,343,020. Of that amount, \$470,123 (roughly 35%) will be the City's responsibility and the remaining \$872,897 (approximately 65%) is supported by outside agencies.

Grant program returns to help with outside improvements

For the sixth year in a row, Springdale will again offer its Home Improvement and Repair Program. The program provides a reimbursement for costs associated with exterior repairs to owner-occupied dwellings. The funding is made available through Community Development Block Grant funding from the US Department of Housing and Urban Development (HUD).

The program helps households below a certain income level to make necessary repairs or improvements to their homes. In past years, the extra funding has been just enough to allow a repair or improvement project to become a reality. Over the past five years, the \$110,000 that has been made available resulted in home repairs and improvements totaling \$207,607. The program is a win-win

for Springdale and the homeowner. Maintaining and improving a property not only increases the value of the property, but also enhances the values of the entire community.

Under the program, the maximum reimbursement available is \$1,000. Applicants must meet HUD income guidelines. An example of income eligibility in 2013 for a household of four was a maximum of \$54,950. Repairs/improvements may not include pools, spas, landscaping, play equipment or new detached accessory structures. Applications will be accepted starting June 2.

For more information on the program, visit www.springdale.org and click on the Building Department link or call the Building Department at 346-5730.

Many lines are 50-60 years old

GCWW to install water mains in Cloverdale

Residents in the Cloverdale neighborhood will soon receive notification from the Greater Cincinnati Water Works (GCWW) regarding the replacement of water mains servicing their area. The majority of the affected water mains are 50 to 60 years old. The age of the mains contributes to low water pressures and a higher than average frequency of water main leaks and breaks. GCWW has decided to perform this work through two separate projects. The City is working to ensure the project runs as smooth as possible and that the subdivision is returned to the best possible condition after the construction.



The GCWW has indicated the first project will involve the area west of Greenlawn Avenue. Residents along Smiley, Cloverdale, Allen, Park, and Harmony Avenues will be affected by this project. At this time, GCWW is planning for a start of construction sometime in the second half of 2014.

The second project will take place east of Greenlawn Avenue and will affect

residents along Smiley, Cloverdale, Dimmick, Greenlawn, Valley View Avenue and Rose Lane. GCWW is still working on this project's design and a final construction schedule is yet to be determined.

The City is working with GCWW to make sure all residents are notified by GCWW prior to the start of work with an exact construction schedule for the area. Residents should be prepared for minor disruptions in traffic, on-street parking and driveway access as portions of the street are removed to install the new water main. There will also be minor disruptions in water service as the switch is made from the old to the new water lines when the projects reach completion.

Tax deadline: April 15

Springdale's 2013 tax returns are due to the tax office (or postmarked) by April 15, 2014. The items required to be included with the City tax return are W-2 form(s), page 1 of the Federal form 1040 (and other applicable Federal forms), form 1099 Misc., and any other schedule to support the tax return activity.

Who must file a City return?

All residents 19 years and older are required to file a tax return, whether or not tax is due. Retired residents will need to file a zero taxable income return, then the account can be established in a retired status and subsequent Springdale tax filings will not be applicable (assuming the resident has 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 through Friday from 8 a.m. to 5 p.m. During tax filing season, the Tax Department will be open on Saturday, April 12, from 9 a.m. to 1 p.m. and will also have extended hours until 7 p.m. on April 9, 10 and 14.

Extension Requests

Extension requests must be received in writing by the filing due date. If the account is current, an extension will be granted until November 30, 2014 (or six months after a fiscal year-end for business).

Questions

Questions can be directed to the tax office at 346-5715 or, in person, at the tax office in the Springdale Municipal Building. Residents waiting until April 15 to file could experience a long line.

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.

Building Codes: the foundation for safety

Building codes protect your health, safety and welfare and that of the public. They ensure that buildings are structurally sound, fire safe and provide a healthy environment to protect the occupants and neighboring properties.



Knowing how work should be done takes the guesswork out of the equation. Codes provide such knowledge while helping to keep construction costs down. Doing work correctly the first time eliminates the need to repair or rebuild substandard work.

Constructing a project to the time-tested standards in the codes provides for quality and durability.

Codes contribute to the well-being of a community. Safe, sanitary and well built structures not only increase your property value but also those of the entire community.

Many permits for residential work

do not require a fee if the permits are obtained before a project is underway. For more information, contact the Building Department at 346-5730 or www.springdale.org.

Improvements Needing Permits

- Basement Finishes
- Building Additions
- Central Air Conditioning
- Covered Porches
- Patio Enclosures
- Decks
- Detached Garages
- Driveway Aprons
- Fences
- Fireplaces and Woodstoves
- Furnaces
- Gas Piping Installations
- Interior Remodeling
- Re-roofing
- Structural Repairs
- Swimming Pools (including inflatable ring type pools)
- Hot Tubs, Spas
- Utility Buildings, Sheds
- Accessory Structures
- Water Heater Replacement

Permits required for pools

Or you could be all wet even before adding water

Before spending that hard-earned cash for a new pool, residents should consider all of the costs of pool ownership and regulations for a safe installation.

The same safety concerns apply whether a pool costs \$80 or \$20,000. The potential for injury or death from drowning and electrical shock are inherent with all pools, no matter how big, small or inexpensive.

The building code requires a permit when the depth of water in a pool exceeds 24 inches. These rules apply whether the pool is inflatable, plastic, or in-ground concrete. In addition, the code requires a fenced enclosure of at least 48 inches high around a pool that contains water at

least 24 inches deep. If the pool has rigid walls 48 inches above ground and utilizes a lockable or removable ladder, a fence is not required.



The code also requires proper electrical connections to the pump. For storage pools, the cord must be plugged into a ground fault protected outlet with no extension cords. For larger pools, permanent electric must be installed to the pool. The Springdale Zoning Code also requires that the pool be located in

the rear yard at least 15 feet from property lines.

Call the Springdale Building Department at 346-5730 for specific requirements and permit 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

Longtime officer retires; three join City

Lieutenant McKee retires after 33 years of service to City

After 33 years of dedicated service to the Springdale Police Department, Lt. Lynn McKee has retired. At the time of his retirement, Lt. McKee was Road Patrol Supervisor. In addition to his patrol



Lt. Lynn McKee

duties, he served as a Field Training Officer and pioneered the Community Assisted Policing position within the department.

He began his career with the Springdale

Police Department in 1981, after serving four years of service with the United States Marine Corps. Before joining the Marines, the Norwood High School graduate attended the University of Cincinnati.

Lt. McKee earned promotion to Sergeant in 2003 and to Lieutenant in 2009.

During his service, Lt. McKee coordinated the License Plate Reader (LPR/ALPR) program and was

responsible for the Uniform and Equipment budget/purchasing. He was also a member of the department's award winning Honor Guard. Lt. McKee is a graduate of Supervisors Training and Education Program (STEP), Police Executive Leadership College (PELC) and is a Certified Law Enforcement Executive (CLEE). In 2006 he was voted Officer of the Year and received the Donald Stemann award.

He is married to wife Holly. Their son Brad is a firefighter. Their daughters Paige and Abby are still in school. Lt. McKee enjoys running, working out and watching his daughters compete in soccer.

New Administrative Assistant joins the Health Department

Janis Oxendine has joined the City of Springdale as Administrative Assistant in the Health Department. She served six years in the US Air Force as a communications analyst.

Ms. Oxendine has a Bachelors of Arts (BA) in Business Administration and a

Masters of Science in Nursing (MSN). Before joining the City of Springdale, she worked at Children's Hospital. She also worked at Fluor Fernald Company as a Records Specialist and Program Assistant until the completion of the Fernald project.



Janis Oxendine

She has two adult daughters, and resides in Colerain Township.

Two join Public Works staff

Logan McAvinchey and Steven Diacont have joined the staff of the Public Works Department.

Mr. McAvinchey has worked with the department since February 2013 as a Maintenance Worker. Before joining the City's staff, he worked in the family's lawn care business and with the City of Sharonville as a seasonal maintenance worker. The Princeton High School graduate is a life-long resident of the Village of Glendale. He enjoys exercising, basketball and playing the drums.



Logan McAvinchey

Steven Diacont started with the Public Works Department in July 2013 as a Fleet Mechanic I. He is a graduate of Lakota East and Scarlet Oaks with a degree in Industrial Diesel Mechanics. Prior to his employment with the City, Steve worked for Rush Truck Center of Cincinnati, where he gained a wealth of knowledge in medium duty truck repairs. Steve recently became engaged and enjoys spending time with his fiancée on their property in Fayetteville, where they enjoy fishing and 4-wheeling.



Steven Diacont

Garden Club begins Junior Club, invites new members

In addition to other projects, the Springdale Garden Club has organized a Junior Garden Club with an initial membership of 14 girls from Brownie Troop #46359.

To help with their merit badge requirements, the girls will learn about nature and help with gardening projects. The group's first project was

selecting and painting bird houses, then learning about the type of bird that would be attracted to it.



Later in the spring, the girls will help plant the front garden at the Community Center, as well as make a Fairy Garden.

Each year, the garden club members participate in the City's Arbor Day celebration to help teach the significance of the holiday to local grammar school students. The club's primary fundraisers are a Spring Flower Sale and their annual High Tea event.

The Garden Club meets at the Community Center on the

2nd Monday of each month at 6 p.m. Guest speakers often address gardening subjects, with club members sharing their knowledge with each other. For more information, contact Carolyn Ghantous at 328-4046 (cghantous@comey.com) or Joan Knox at 674-7755 (joanknox99@fuse.net).

Steps to close their fingers in the sill

Thieves find a new window into your home

The internet offers access to a world of products, services, entertainment and information. At the same time, it creates opportunities for scammers, hackers, and identity thieves.

Computer security starts with a strong password for access to your computer, websites and online accounts. Strong passwords should be at least 12 characters long, do not contain your user or real name (*or company name*), do not contain a complete word, are significantly different from previous passwords and contain characters from each of the following: Letters (*upper and lower case*), numbers and symbols. A simple but effective way to create a password is to use an acronym from an easy-to-remember piece of information. For example, pick a phrase that is meaningful to you, such as: **My wife's birthday is June 6, 1967**. Using that phrase as your guide, you might use *Mwbi/Jun6,67*. Substitute numbers, symbols, and misspellings for letters or words in an easy-to-remember phrase. The recent example could become *MiW1f's Brthd8iz 6667*. Relate your password to a favorite hobby or sport. For example, **I love to play football** could become *ILuv2PlaF()()tB@ll*.

Use an anti-virus/malware program at all times: keep the software up-to-date.

Use a firewall. A firewall is a software or hardware-based network security system that controls the incoming and outgoing network traffic. A firewall establishes a barrier between a trusted, secure internal network and another network (*e.g., the Internet*) that is not assumed to be secure or trusted.

Beware of Pop-ups: Messages telling you to install and update security software for your computer seem to be everywhere. So you might be tempted by an offer of a "free security scan," especially when faced with a pop-up, an email, or an ad that claims "malicious software" has already been found on your machine. Unfortunately, it's likely that the scary message is a come-on for a rip-off or may install malware (a bug) on your computer. Don't fall for the pop-up scam.

Scammers may Call: In a recent twist, scam artists are using the phone to try to break into your computer. They

call, claiming to be computer techs associated with well-known companies like Microsoft. They say that they've detected viruses or other malware on your computer to trick you into giving them remote access or paying for software you don't need.

If you get a call from someone who claims to be a tech support person, hang up and call the company yourself on a phone number you know to be genuine. A caller who creates a sense of urgency or uses high-pressure tactics is probably a scam artist.

Keep these tips in mind:

- Don't give control of your computer to a third party who

calls you out of the blue.

- Never provide your credit card or financial information to someone who calls and claims to be from tech support.
- Do not rely on caller ID alone to authenticate a caller. Criminals often spoof caller ID numbers. They may appear to be calling from a legitimate company or a local number, when they're not even in the same country as you.

Getting rid of your old computer?

You can ensure its hard drive doesn't become a treasure chest for identity thieves. Use a program that overwrites or wipes the hard drive many times. Or remove the hard drive, and physically destroy it.

Fire Department: More than fire or EMS services

Any fire department exists for fire and emergency medical services. In Springdale, however, personnel offer far more.

Child Safety Seat Installation: Residents who are unsure how to properly install a child safety seat can arrange for a certified technician to demonstrate a proper and safe installation. Our technicians will make sure the child safety seats are properly installed.

Smoke Alarms: Not only can personnel visit a home to recommend locations for smoke detectors, the personnel will provide them and install them without cost to the homeowner. It is recommended to place a smoke alarm on each level of the residence with one outside the sleeping areas. It is also recommended that batteries be replaced twice a year when clocks "spring forward or fall back." Personnel will even change the batteries if requested.

Safety Inspections: Personnel can make a tour of a home or business to

suggest safety improvements.

CPR Training: Residents (*or a business if employees are required to have a CPR card*) with a group of four or more can organize their own class. The cost to participate is \$16/person for books, certification and training supplies.

Fire Extinguisher Training: Learn the proper use of an extinguisher. We'll even supply the extinguisher!

Retirement Home Safety: Upon request, personnel can visit retirement communities in Springdale and speak to the residents on fire and medical safety.

Tours and Talks: Individuals and groups can arrange for a tour or safety presentation. Each year personnel attend the Safety Town program and teach fire safety. Last year's public education programs reached over 4,000 people.

For information about these programs, call 346-5580.



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

Community Center 2014 Memberships

ALL REGISTERED RESIDENTS ARE ELIGIBLE TO JOIN THE COMMUNITY CENTER.
(PLEASE CALL 346-3910 FOR INFORMATION)

	INDIVIDUAL	FAMILY
ACTIVITY MEMBERSHIP <small>INCLUDES USE OF GYMNASIUM, GAME ROOM, TRACK, TENNIS COURTS, COMPUTER LAB AND ELIGIBILITY FOR YOUTH & ADULT SPORTS PROGRAMS</small>	\$20	\$30
FITNESS MEMBERSHIP <small>INCLUDES ABOVE, PLUS USE OF FITNESS CENTER MUST BE 16+ TO USE FITNESS CENTER INDEPENDENTLY (13-15 WHEN WITH A PARENT UNLESS THEY'VE PASSED THE TEEN FIT CLASS)</small>	\$50	\$70
POOL MEMBERSHIP <small>INCLUDES ALL OF ABOVE, PLUS POOL</small>	\$75	\$95
RACQUETBALL MEMBERSHIP <small>REQUIRES ACTIVITY, FITNESS OR POOL MEMBERSHIP</small>	\$15	\$25
SENIOR RESIDENT MEMBERSHIP \$20 <small>RESIDENTS 62 AND OLDER CAN RECEIVE AN INDIVIDUAL POOL MEMBERSHIP, ACCESS TO RACQUETBALL COURTS, AND ACCESS TO SENIOR LOUNGE</small>		
SENIOR NON-RESIDENT ACTIVITY MEMBERSHIP \$20 <small>NON-RESIDENT SENIORS 62 AND OLDER MAY JOIN THE COMMUNITY CENTER AND ENJOY THE SAME BENEFITS AS AN ACTIVITY MEMBERSHIP (DOES NOT INCLUDE FITNESS ROOM OR POOL)</small>		
BUSINESS MEMBERSHIP \$150 \$200 <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>		
6-MONTH OPTION	\$85	\$125
NON-RESIDENT MEMBERSHIP \$300 \$400 <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>		
6-MONTH OPTION	\$160	\$225

FREE MEMBERSHIPS TO ACTIVE DUTY MILITARY

A COMPLIMENTARY ANNUAL COMMUNITY CENTER MEMBERSHIP IS PROVIDED TO ANY SPRINGDALE RESIDENT (AND THEIR SPOUSE AND DEPENDENT CHILDREN) SERVING FULL-TIME ACTIVE DUTY IN THE MILITARY. MEMBERSHIP WILL BE GRANTED ON AN ANNUAL BASIS WITH VERIFICATION OF "ACTIVE DUTY ORDERS" AND PROOF OF RESIDENCY



REGULAR HOURS

MONDAY - FRIDAY	9 AM - 9 PM
<small>FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM</small>	
SATURDAY	9 AM - 5 PM
SUNDAY	1 - 9 PM

HOLIDAY HOURS

EASTER SUNDAY, APRIL 20	CLOSED
MEMORIAL DAY MONDAY, MAY 26	CLOSED <small>POOL OPEN 1 - 6 PM</small>
INDEPENDENCE DAY FRIDAY, JULY 4	CLOSED <small>POOL OPEN 1 - 6 PM</small>

SPECIAL EVENTS & SEASONAL PROGRAMS

Springdale's Gone Wild

FREE

August 19 & October 14

Springdale's Gone Wild returns with some exciting programs for 2014. The August 19 program is entitled "Nature has Many Stories to Tell." The October 14 program is "Spooky Creatures!" Programs feature some nature activities and some real live guests. These programs are free and for the whole family. Presented by Great Parks of Hamilton County.



Healthy Ohio Challenges YOU to "Walk the Talk!" Ohio's One-Mile Fitness Walk

Healthy Ohio would like to encourage you to get active. Healthy Ohio is sponsoring the seventh annual Healthy Ohio Fitness Walk. Help us reach our goal of over one hundred thousand Ohioans walking one mile — over one hundred thousand miles — by participating Wednesday, May 14 from 11 am - 1 pm.

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.



Women's USSSA Qualifier Softball Tournament

July 26-27
Thirty-six of the finest women's slow pitch teams will compete in three divisions. The top teams qualify for state and regional championships.

Easter Egg Hunt

Saturday, April 19 • Noon
The Greater Springdale Jaycees will sponsor their annual Easter Egg Hunt at Ross Park. The hunt begins promptly at noon. Children do not need to pre-register but should bring a basket to collect their eggs.

Springdale Youth Boosters Opening Day

Saturday, May 3
As in the past, the parade will leave the Value City parking lot at 9a.m., turn right on Kemper, right onto Lawnview to the Community Center. There will be a ceremony immediately following in the amphitheater.

About 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.



YOUTH SPORTS SIGN-UPS

Youth Fall Soccer Sign-Ups

Fall sports sign-ups begin May 1

All participants must possess a current membership at the time of sports 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, 2014 are eligible to participate. Registration is \$20 through May 31. Beginning June 1, registration is \$35.



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, 2014 to participate on a soccer team. Registration is \$40 through May 31. Beginning June 1, registration is \$55.

JUST FOR YOUTH

Ballet Dance Camp

Camp I: June 16-20

Camp II: July 14-18

Camp III: August 4-8

Each class will cover ballet techniques, crafts, snack time and choreography

based on a ballet theme. The dancers will perform a mini-recital during the last half hour of the camp on Friday. Call Dena at 633-8542 for info.



Club Rec Pool Party!

June 27 • 8-10 pm

Club Rec, it's your party and you can swim if you want to! We will have music and snacks to enjoy while you swim under the lights. Club Rec members are free

and guest of Club Rec members pay \$3. Club Rec is open to all

Springdale Community Center members in 5th-8th grades. It's a great way to socialize with friends, participate in fun activities and help out in the community. The cost is \$10 which includes an official Club Rec t-Shirt. Contact Sharon Brooks if you are interested in joining. sbrooks@springdale.org.



ADULT HEALTH & FITNESS

Bootcamp

Monday • 5:30 - 6:15 pm

FREE

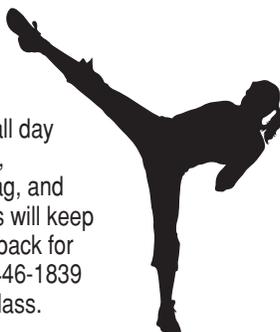
We want YOU... to lose weight, tone up and have fun! Are you bored with your workout or looking for a new challenge? Then it's time to join Boot Camp! We'll train anyone at any level from beginner to expert exerciser. Soon you'll be re-enlisting when you're burning up to 450 calories per class. Best of all it's FREE! Just bring a towel or mat and water bottle – crew cut is not required.

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, ball, 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

Hip Hop Fitness is all about burning up the dance floor and burning calories at the same time. The hottest and hippest fitness class is at the Springdale Community Center. A full-body workout open to all. 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.

(Body Sculpting: think Jazzercise with light weights). Call instructor Elaine at 575-1620 for class costs or more information.



Slimnastics

FREE

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

Slimnastics is a fitness class for women that offers a great workout for those not ready to put their aerobic shoes away and who 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 on Tuesday and Thursday evenings from 7:05-8:05pm. 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.

EDUCATIONAL PROGRAMS

Guitar Lessons

Adult Classes:

Tuesdays & Thursdays • 6:30 - 7:30 pm

Youth Class (10-18 years old):

Tuesdays • 4:00 - 5:00 pm

Want to learn a new skill or find an old one? Join us for electric guitar and bass guitar lessons!

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.



COOL cash with a HOT Summer Job

Parks Maintenance Workers

Seasonal staff is needed to cut grass, trim and help maintain the facilities. You must be age 16 or older to apply for these positions. *Apply at the Community Center. For information, call 346-3910.*

Lifeguards

Minimum requirement is Red Cross Lifeguard certification. *Apply at the Community Center. For information, call 346-3910.*

Public Works Maintenance Workers

Seasonal staff is needed to cut grass, trim and help maintain the facilities. You must be age 16 or older to apply for these positions. *Apply at the Municipal Building. For information, call 346-5700.*



PROGRAMS FOR ADULTS

Cincinnati Reds Team Historian

Thursday, April 10 • 2:30 pm

Greg Rhodes is the Reds team historian and the host of the Reds Hall of Fame highlight moments heard prior to each Reds game on the Reds Radio Network. A



lifelong Reds fan, he grew up rooting for the Reds during the 1950s and 1960s and listened to the play-by-play of former Reds announcer Waite Hoyt. Mr. Rhodes will be at the Community Center to share his stories about the Big Red Machine and the Reds of the 70's. Enjoy some peanuts and popcorn as you listen to these incredible stories. Call 346-3910 or stop by the front desk to register by April 7.

Laughter is the Best Medicine Luncheon

Thursday, April 17 • 11:30 am

You're invited to a special luncheon as we celebrate National Humor month with guest speaker, Betty Finney who will present Oomph! Happiness is a decision... not an event program. Betty has created an energizing and one-of-a-kind experience. Happy people work better with others, are more creative, have more energy, are more optimistic, get sick less often and make better decisions. Laughter makes you feel good, it's better than crying. The menu for this lighthearted afternoon will be roast beef, mashed potatoes, green beans, rolls, and dessert. Register with payment of \$7.50 for members and \$10 for guests by April 14 at the Springdale Community Center.



Wii Games

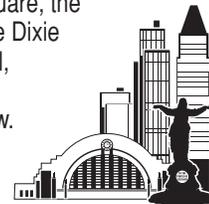
Monday, May 12 • 2:00 pm

Join us for an afternoon of Wii at the Springdale Community Center. We will be playing things like wheel of fortune, bowling, and frisbee golf just to name a few.

Cincinnati Memories

Thursday, May 29 • 2:00 pm

The Cincinnati Preservation Society will be holding a free program, "Cincinnati Memories – A virtual tour of Downtown Cincinnati." From the comfort of the Community Center, step back in time and visit Fountain Square, the Carew Tower Complex, the Dixie Terminal Building, City Hall, Findlay Market, and Union Terminal just to name a few. This virtual tour uses old and current pictures of historic and memorable Cincinnati landmarks as well as a narrative that highlights the history and current status of the sites. Call 346-3910 or stop by the front desk to register by May 26.



Retirement Community Living – Is it for Me?

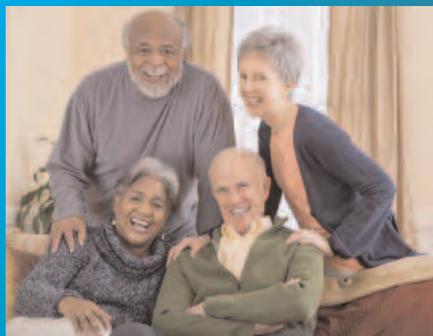
Thursday, May 1 • 2:00 pm

Curious about retirement living options? Want to learn more about how services are funded? What is the difference from a non-profit vs. profit community? Learn what to look for and questions to ask during a tour of a retirement community. A Llanfair Retirement representative will be here with answers to these and other questions concerning retirement living and your many choices today. Call 346-3910 or stop by the front desk to register by April 28.

Lunch & Lawn Games

Thursday, June 12 • 12:00 pm

We're taking to the outdoors to the picnic grove behind the Community Center. A lunch of deluxe cheeseburgers, potato salad, baked beans and a luscious dessert will be served. After lunch there will be games of croquet, bocce ball, ladder toss, and badminton. Want something less challenging? Join a group at the picnic tables for a relaxing game of Dominos. What if it rains? No worries, we'll move inside! Register with payment of \$7.50 for members and \$10 for guests by Tuesday, June 9



Springdale Senior Club

Socials: Tuesday • 9:30

Meetings (2nd & 4th Tuesday): Noon
Springdale Community Center

Meet new people! The Springdale Senior Citizens group is open to residents who are at least 55 years of age. Stop by one of the morning socials held every Tuesday. On the second and fourth Tuesday of the month, the group business meeting follows the social event. The group is known to be entertained by a variety of speakers with lunches and Bingo as options. Drop by the community Center or contact Joan Knox at 674-7755 (joanknox99@fuse.net) for information on upcoming events.

PROGRAMS FOR 55+

Chair Volleyball

Mondays • 10:00 - 11:30 am

Wednesdays • Noon - 1:30 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 and all activity levels can participate.

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.

L.I.F.E.

FREE

Tuesday & Thursday • 11:00 am - Noon

Our Low Impact Functional Exercise will help you live a better LIFE. 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.

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.

POOL OPENS MAY 24

Aquatic Director: Dave Kamerer
Assistant Director: Tom Schmittow

Pre-Season Pool Hours:

May 24 12 - 5 pm	June 1 1 - 6 pm
May 25 ... 1 - 6 pm	June 2..... CLOSED
May 26 1 - 6 pm	June 3-6 .. 12 - 6 pm
May 27-30.. CLOSED	June 7 12 - 5 pm
May 31 ... 12 - 5 pm	June 8 1 - 6 pm

Regular season hours:

Beginning Monday, June 9
12:15 - 8:00 pm

The pool will close at 5 p.m. on Tuesdays for swim meets and 6 p.m. 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.

Emergency Closures: Management reserves the right to close the swimming pool or deny admission when there is any condition or evidence which would jeopardize the health or safety of the general public.

Last Day of Swim Season Sunday, August 17

Daily Pool Pass Rates

Activity or Fitness members and guests of pool members may purchase a daily pool pass for \$3.00. Children under 2 are free. The fee applies to anyone entering the pool gate and there are no refunds. Guests must remain with the member at all times.

Family Guest Pass

Take advantage of our cost savings family guest pass and plan a day at the pool. SCC members may bring a family (maximum of four) for \$10 per day. Each additional person is \$3.00

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:

- Bathing suits are required. Rash Guard water wear permitted (*No gym shorts, t-shirts, or underwear*)
- Children 8 and under must be accompanied by a person 16 or older or have passed Intermediate Level (formerly 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.
- Flotation devices other than USCG lifejackets are not permitted in the main pool. Approved lifejackets are available at the pool office.

Check www.springdale.org/goplay/ for a complete listing of the pool rules.

The COOL POOL

Cardio Splash

Thursdays • 6:30 - 7:30 pm

Saturdays • 11 am - 12 pm

Session 1: June 7, 12, 14, 19 & 21

Session 2: June 26 & 28, July 3, 5 & 10

Try this new class this summer and shed those pounds without breaking a sweat! Cardio Splash is a great way for adults of all fitness levels to get moving. This workout is a blend of cardio and resistance training done in the water. Our popular aquatic exercise specialist, Pat Cox, will lead this invigorating class on Thursday evenings and Saturday mornings. Students should bring a towel, noodle, water bottle and smile to class! For more information, contact pat at 385-6111. Cost is \$25/5 classes (\$30 non-residents). Walk-ins are \$7 (\$8 non-residents)

Family Fun Day

Sunday, June 22

We'll be offering popular activities throughout the day. Watch for more information about this seasonal favorite at the Community Center.

Goldfish Swim

August 16 • 12:00 pm

Spring and Dale (they're the big 4 inch fish) are back in the water with 1,000 of their fish friends! Kids 12 and under must catch the fish with their bare hands, no nets, no buckets or help from Mom and Dad. Be sure to bring a plastic container to take your new pet home. This event is free to pool members. Regular guest fees apply.



We are the Sailfish!

No Timeouts. No Substitutions. Everybody Swims!



Are you looking for something this summer that will provide your kids with structure, exercise, and opportunities to make new friends? Do your kids love being in the water? Why not give the swim team a try? Our Coaches are committed to developing each swimmer by providing a positive learning environment while emphasizing safety and respect for the water. Your child will build self-confidence and experience life long memories of summers at the pool. Springdale residents may register beginning May 1 (non-residents after May 31). For information, contact Parent Board President Sharon Brooks at 671-1883.

Sailfish Parent Meeting

Wednesday, April 16 • 6:30 pm

The Sailfish Parent Board is inviting all Sailfish parents to attend this important meeting. Topics will include team finances, fundraising, coaching staff update, and team social events. Your input and involvement is essential for a successful season. This meeting is for parents only. Please no children.

Meet the Coaches!

Wednesday, May 21 • 6:30 pm

Prospective and current swimmers and their families are invited to attend this informative session with the coaches and Parent Board members. Topics will include fees, practice times, meet schedules, swimmer incentives. Light refreshments will be served. Help kick off another record-breaking Sailfish season!

Pre-Season Practice

May 27, 28 & 29 • 6:30 - 7:30 pm

Join Coach Amanda for some fun and pre-season practice in the Auxiliary Gym at the Community Center. A variety of games and activities are sure to make the Sailfish soar!

Sailfish Snack Shack

Opens June 3 • 1:00 - 4:00 pm

The Sailfish swim team operates the pool concession stand to help defray the costs of operating the team. Please help support the organization that serves over 100 Springdale children and purchase your snacks and soft drinks from the concession stand. Hours of operation beginning June 3 are Monday-Saturday 1-4pm. Closed Sunday.



No water wings permitted: Here's why

Why not water wings? It's a question we often hear every summer. Inflatable armbands, tubes, or rings of any kind are popular among small children but swimming experts caution against using them, and the Center for Disease Control advocates not using air filled swimming aids (such as water wings) at all. Although water wings and other inflatables may help the child to float and feel safe, inflatables are not the same as a life jacket and do not prevent him/her from accidentally going under water and potentially drowning. Inflatables are not a lifesaving device and mistaking them for one can create a potentially fatal false sense of security. The only safe flotation device is a United States Coast Guard approved life jacket. If a child is a weak or non-swimmer, they should wear a USCG approved jacket while in the water. The Community Center



has USCG approved life jackets available for use while at the pool, and they can be purchased at most sporting goods stores. Be sure it has the USCG seal on the jacket before you buy it. Teach your child how to use the jacket just like you would teach them how to use a helmet when riding their bike.

Knowing the risks around water puts you in a position to teach your children how to avoid those risks. Talk with children before swimming to educate them on unsafe behavior and what to do in case of an accident. Make sure they understand that running near the pool is unsafe due to slippery surfaces. Go over the pool rules with them and make sure they know who and where the lifeguards are in case they need help. Adults should always be present when children are

playing in the water. Although lifeguards are good, they have a lot of children to watch, so it is a good idea to accompany your child to the swimming pool regardless of their age. Recognize that most children under five don't make noise or struggle if they fall in to the water. So do not rely on those warning signals. It is also a good idea for children to have a buddy when they are swimming, so that they can watch after each other.

If your children are going to be spending time in or near the water this summer, make sure that they know how to swim. Take advantage of our Red Cross swimming lessons that are inexpensive, effective, and also focus on water safety.

With these bits of information, you and your child can be better equipped to handle and avoid water accidents.

REGISTRATION BEGINS MAY 1

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! Registration begins May 1. For more information, contact Springdale Parks and Recreation Department at 346-3910 or visit www.springdale.org/goplay.

SWIM LESSONS

CHILDREN SWIM LESSONS LEVELS 1 & 2 (PRE-SCHOOL)

Class Dates: All sessions last two weeks, Monday-Friday for 30 minutes. Class times available are 10:30, 11:00 and 11:30 am. There is a limit of 5 children per class.

Sessions:

- 1A* . . . June 9 - 20
- 1B . . . June 23 - July 3
No Class on July 4
- 2A* . . . July 14 - 25
- 2B . . . July 28 - August 8

**Children enrolled in 1A or 2A classes may not enroll in 1B or 2B until the last lesson of 1A or 2A class.*

Class Costs:

SCC Pool Members: \$5 per session (*Pool Membership must be obtained for 2014 prior to swim lesson sign-up.*)

SCC Activity & Fitness Members: \$10

Non-Members: \$20

Level 1 (Pre-School): Students will learn beginning water skills which they will progressively build on throughout the program. Some skills taught include: blow bubbles, submerge mouth, nose and eyes, front and back glides, back float and treading action with arms and legs. 5:1 student/instructor ratio. *Must be 3-6 years old by June 1, 2014.*

Level 2 (Pre-School): Students learn to float on their stomach, open eyes underwater and are introduced to treading water. Laying the foundation for future strokes, students explore arm and leg actions on their stomach and back along with front and back glides. 5:1 student/instructor ratio. *Must be 4-6 years old by June 1, 2014, and passed Level 1.*

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 improve your swimming skills or increase your comfort level in the water, join us on Thursday nights from 6:30-7:30 pm from

CHILDREN SWIM LESSONS LEVELS BEGINNER THROUGH ADVANCED PLUS (FORMERLY LEVELS 3 - 6)

Class Dates & Costs:

All sessions last four weeks Monday-Friday for 30 minutes each day. Class times available are 10:00, 10:30, 11:00 or, 11:30 am. There is a limit of 8 children per class.

Sessions:

- 1 June 9 - July 3
No Class on July 4
- 2 July 14 - August 8

Class Costs:

SCC Pool Members: \$10 per session (*Pool Membership must be obtained for 2014 prior to swim lesson sign-up.*)

SCC Activity & Fitness Members: \$20

Non-Members: \$40

Beginner (Formerly Level 3): Students are taught to coordinate arms and legs on their stomach and back, retrieve a submerged object with eyes open, and change directions while traveling on their front or back. Students will be introduced to rotary breathing. 8:1 student/instructor ratio. *Must be at least 5 years old by June 1, 2014 and passed Level 2 OR 6 years old by June 1, 2014 with no prerequisite.*

Intermediate (Formerly Level 4): Students are taught elementary backstroke and will be introduced to breast stroke, butterfly, and sidestroke along with headfirst entries. Students will jump in to deep water, tread water, and swim underwater. 8:1 student/instructor ratio. *Must have passed Beginner.*

Advanced (Formerly Level 5): The objective of this level is to coordinate and refine all strokes: front crawl, back crawl, breaststroke, elementary

backstroke, butterfly, and sidestroke. Front and back flip turns are also taught. 8:1 student/instructor ratio. *Must have passed Intermediate.*

Advanced Plus (Formerly Level 6): This class will refine all strokes even further and builds endurance so students are able to swim greater distances with proficiency. 8:1 student/instructor ratio. *Must have passed Advanced.*

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.

All about trust...

Why more parents trust Springdale Swim Instructors with their children's safety:

- Instructors possess the advanced certification of Water Safety Instructor
- Recognized as a "Superior" swim lesson program in the state of Ohio
- Among the lowest student-teacher ratio for swim lessons in the area
- Individual student achievement awards



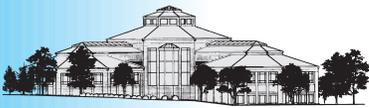
June 12 to July 31. This class is open to children ages 13 and up when accompanied by an adult. A maximum of 10 will be enrolled in this class.

Class Costs:

SCC Pool Members: \$10 per session (*Pool Membership must be obtained for 2014 prior to swim lesson sign-up.*)

SCC Activity & Fitness Members: \$20

Non-Members: \$60



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



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NEWS IN BRIEF

New location to host Farmers' Market begins June 5

Each Thursday from June through mid-October, a Farmers' Market is offered from 3 to 7 p.m. This year's market will be in a new location in the City Parking Lot at 11494 Walnut Street, just south of the Town Center.

Vendors offer a variety of fresh produce, Amish baked goods, honey, handmade soaps and other products. Many vendors from last summer have already re-committed, along with a number of new vendors for the 2014 market. The Farmers' Market is sponsored by the Springdale Chamber of Commerce. For more information, call 346-5712.



Health Department offers ongoing services

Immunization for Children:

Immunization clinics for uninsured and underinsured children are available monthly at the Springdale Health Department on the first and third Wednesday from 9 a.m. to noon.

Lipid/Glucose Screening: Blood testing is available from the Springdale Health Department on the third Thursday of each month from 8 to 11 a.m. The cost is \$15.

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 from 10:30 a.m. to 12:30 p.m.

Home Wellness Checks: A Public Health

Nurse is available for home visits.

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

Popular Healthy U Diabetes series begins April 10

The Springdale Health Department will again offer the nationally recognized Healthy U Diabetes Workshop Series. The six-week program will be presented on Thursdays from 1 to 3:30 p.m. beginning April 10. During the interactive workshops, participants will learn to control Type 2 diabetes and will get the chance to meet others dealing with the same problems. To register, or for more information, call Public Health Nurse Jean Hicks at 346-5727.

